

ITALY SPECIAL

ITALY

A TIMELESS TASTE OF
TRADITION & PASSION

From the rolling hills of Tuscany to the sun-kissed coasts of Sicily, Italy's cuisine is a celebration of fresh ingredients, regional diversity and centuries-old traditions. Every dish tells a story. Every meal brings people together.

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ITALY AT A GLANCE

	Population (2026) 59.0 Million
	Capital Rome
	Area 301,340 km ²
	Currency Euro (€)
	Time Zone CET (UTC +1)
	Calling Code +39
	Best Time to Visit April - June September - October



ITALIAN CUISINE HIGHLIGHTS

FRESH INGREDIENTS



Quality ingredients are the heart of every Italian dish.

REGIONAL DIVERSITY



Distinct flavors and recipes in every region from north to south.

PASTA HERITAGE



Over 350 shapes of pasta, a symbol of Italian creativity.

OLIVE OIL EXCELLENCE



Extra virgin olive oil, a cornerstone of the Mediterranean diet.

CHEESE TRADITION



World-famous cheeses like Parmigiano Reggiano, Mozzarella and Pecorino.

WINE CULTURE



A rich wine heritage with hundreds of native grape varieties.

ITALY IN NUMBERS (2026)

	GDP (Nominal) USD 2.2 Trillion
	GDP Per Capita USD 37,600
	Food & Beverage Sector €200 Billion+
	Agri-food Exports (2025) €68 Billion
	Agricultural Land 41% of total land

Source: World Bank, FAO, WTO, ISTAT, 2026

A JOURNEY THROUGH ITALY'S REGIONS



NORTH

Hearty risottos, polenta, cheeses and fine wines.



SARDINIA

Seafood, pecorino cheese, and local bread traditions.



SICILY

Fresh seafood, citrus, almonds and sweet delights.



CENTRAL

Hearty pastas, olive oil, cured meats and truffles.



SOUTH

Rich tomato dishes, olive oil, vegetables and rustic flavors.



CALABRIA

Spicy 'nduja, olives, peppers and bold Mediterranean taste.

ITALIAN FOOD CULTURE



FAMILY & TOGETHERNESS

Meals are a time for connection, conversation and celebration.



SLOW FOOD PHILOSOPHY

Respect for ingredients, traditions and sustainable practices.



LOCAL & SEASONAL

Fresh, seasonal produce is the key to authentic Italian cuisine.



ART OF PAIRING

Perfect harmony between food and Italy's exceptional wines.



PASSION & HERITAGE

Generations of recipes passed down with love and pride.



RECOGNIZED BY UNESCO



Italian cuisine is recognized by UNESCO as an Intangible Cultural Heritage of Humanity, celebrating its knowledge, traditions and community practices.



ICONIC ITALIAN DISHES



PIZZA
NAPOLETANA



SPAGHETTI
ALLA CARBONARA



LASAGNE
ALLA BOLOGNESE



RISOTTO
AI FUNGHI



TIRAMISÙ



DID YOU KNOW?

Italy has the most UNESCO food heritage recognitions in the world, from Neapolitan pizza to traditional wine production.



“ Good food, like good life in Italy, is all about *passion, balance and sharing.* ”



ITALY SPECIAL

A LAND OF REGIONS, INFINITE FLAVORS

20 REGIONS. COUNTLESS TRADITIONS.

From the Alps to the Mediterranean, Italy's regions each offer unique ingredients, time-honored recipes and culinary identities shaped by geography, history and local culture.

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ICONIC ITALIAN INGREDIENTS

EXTRA VIRGIN OLIVE OIL



The golden liquid of Mediterranean diet and Italian excellence.

TOMATOES



From San Marzano to cherry tomatoes, the heart of many iconic dishes.

BASIL



Fresh, fragrant and essential in classics like pesto Genovese.

PARMIGIANO REGGIANO



Aged to perfection, a symbol of quality and tradition.

MOZZARELLA DI BUFALA



Creamy, delicate and globally beloved.

PROSCIUTTO DI PARMA



Cured with time, crafted with care, savored worldwide.

