

## Mediterranean food pattern vs. Mediterranean diet: a necessary approach?

### Language

Undefined

### Abstract

“Food pattern” and “diet” sometimes are referred with the same meaning. “Food pattern” can be defined by a priori and a posteriori approaches and refers to the characterisation of foods and frequency of consumption within a population combining with various characteristics. “Diet” may be represented as an individual way of life and considers the food consumption and others like culture, history, society, economy, sustainability, culinary activities, conviviality, physical activity and rest. Mediterranean diet fits on these two concepts. The question is if we are measuring Mediterranean diet as a whole, or whether we are only measuring one of its parts, neglecting the rest of components. Can this compromise the way we monitor its adherence and evolution, with the possibility of losing the perception of certain aspects? How can we preserve and promote the concept if we do not monitor all the pieces of the puzzle?

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Pages 1-12 | Received 27 Feb 2019, Accepted 07 May 2019, Published online: 24 May 2019

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<http://www.dietamediterranea.pt/?q=en/artigos/mediterranean-food-pattern-vs-mediterranean-diet-necessary-approach>

### Links

[1] <https://www.tandfonline.com/doi/full/10.1080/09637486.2019.1617838>