

## Special Issue

# Mediterranean Diet: Health, Environment, Culture, Sustainability

### Message from the Guest Editor

The concept of the "Mediterranean Diet" (MD) has undergone a particular and progressive transformation over the last several decades. The MD was created and conceptualized at the beginning of the second half of the 20th century as a healthy dietary pattern.

However, the concept has evolved to become a sustainable dietary pattern, within which the DM has been considered within the category of "sustainable diets". Since then, it has undergone various modifications that have led it from being a concept linked solely to health, to an element of culture and a lifestyle, as a result of its declaration as intangible cultural heritage by UNESCO in 2010 (and its extension in 2013). This evolution of the concept has been developed for more than half a century, and actually involves different perspectives and disciplines: health, nutrition, food studies, cultures, heritage, environment, etc. Since that point, the Mediterranean Diet has adopted a new path (guided by the FAO) as a sustainable diet, focusing on sustainability and locality as the cornerstones of its new identity.

We invite papers about all of the above topics, as well as other topics of relevance to this Issue.

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### Guest Editor

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### Deadline for manuscript submissions

closed (28 February 2021)



## International Journal of Environmental Research and Public Health

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

*IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

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### Editor-in-Chief

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