

Fundación Dieta Mediterránea Unveils the First Mediterranean Diet Pyramid for Children and Youth to Combat Obesity and Prevent Chronic Diseases in the Future

- **This innovative pyramid incorporates the concepts of sustainability, physical activity, and emotional health.**
- **The scientific article supporting this pyramid has been published in *Advances in Nutrition* and involves a multidisciplinary team of professional experts.**

Barcelona, 11th February 2024 – Fundación Dieta Mediterránea presents the first Mediterranean Diet Pyramid specifically designed for children and youth aged 3 to 18 years, aimed at promoting health and sustainability. This lifestyle model, developed by the scientific committee Paralelo 40 – Fundación Dieta Mediterránea and coordinated by Dr. Ramon Estruch, is based on the conclusions of the XII *Congreso Internacional Dieta Mediterránea*, held at the Alimentaria Conference Centre in Barcelona. It has also been published in the prestigious journal *Advances in Nutrition* (USA).

The scientific article endorsing this pyramid has been developed by professional experts specializing in health, diet, sustainability, and other related fields. This work not only incorporates the conclusions of the scientific committee but also offers a solid foundation for nutritional recommendations and lifestyle practices tailored to the specific needs of children and youth.

Dietary Patterns Tailored to the Needs of New Generations

The children and youth Mediterranean Diet Pyramid presents nutritional recommendations grounded in scientific evidence, with the goal of supporting both physical and mental development during the early stages of life. The traditional principles of the Mediterranean Diet remain as the core foundation (fruits, vegetables, legumes, nuts, whole grains, and extra virgin olive oil). Additionally, the pyramid emphasizes the importance of a well-balanced intake of fish, dairy products, and meat, which are essential for the proper development of children and adolescents.

For the first time, this pyramid introduces key concepts such as dietary sustainability, advocating for the consumption of locally sourced and seasonal products. It also highlights the crucial roles of physical activity, adequate rest, and emotional health in ensuring the well-being of children and adolescents.

“The objective of this pyramid extends beyond providing nutritional guidelines. We aim to promote a lifestyle that guarantees long-term health and prevents potential chronic diseases in the future,” explains Dr. Ramon Estruch.

An Essential Tool in the Fight Against Childhood Obesity

The new children and youth Mediterranean Diet Pyramid serves as a vital tool in the fight against childhood obesity, offering a clear guide for practical nutrition, overall well-being, and sustainability. Through this initiative, Fundación Dieta Mediterránea strengthens its commitment to fostering healthy and sustainable habits from a young age, with the aim of ensuring a healthy and well-balanced future for future generations.

According to the World Health Organization (WHO), the number of obese children has increased tenfold over the past four decades. This alarming statistic underscores the significance of this initiative, which seeks to improve dietary habits from a young age in order to reduce the incidence of diseases such as obesity, diabetes, and cardiovascular diseases in adulthood.

Fundación Dieta Mediterránea aims to make this pyramid an indispensable tool for families, schools, cafeterias, dining areas, and restaurants. This educational model not only enhances the potential of the Mediterranean Diet as an Intangible Cultural Heritage of Humanity but also strives to ensure a sustainable diet for future generations.

Fundación Dieta Mediterránea views this new pyramid as more than just a dietary guide; it reflects an ideal lifestyle rooted in scientific evidence that contributes to over 30 years of efforts to prevent chronic diseases such as diabetes, cardiovascular and neurodegenerative diseases, and certain types of cancer.

The new children and youth pyramid strengthens this legacy by adapting it to meet the evolving needs and challenges faced by new generations.

About Fundación Dieta Mediterránea

Fundación Dieta Mediterránea is a non-profit organization dedicated to promoting the Mediterranean Diet as the foundation of a healthy eating pattern supported by scientific evidence. Its work focuses on disseminating the cultural, environmental, and gastronomic values of this lifestyle, which also advocates sustainability, the consumption of locally sourced and seasonal products, and the transmission of this knowledge to future generations.

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