

# Presentation of the mediterranean diet and health association (NMS)

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The cultural and the nutritional aspects of the Mediterranean diet (which include wine as an element of health and wellbeing if used with moderation) are elements of a multiseular civilization.



Mediterranean cooking provide food microcomponents including polyphenols, vitamins, fibers, poly-unsaturated fatty acids and oligo-elements brought by fruits, vegetables, olive oil, fish, infusions or/and wine.



Red wine provides additional unique polyphenols with antioxidant properties. For instance, resveratrol, procyanidines, and monophenols including hydroxytyrosol and tyrosol.

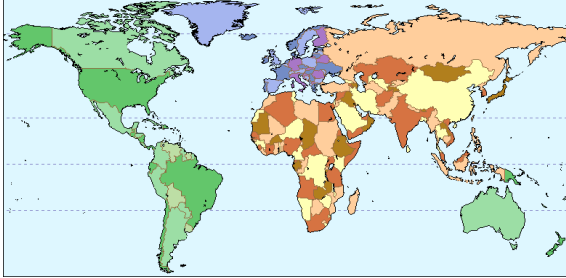
## **Interstingly**

In 2010 the UNESCO world organisation selected the mediterranean diet to the of intangible cultural heritage. In the meantime UNESCO recognized the french gastronomic meal.

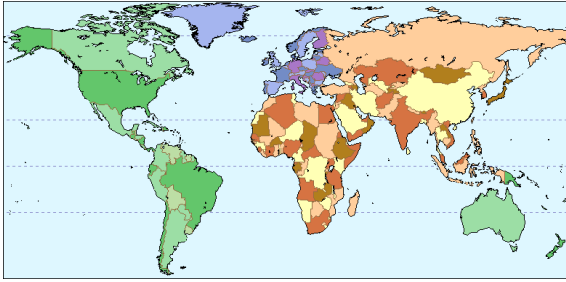
In both, cooking is associated with beverage (wine ot tea) in the respect of each community belief.



The purpose of the NMS association is to provide comprehensive data on Mediterranean diet, wine and health and their positive impact on human physiology (cardiovascular, aged-linked disorders and s.o.)

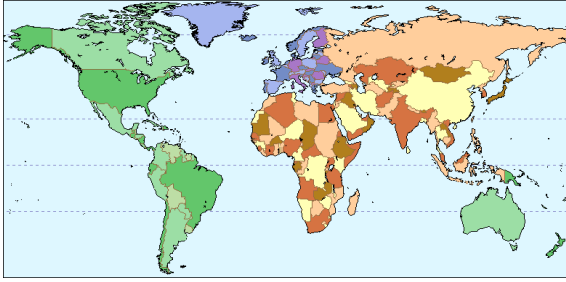


Mediterranean diet is obviously associated to mediterranean climat which is tempered and characterized par by hot and dry summers and mild and humids winters.