ITALY'S FOOD ECONOMY (2026)



Food & Beverage Sector
 Contribution to GDP
 ~3.0%



Food Exports (2026)
 €67 Billion+



Top Export Markets
 Germany, USA, France,
 UK, Switzerland



Agri-food Companies
 Over 70,000



Employment in Food Sector
 Over 500,000 people

Source: ISTAT, ICE, Federalimentare, 2026

CULINARY REGIONS SPOTLIGHT



LOMBARDY
 Risotto alla Milanese with saffron.



TUSCANY
 Ribollita, Florentine steak, and fine wines.



CAMPANIA
 Authentic pizza napoletana and buffalo mozzarella.



VENETO
 Bigoli pasta, polenta and Amarone wine.



EMILIA-ROMAGNA
 Tagliatelle al ragù, Parmesan and traditional balsamic.



PUGLIA
 Orecchiette, olive oil and fresh seafood.



SICILY
 Arancini, seafood pasta and granita.

ITALIAN COOKING VALUES



SIMPLICITY
 Let quality ingredients speak for themselves.



SEASONALITY
 Cooking with what nature offers, when it's best.



FAMILY & TRADITION
 Recipes passed down through generations.



QUALITY & ORIGIN
 Pride in local products and protected traditions.



SHARING & HOSPITALITY
 Food is best when shared with loved ones.

FAMOUS ITALIAN FOOD FESTIVALS



TARTUFO BIANCO D'ALBA
 (Alba) – Celebrating white truffles.



CHEESE FESTIVAL BRA
 (Bra) – Honoring Italian cheeses.



VINITALY (Verona)
 Italy's premier wine event.



SAGRA DEL PESCE (Camogli)
 A festival of seafood and tradition.

MUST-TRY ITALIAN EXPERIENCES



Explore local markets and taste regional specialties.



Join a cooking class and learn authentic recipes.



Visit vineyards and olive groves.



Savor a true Italian espresso and a moment of "dolce far niente".



DID YOU KNOW?

Italian cuisine is included in UNESCO's list of Intangible Cultural Heritage for its knowledge, practices and rituals around the Mediterranean diet.



unesco





ITALY SPECIAL

CULINARY OVERVIEW

HERITAGE. DIVERSITY. EXCELLENCE.

Italian cuisine is one of the world's most influential culinary traditions, known for its simplicity, regional diversity and respect for high-quality ingredients. Each region offers its own story, passed down through generations and perfected over time.



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THE DIVERSITY OF ITALIAN CUISINE

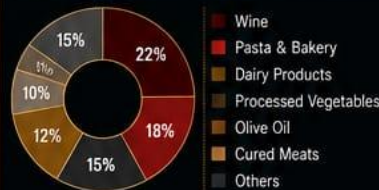
NORTH RICH & COMFORTING	CENTER AUTHENTIC & RUSTIC	SOUTH BOLD & FLAVORFUL	ISLANDS SEA & SUN	ALPINE AREAS PURE & NATURAL
Creamy risottos, polenta, cheeses, butter-based sauces and fine wines. Examples: Risotto alla Milanese, Ossobuco	Hearty pastas, cured meats, olive oil and traditional recipes. Examples: Pappardelle al Cinghiale, Ribollita	Tomatoes, eggplant, chili, seafood and aromatic herbs dominate. Examples: Pizza Napoletana, Pasta alla Norma	Fresh seafood, citrus, capers and unique local ingredients. Examples: Arancini, Pasta alle Vongole	Speck, mushrooms, game, cheeses and mountain herbs. Examples: Canelelli, Speck e Funghi

ITALY'S FOOD & BEVERAGE INDUSTRY (2026)

Contribution to GDP €200+ Billion (~3.0%)	Food Exports (2026) €67 Billion+	Top Export Markets Germany, USA, France, UK, Switzerland	Agri-food Companies Over 70,000

Source: ISTAT, FAO, WTO, ICE, Federalimentare, 2026

ITALY'S TOP FOOD & BEVERAGE EXPORTS



THE PRINCIPLES OF ITALIAN CUISINE

- QUALITY INGREDIENTS**
Use of fresh, seasonal and locally sourced products.
- SIMPLICITY**
Let the natural flavors of ingredients shine.
- BALANCE**
Perfect harmony of flavors, textures and colors.
- TRADITION & INNOVATION**
Respect for traditions while embracing innovation.
- PASSION**
Cooking and sharing food is an expression of love.

