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Agenda item 13

Integrated and coordinated implementation of and follow-up to the outcomes of the major United Nations conferences and summits in the economic, social and related fields

Resolution adopted by the General Assembly on 18 December 2025

[*without reference to a Main Committee (A/80/L.21)*]

80/174. International Day of the Mediterranean Diet

The General Assembly,

Reaffirming its resolution [70/1](#) of 25 September 2015, entitled “Transforming our world: the 2030 Agenda for Sustainable Development”, in which it adopted a comprehensive, far-reaching and people-centred set of universal and transformative Sustainable Development Goals and targets, and its commitment to working tirelessly for the full implementation of the Agenda by 2030,

Reaffirming also its resolutions [53/199](#) of 15 December 1998 and [61/185](#) of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution [1980/67](#) of 25 July 1980 on international years and anniversaries, in particular paragraphs 1 to 10 of the annex thereto on the agreed criteria for the proclamation of international years, as well as paragraphs 13 and 14, in which it is stated that an international year should not be proclaimed before the basic arrangements for its organization and financing have been made,

Recalling its resolution [79/276](#) of 25 March 2025, entitled “Implementation of the United Nations Decade of Action on Nutrition (2016–2025)”, which highlighted the importance of nutrition and extended the Decade of Action on Nutrition to 2030,

Taking note of resolution [7/2025](#) of 4 July 2025, entitled “International Day of the Mediterranean Diet”, adopted by the Conference of the Food and Agriculture Organization of the United Nations at its forty-fourth session,¹

Recalling that the United Nations Educational, Scientific and Cultural Organization recognized the Mediterranean diet as an intangible cultural heritage of

¹ Food and Agriculture Organization of the United Nations, document C 2025/REP, appendix I.



humanity in 2010, also in light of its values of hospitality, neighbourliness, intercultural dialogue and creativity, and a way of life guided by respect for diversity,

Recognizing the contribution of the Mediterranean diet to nutrition and its potential contribution to biodiversity, environmental sustainability and resilient food systems, as recalled by the Food and Agriculture Organization of the United Nations in its resolution 7/2025,

Highlighting the need to raise awareness about the Mediterranean diet as a well-balanced and healthy diet, among others, which includes the consumption of a broad variety of food such as but not limited to fruits, vegetables, whole grains, legumes, nuts and olive oil, and is associated with the prevention of noncommunicable diseases and overall well-being,

Noting that the promotion of traditional dietary patterns and healthy diets such as the Mediterranean diet can play an important role in the prevention of conditions and diseases such as obesity, malnutrition and chronic diseases,

Acknowledging the importance of youth engagement, and the role historically played by women in preserving and transmitting the knowledge, practices and traditions associated with the Mediterranean diet in the Mediterranean region,

Recognizing the importance of the Mediterranean diet to local communities, economies, micro-, small and medium-sized enterprises, smallholders and family farmers, and sustainable agriculture, while fostering social cohesion in the Mediterranean region,

Recognizing the role played by the Mediterranean diet in cultural spaces, festivals and celebrations, involving people of all ages, conditions and social groups, including the craftsmanship and production of traditional receptacles for the transport, preservation and consumption of food in the Mediterranean region,

Trusting that the observance of an international day will create a platform to promote awareness and cultural exchange about the Mediterranean diet as one of the well-balanced and healthy diets,

1. *Decides* to designate 16 November as the International Day of the Mediterranean Diet;
2. *Invites* all Member States, organizations of the United Nations system, members of the specialized agencies and observers of the General Assembly, other international, regional and subregional organizations and other relevant stakeholders, including civil society, local communities, the private sector and academia, as well as schools, to observe the International Day, as appropriate, through activities aimed at raising awareness of the importance of this diet and sharing best practices in this regard;
3. *Invites* the Food and Agriculture Organization of the United Nations to facilitate the observance of the International Day, mindful of the provisions contained in the annex to Economic and Social Council resolution 1980/67;
4. *Stresses* that the costs of all the activities that may arise from the implementation of the present resolution should be met through voluntary contributions, including from the private sector;
5. *Invites* all relevant stakeholders to contribute to and support the International Day;
6. *Requests* the Secretary-General to bring the present resolution to the attention of all Member States, members of the specialized agencies and observers of the General Assembly, the organizations of the United Nations system and other

international, regional and subregional organizations and other relevant stakeholders, including civil society, local communities, the private sector and academia, for appropriate observance.

*69th plenary meeting
18 December 2025*
