11-30-2017

The Mediterranean Diet

Christian Duemmel
SUNY Geneseo

Meghan Brown
SUNY Geneseo

Morgan Corliss
SUNY Geneseo

Garrett Lewis
SUNY Geneseo

Follow this and additional works at: https://knightscholar.geneseo.edu/sustainability-curriculum-student
Creative Commons Attribution-No Derivative Works 4.0 License
This work is licensed under a Creative Commons Attribution-No Derivative Works 4.0 License.

Recommended Citation
Duemmel, Christian; Brown, Meghan; Corliss, Morgan; and Lewis, Garrett, "The Mediterranean Diet" (2017). Student Work. 11.
https://knightscholar.geneseo.edu/sustainability-curriculum-student/11

This Open Educational Resource is brought to you for free and open access by the Sustainability Curriculum at KnightScholar. It has been accepted for inclusion in Student Work by an authorized administrator of KnightScholar. For more information, please contact KnightScholar@geneseo.edu.
The Mediterranean Diet

Christian Duemmel, Meghan Brown, Morgan Corliss, Garrett Lewis
Biol 203-4
Group 5

The Mediterranean Diet is a diet based primarily on fruits, vegetables, healthy fats, and grains; all of which would preferably be locally grown and unprocessed. Every meal would include these basic ingredients. In this diet, seafood (locally sourced) would be eaten around twice a week, and dairy products, also from nearby farms/shops is recommended in small portions daily. Lastly, meats and sugary foods would be a very small part of the diet, recommended roughly monthly. The M.D. is extremely sustainable compared to the average American diet. Since it does not cut out any main parts of the American diet completely, it is more likely to be adopted on a widespread scale, as opposed to veganism or vegetarianism, which the average American is much less willing to commit to.

Sustainability

- Diversity = quality (nutritional) and biodiversity
- Healthy
- Eat food within season
- Food grown in diverse areas
- “a less demanding food in primary energy and having in priori less environmental impact, due to low consumption animal products”

Emissions

- The greenhouse gas emissions produced are 30% less from the estimated emissions produced by the average global diet (Tilman-2014)
- The average increase in cropland needed by 2050 is approximately 100 million hectares for the Mediterranean Diet, as opposed to approximately 600 million hectares for the average diet (Tilman-2014)

Results

- Greenhouse gas emissions would decrease by 72%
- Agricultural land use would decrease by 58%
- Energy consumption would decrease by 52%
- Water consumption would decrease by 33%

Plausibility

Based on a sample of 11,000 adults, only two percent of Americans are vegetarian. Only 1/4th of those vegetarians, or 0.5% of the USA adult population, is vegan. One half of a percentage point of the 300,000,000 people in the United States, or 1.62 million of us, are vegan. These statistics are showing that people are not willing to take the huge step in cutting out the entirety of what they eat for the health of the planet. This diet is revolutionary in the sense that it is not extreme change so everyone could realistically make this change. (Kuper-2017)

Health Benefits

Eating these ingredients in moderation up and down the pyramid shown above, can lead to an overall much healthier lifestyle compared to eating the average american diet. Eating healthier this way by keeping protein in your diet and eating many natural and locally grown foods would:

- Make your lifestyle happier and easier.
- Create less pressure on joints by not carrying as much weight
- Lead to less stress on the heart
- Cardiopulmonary health would increase if the mobility leads to exercise.
- Leads into the interaction with others which can increase mental health (Padilla-2010)

References