ICONIC ITALIAN PDO & PGI PRODUCTS

	Parmigiano Reggiano (PDO) The king of cheeses.	
	Prosciutto di Parma (PDO) World-renowned cured ham.	
	Aceto Balsamico di Modena (PGI) Traditional balsamic vinegar.	
	Mozzarella di Bufala Campana (PDO) Creamy buffalo mozzarella.	
	Chianti (DOCG) Iconic Tuscan red wine.	

MOST POPULAR ITALIAN DISHES

PIZZA NAPOLETANA Thin, soft and perfectly baked with simple, fresh toppings.	SPAGHETTI ALLA CARBONARA Classic Roman pasta with egg, Pecorino cheese, guanciale and black pepper.	LASAGNE ALLA BOLOGNESE Layered pasta with rich meat sauce, bechamel and Parmigiano.	RISOTTO ALLA MILANESE Creamy saffron risotto from Milan, simple yet unforgettable.	TIRAMISÙ Coffee-soaked layers with mascarpone cream and cocoa powder.	GELATO ARTIGIANALE Authentic Italian ice cream, crafted with passion and natural ingredients.

THE ITALIAN TABLE EXPERIENCE

- Meals are moments to slow down, connect and enjoy together.
- From aperitivo to dolce, every course has its place and purpose.
- Hospitality is at the heart of Italian culture.



“Italian cuisine is not just food,
it is a way of life.”



ITALY SPECIAL

TRADITION TODAY, INNOVATION TOMORROW

A BALANCE THAT DEFINES ITALY

Italy leads the world in combining ancestral recipes and cutting-edge innovation. From family farms to Michelin-starred kitchens, quality, creativity and sustainability drive the future of Italian food.


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NUTRITION & WELLNESS

The Mediterranean diet, born in Italy, is recognized by UNESCO as an Intangible Cultural Heritage.

-  Rich in vegetables, fruits, whole grains and legumes
-  Healthy fats from olive oil and nuts
-  Moderate dairy and fish, little red meat
-  Linked to longevity, heart health and well-being


ITALY BY NUMBERS (2026)


Source: ISTAT, ICE, FAO, World Bank, 2026

FOOD SUPPLY CHAIN

SUSTAINABILITY & INNOVATION

-  Precision agriculture and smart farming
-  Reduced food waste and circular economy
-  Plant-based innovation and alternative proteins
-  Sustainable packaging and traceability
-  Renewable energy in food production.


REGIONAL CHEESES OF ITALY

WINE REGIONS OF ITALY

FOOD FESTIVALS & EVENTS

-  **TARTUFO BIANCO D'ALBA** (Piedmont)
Celebrating the prized white truffle.
-  **SALONE DEL GUSTO** (Turin)
The world's leading food event.
-  **VINITALY** (Verona)
Global wine and spirits exhibition.
-  **SAGRA DEL PESCE** (Camogli)
Seafood, music and tradition.

MEET THE ITALIAN CHEFS


- | | | |
|---|--|--|
| MASSIMO BOTTURA
Osteria Francescana
3-Michelin-starred chef, known for creativity and tradition. | NADIA SANTINI
Dal Pescatore
Italy's first female 3-Michelin-starred chef. | MAURO COLAGRECO
Mirazur
3-Michelin-starred chef, championing nature and sustainability. |
|---|--|--|

DID YOU KNOW?

- Italy has more UNESCO-listed food heritage items than any other country.
- Pizza Napoletana has its own strict certification.
- Espresso was invented in Italy in the early 1900s.
- Italy produces 20% of the world's wine.



