

PRESS RELEASE

MEDIET4ALL – WP2 Progress Report: 56 Traditional Mediterranean Recipes Successfully Modernized

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The European project **MEDIET4ALL** announces major progress in its mission to revitalize the Mediterranean Diet (MD) for 21st-century consumers. Led by the **University of Valencia (UV)**, **Work Package 2 (WP2)** has reached a crucial milestone with the scientific reformulation of **56 traditional Mediterranean recipes (TMR)** into **modernized, healthier, and more sustainable versions (MMR)**.

A Mediterranean Diet Fit for the Future

Despite being recognized by UNESCO as an Intangible Cultural Heritage of Humanity and widely celebrated for its health benefits, the traditional Mediterranean Diet is increasingly being abandoned by younger generations. WP2 responds to this challenge by modernizing emblematic dishes while preserving their cultural identity.

“Our goal is to bring the Mediterranean Diet closer to today’s consumers by improving nutritional quality, reducing allergens, and enhancing sustainability without losing authenticity,” says **Dr. Amparo Gamero**, Associate Professor at the University of Valencia and WP2 Coordinator.

Scientific Innovation Meets Culinary Tradition

WP2 brings together experts in food technology, nutrition, proteomics, gastronomy, antioxidant research, and culinary sciences from Spain, Italy, Algeria, Morocco, France, and Germany. The multidisciplinary team has already achieved:

- **Reformulation of 56 traditional recipes** using gentle cooking, fermented and upcycled ingredients, and reduced salt and sugar.
- **Development of new valorized ingredients** from local Sicilian products.
- **Freeze-drying and preparation** of all modernized recipes for in-depth analysis.
- **Proteomic allergenicity studies** and **two AI-based tools** to assess allergenicity reduction.
- **Comprehensive antioxidant capacity and polyphenolic profiling** of all recipes.

- **Scientific outputs** including manuscripts under review, book chapters in press, and presentations at international events.

These achievements position MEDIET4ALL as a frontrunner in leveraging food science to preserve cultural heritage while addressing modern dietary needs.

Overcoming Challenges Through Collaboration

Coordinating a complex, sequential workflow — from culinary reformulation to freeze-drying to laboratory analysis — has been a central challenge for WP2. Strong communication, shared protocols, and methodological standardization across partners have ensured efficiency and high-quality comparable data.

“Collaboration between partners has been exceptional,” adds Dr. Gamero. “The diversity of expertise — from proteomics to culinary arts — has created true scientific synergies.”

Expected Impact: Healthier Habits, Greater Awareness, and Sustainable Choices

The modernized recipes developed within WP2 aim to:

- **Improve dietary adherence** to the Mediterranean Diet among younger consumers.
- **Increase awareness** of the nutritional and cultural value of Mediterranean foods.
- **Encourage healthier eating habits** through reduced salt, sugar, and allergens.
- **Promote sustainability** through the use of seasonal, local, and upcycled ingredients.
- **Strengthen knowledge transfer**, particularly through an educational workshop at the Mediterranean Culinary Center in December 2025.

Next Steps for WP2

In the coming months, WP2 will focus on:

- Completing all antioxidant and polyphenolic analyses.
- Conducting a culinary and sensory workshop with students at the Mediterranean Culinary Center (December 2025).
- Advancing manuscripts and scientific publications.
- Launching sensory analysis activities during a research stay in Dijon (France).
- Developing new upcycled ingredients and performing in vitro and in vivo allergenicity studies.
- Continuing dissemination at international congresses and public events.

About MEDIET4ALL

MEDIET4ALL is a European initiative dedicated to modernizing, promoting, and revitalizing the Mediterranean Diet through scientific innovation, culinary expertise, and cross-cultural collaboration. The project brings together partners from across the Mediterranean region to develop healthier, sustainable, and culturally meaningful food solutions for modern consumers.

Press contact:

Kevin Andre

Communications Officer, MEDIET4ALL

Email: kevin.andre@vitagora.com

Website: www.mediet4all.eu