Mediterranean Diet
The History
FAO Rome 18 September 2019

Prof. Elisabetta Moro
University of Naples S.O.B. Italy
Ancel Keys and Margaret Haney
Food and Agriculture Organization of the United Nations, Rome 1951
Journey to Italy

Roberto Rossellini 1952

Ingrid Bergman and George Sanders
What is the Seven Countries Study?

The Seven Countries Study (SCS for short) is the first major study to investigate diet and lifestyle along with other risk factors for cardiovascular disease, across contrasting countries and cultures and over an extended period of time. Read more about this study.
13 January
1961
Cilento
1985 in Pioppi – Cilento, Margaret (70) and Ancel (81)
Best sellers

1959: EAT WELL AND STAY WELL
Ancel & Margaret Keys

1967: The Benevolent Bean
Margaret & Ancel Keys

1975: HOW TO EAT WELL AND STAY WELL
Ancel and Margaret Keys

Foreword by Paul Dudley White, M.D.
The Keys’ cook Delia Morinelli in the Virtual Museum of the Mediterranean Diet

www.mediterraneandietvm.com
If you want to know more...

2014

English translation in 2020

2017
Contacts

mail: elisabetta.moro@unisob.na.it

facebook: @elisabettamoroantropologa

site: www.elisabettamoro.com

twitter: Elisabetta_Moro