In Italy, every meal is a celebration of life, where past and future share the same table.

 **ITALY SPECIAL**

ROOTED IN HISTORY, LOOKING TO THE FUTURE

THE EVOLUTION OF ITALIAN CUISINE

Italian cuisine is a living heritage that blends centuries-old traditions with modern innovation. It is a story of people, land and sea, craftsmanship and creativity, all served with passion around the table.


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ITALY'S FOOD & BEVERAGE SECTOR (2026)

- Market Size
€200+ Billion
- Annual Growth
~2.8%
- Food Industry Businesses
330,000+
- Employment
Over 500,000 people
- Michelin-Starred Restaurants
400+



Source: ISTAT, Federalimtare, World Bank, 2026

FOOD EXPORTS BY CATEGORY (2026)



TOP EXPORT MARKETS (2026)



ITALY'S FOOD STRENGTHS

- World-renowned quality and authenticity
- Strong agri-food heritage and biodiversity
- DOP & IGP certified products leadership
- Innovation in processing and packaging
- Sustainable production and traceability

ICONIC ITALIAN DOP & IGP PRODUCTS

PARMIGIANO REGGIANO DOP The King of Cheeses.	PROSCIUTTO DI PARMA DOP World-famous cured ham.	ACETO BALSAMICO DI MODENA IGP Traditional balsamic excellence.	MOZZARELLA DI BUFALA CAMPANA DOP Authentic buffalo mozzarella.	CHIANTI DOCG Iconic Tuscan red wine.
DUO EXTRA VERGINE DI OLIVA TOSCANO IGP Premium extra virgin olive oil.	GORGONZOLA DOP Creamy blue cheese.	MORTADELLA BOLOGNA IGP A symbol of Italian delicatessen.	LIMONCINO DI SORRENTO IGP Famous Sorrento lemons.	ASTI DOCG Italy's sweet sparkling wine.

FOOD TRENDS IN ITALY

- HEALTH & WELLNESS**
Focus on Mediterranean diet, natural ingredients and balance.
- SUSTAINABLE CHOICES**
Local sourcing, zero waste and eco-friendly packaging.
- ARTISANAL REVIVAL**
Small producers and traditional craftsmanship are thriving.
- PLANT-BASED INNOVATION**
Creative vegetarian and vegan Italian cuisine on the rise.



ITALIAN GASTRONOMY BY SEASON

	SPRING Fresh herbs, artichokes, asparagus, peas and strawberries.
	SUMMER Tomatoes, zucchini, eggplant, seafood and stone fruits.
	AUTUMN Mushrooms, truffles, pumpkin, chestnuts and grapes.
	WINTER Citrus, root vegetables, legumes, hearty soups and braised dishes.

ITALY'S TRADE PARTNERSHIP OPPORTUNITIES

- Import premium ingredients and technologies.
- Co-develop innovative food products.
- Expand in global markets together.
- Build long-term and sustainable partnerships.



COOKING TIP FROM ITALY

"Semplicità è la massima sofisticatezza."
Simplicity is the ultimate sophistication.

Use the best quality ingredients, treat them with respect and let their natural flavors shine.

DID YOU KNOW?

- Italy is home to more UNESCO intangible heritage food items than any other country.
- Pizza Napoletana was declared an intangible cultural heritage by UNESCO.
- Italian espresso culture is a symbol of social connection and daily ritual.



Good food is a language of love, understood in every country. — Italian Proverb




ITALY SPECIAL

FROM TRADITION TO GLOBAL ICON

ITALIAN CUISINE AROUND THE WORLD

Loved in every corner of the globe, Italian cuisine continues to inspire chefs, food lovers and entrepreneurs. Its authenticity, quality ingredients and regional diversity make it a timeless reference in the culinary world.