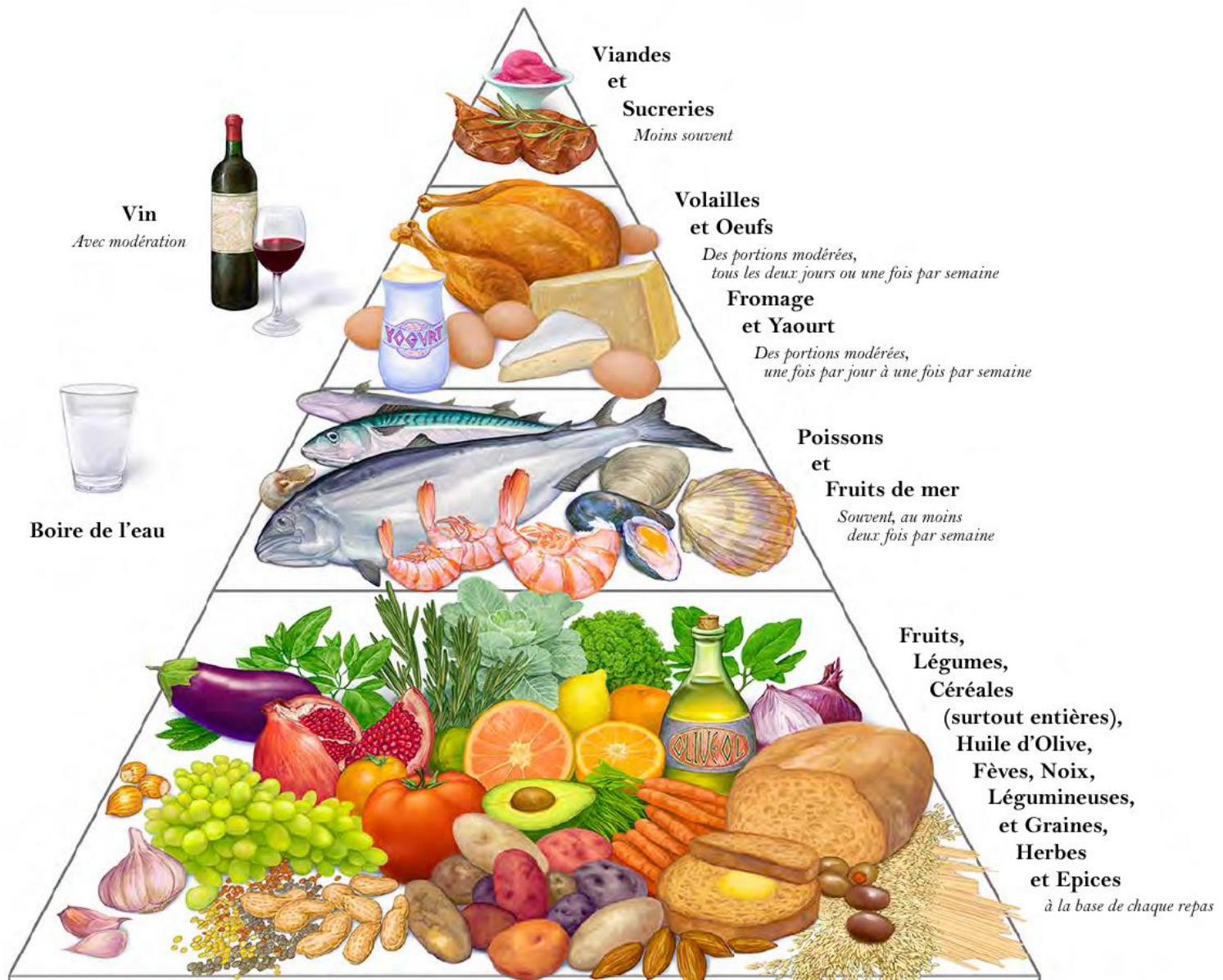


Interestingly, mediterranean climat and diet is not restricted to mediterranean sea area but also in **similar regions** of the world located between **30 and 40° parallel** of latitude. For instance the west face of continents like California, center of Chili, Cap region in south Africa and sud and west of Australia.





In all of these countries food and beverage are quite similar and provide good health to the populations. Think to the exceptional longevity of to the Sarde, Cretan and Okinawa islands living poeple.



**The mediterranean diet pyramid.**



NMS objectives:

- To provide messages on the effects of polyphenols as anti-oxidants; and from a humanity point of view, the tasting properties, society perception and the societal image.

- to promote and sustain the development of scientific and medical researches on the beneficial effects of mediterranean diet on health

and

- to allow the largest diffusion of knowledge on this topic to a large public by organizing in an optimal manner the information transfer on this subject.

# To follow Mediterranean diet and health association (NMS)

<<<http://bioperoxil.u-bourgogne.fr/component/content/article/45-non-categorise/182-association-nms.html>>>



Sous la direction de Norbert LATRUFFE

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