

Samos and the Pythagorean diet

Samos is the place where the rules of healthy eating were established since the 6th century BC. To this day, one can live the experience of Pythagoras' diet in his own place. The island of Samos, with its great agro-food tradition and unique local products, is at the forefront in promoting the suggestions of the great ancient philosopher Pythagoras of Samos for nutrition and highlighting the benefits that arise from it.

It is known that the vegan diet was called worldwide the "Pythagorean diet" until the 18th century, that is, until the founding of the vegan society by Donald Watson.

Pythagorean diet

The diet followed by Pythagoras was vegetarian, meaning that he chose and suggested to his students to eat fruits, vegetables, cereals, honey, nuts, olive oil, legumes except broad beans and beans, and dairy products.

Cereals were the basis of the diet of the Golden Age, as Hesiod tells us in his work "Works and Days". They were the staple food of the Pythagoreans. "Two of the staple foods of the Pythagoreans were bread and honey" writes Iamblichus in his book "On the Life of Pythagoras". Pythagoras also suggested millet to his students as an ideal food. "He considered millet to be the most suitable species for their food" (Iamblichus, "On the Life of Pythagoras") and they used it to make bread, porridge, and various pastries.

Today, all these foods are recognized as essential for our body and are basic elements of the Mediterranean diet.

- Millet is a type of cereal rich in B vitamins.
- Legumes (lentils, fava beans, chickpeas) are foods rich in plant proteins. They contain many types of vitamins (even B12), and mineral salts
- Nuts contain proteins, almost all the necessary vitamins and the beneficial anti-aging $\Omega 3$ - $\Omega 6$.
- Fresh fruits and vegetables are an important source of vitamins C, B, potassium, calcium, and antioxidants.
- Honey strengthens the immune system and is an excellent source of energy.
- Olive oil has anti-aging properties and contributes to longevity and vitality.

Pythagoras, an ancient vegan

Pythagoras was the most famous conscious vegetarian of Antiquity. He emphasized in his speeches the inseparable connection between food, soul, body, and mind and taught his students "the power of contemplation".

The Pythagorean diet explored the natural properties of raw materials and tried to use them to the fullest in order to achieve first, harmony and balance in the foods ingested by the body and ultimately, a natural defense structure against diseases. After all, Hippocrates himself spoke about the natural benefits of nutrition against diseases and its usefulness to our health.

He defined the benefits of this diet as:

- More well-being and vital energy.
- Harmony between body and spirit.
- Increased mental clarity.
- Better stress management, peace of mind.
- Control of excess weight.
- Anti-aging and longevity.
- Youthful vigor and mental sharpness even at an advanced age!

Pythagorean Diet Day

The “Iraea – Pythagoras Festival” in collaboration with the Municipalities of East and West Samos established July 1st as “Pythagorean Diet Day”.

Every July 1st in Samos, in restaurants, taverns, and hotel restaurants, those who wish can choose and taste food prepared according to the standards of the Pythagorean Diet; dishes based on the local agricultural production, according to the combinations of foods and materials that Pythagoras proposed for mental and physical well-being.

There is already strong interest from various tourist agencies and tour operators in identifying healthy eating with the island of Samos.

Food during the IDRiM2005 Conference

Food in IDRiM20025 will always include dishes based on the Pythagorean diet, for participants to try and enjoy!