

Understanding Mediterranean and Okinawa Diets

A short online course



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Context

- Understanding healthy diets and their impact on overall health is crucial in today's world. It is proven that a healthy diet can significantly reduce the risk of chronic diseases.
- According to a study published in *The New England Journal of Medicine*¹, the adherence to a Mediterranean-style diet can help prevent about 30% of heart attacks, strokes, and deaths from heart disease.
- Similarly, the Okinawa diet has been linked to the longevity and overall well-being of the inhabitants of Okinawa, Japan, who have one of the highest life expectancies in the world.
- These statistics highlights the urgent need for individuals to gain a comprehensive understanding of the impact a diet can have in their overall well-being.
- By learning about the principles and science behind the Mediterranean and Okinawa diets, participants can make informed choices that positively impact their health and reduce the risk of chronic diseases.

Solution

- To address these challenges surrounding nutrition information and empower participants with essential knowledge, EIT Food has developed this short online course where participants will be able to summarise the characteristics and benefits of the Mediterranean and Okinawa diets and describe how diet influences human microbiota and how this has an impact on human health.
- The course title is “Understanding Mediterranean and Okinawa Diets”. It is composed of 6 hours of learning broken down in 3 modules.
- On this course, learners will look at:
 - how diet influences human microbiota and how this has an impact on human health
 - the characteristics and benefits of the Mediterranean and Okinawa diets
 - the importance of healthy food frequency consumption
 - the many kinds of healthy diets, their different food composition and cultural approaches
 - health-related properties of foods central to the two diets



Ambition

- Our mission is to empower individuals with the necessary knowledge to understand the principles, science, and health benefits of the Mediterranean and Okinawa diets.
- We aim to provide comprehensive understanding of these diets and how they impact the body.



High level contributors

- This course has been designed for anyone interested in maintaining a healthy diet and it has been created by the University of Turin.



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A modern approach to learning

- Fully online, short learning opportunity
- Course available 24/7 to fit with busy lifestyle
- Content accessible on any connected device
- Short lesson in a variety of formats: video, text, quizzes, etc
- Conversational learning: Learners are encourage to reflect and join discussions
- Additional content added to each steps to further explore the topic



Trailer video



Course Syllabus

Week 1: What do we eat

Is your food healthy?
Why is diet important for your health?
The Mediterranean (MED) food pyramid
and scientific background
The Okinawa diet: The food pyramid,
scientific background and benefits for
your health

Week 2: Diet and microbiota

Diet and microbiota: fundamentals
The health benefits of the MED and
Okinawa diets
Components of MED and Okinawa
diets: protein sources
Foods of the MED and Okinawa diets:
fish, meat, poultry and dairy
An easy-to-prepare recipe

Week 3: Foods of MED and Okinawa diets: properties and benefits

Foods of the Okinawa diet: wakame and kombu seaweeds, tofu, shiitake
mushrooms.
Components of MED and Okinawa diets: carbohydrate and fat sources.
Foods of the MED diet: olive oil.
Foods of the MED and Okinawa diets: fruit and vegetables
Foods of the MED and Okinawa diets: cereals and pseudocereals

Is your food healthy?

Welcome to this course in which we will be dealing with food and health. You will be guided through this journey by experts and you will be invited to think about your habits and share your thoughts with other participants.



1.1 Health, well-being and lifestyle DISCUSSION

1.2 Welcome to the course VIDEO (01:51)

Why is diet important for your health?

You might be familiar with the slogan "You are what you eat!". However, does it really matter what and how you eat? Is the diet crucial for your health?



1.3 What are your dietary habits? DISCUSSION

1.4 Why diet is important for health VIDEO (08:07)

The Mediterranean (MED) food pyramid and scientific background

We will present here the history of the Med diet, the Med food pyramid and the recommended frequency of food consumption.



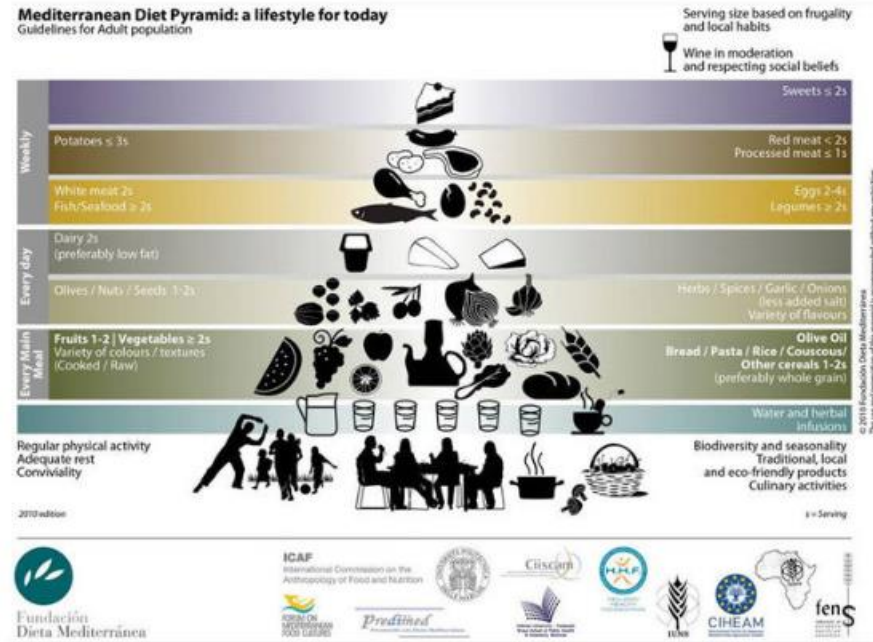
Foods recommended in the MED diet

9 comments

The Mediterranean diet is not simply a diet, it's a lifestyle. It is mostly famous for its benefits to heart health, decreasing the risk of heart disease and reducing mortality from cardiovascular conditions.

In the previous video you have seen that the Med diet is a nutritional model mainly based on olive oil, whole grains, fresh or dried fruit and vegetables, a moderate amount of fish, dairy products and meat, and many condiments and spices, all accompanied by wine and infusions, according to seasonal availability.

You also discovered that a way to make nutritional recommendations simple is to represent them graphically. A food pyramid or diet pyramid is a triangular diagram representing the



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The serving size in the Mediterranean food pyramid

13 comments



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Olive oil: properties and benefits on health

[0 comments](#)

We will improve our knowledge about olive oil and about its

UNDERSTANDING MEDITERRANEAN AND OKINAWA DIETS

SHORT ONLINE COURSE



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- Course available on demand
- Link:
<https://www.futurelearn.com/courses/okinawa-diet>



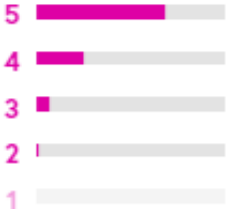
Learner reviews

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4.6



155 Reviews





Taghried E. Verified learner

04/04/23



The course provides an important

The course provides an important knowledge about Mediterranean diet and okinawa diet . It also identifies the types of foods that contain rich sources of vitamins minerals ,antioxidant compounds and essential amino acids that are necessary to our health and protect us from chronic diseases like cancer and diabetes.



Patricia D. Verified learner

31/01/22



Great Course

Life-changing information that is scientifically researched and well presented. I have now incorporated Mediterranean diet principles into my lifestyle. Thank you





Thank you!



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