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THE RICHNESS OF ITALY'S REGIONS

NORTH
Creamy risottos, polenta, cheeses, butter sauces.
Typical: Risotto alla Milanese

CENTER
Simple, Rustic, Authentic. Olive oil, legumes, herbs and grilled meat.
Typical: Ribollita

SOUTH
Bold flavors, tomatoes, eggplant, chili and seafood.
Typical: Pasta alla Norma

ISLANDS
Seafood, citrus, spices and unique traditions.
Typical: Couscous alla Trapanese




ITALY FOOD CULTURE HIGHLIGHTS

FAMILY & TRADITION
 Meals are moments of togetherness passed down for generations.

QUALITY INGREDIENTS
 Fresh, local and seasonal ingredients are the foundation.

SLOW FOOD MOVEMENT
 Respect for biodiversity, traditions and sustainable practices.

EXPORTING EXCELLENCE
 Italian cuisine is among the most exported and appreciated worldwide.

FOOD & WINE PAIRING
 The art of matching regional dishes with the perfect local wine.

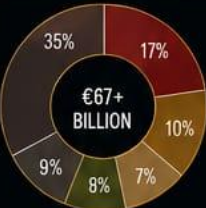


ITALIAN CUISINE AROUND THE WORLD

From New York to Tokyo, from São Paulo to Dubai, Italian restaurants, chefs and products bring the true taste of Italy to every table.

- Over 245,000 Italian Restaurants Worldwide
- Italian Food Exports €67+ Billion (2026)
- Top Imported Italian Products: Pasta, Wine, Cheese, Olive Oil, Tomato Products
- Italian Food in Over 190 Countries

ITALY'S FOOD EXPORT DESTINATIONS (2026)



Germany
USA
France
UK
Switzerland
Spain
Others

Source: ISTAT, ICE, World Bank, 2026

MOST POPULAR ITALIAN PRODUCTS WORLDWIDE

WINE
 Italian wine is a symbol of quality and tradition.

PASTA
 Over 500 shapes, loved globally.

CHEESE
 Parmigiano Reggiano, Gorgonzola, Mozzarella and more.

OLIVE OIL
 Extra virgin olive oil, the gold of Italy.

TOMATO PRODUCTS
 From sun-ripened tomatoes.

CURED MEATS
 Prosciutto di Parma, Mortadella, Salami.

ITALY'S FOOD INDUSTRY (2026)

- GDP Contribution €200+ Billion
- Food Industry Companies Over 330,000
- Employment Over 500,000 People
- Innovation & Technology Driving sustainability and global growth

UNFORGETTABLE FOOD EXPERIENCES IN ITALY

- Truffle hunting in Alba
- Cooking classes in Tuscany
- Cheese tasting in Parma
- Wine tours in Chianti
- Street food in Naples
- Seafood in Sicily



ITALIAN FOOD PROVERB

“Mangia bene, ridi spesso, ama molto.”

Eat well, laugh often, love much.



ICONIC ITALIAN FOOD FESTIVALS

- Tartufo Bianco d'Alba (Piedmont) Celebrating the white truffle.
- Salone del Gusto (Turin) The world's leading food event.
- Vinitaly (Verona) Global wine and spirits exhibition.
- Sagra del Pesce (Camogli) Seafood, music and tradition.





In Italy, food is not just something we eat, it is something we *live, share and celebrate.*



 ITALY SPECIAL

AUTHENTIC TASTE, TIMELESS PASSION

CRAFTED BY GENERATIONS.

Every dish tells a story. Every ingredient has a purpose. Italy's culinary art is a celebration of simplicity, quality and unmatched passion.



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ITALY'S CULINARY LEGACY



Over 2,000 years of culinary traditions influenced by the Romans, Greeks, Arabs and Mediterranean cultures.



From humble family recipes to modern haute cuisine, Italy leads with authenticity and refined taste.



Home to UNESCO-recognized food traditions and world-famous regional specialties.

ITALY BY THE NUMBERS (2026)



OVER
330,000
FOOD BUSINESSES



€538B+
FOOD MARKET
VALUE



1 MILLION+
FARMS



€26B+
FOOD EXPORTS



5,300+
TRADITIONAL
FOOD PRODUCTS



OVER 245,000
ITALIAN RESTAURANTS
WORLDWIDE



Source: ISTAT, ICE, FAO, World Bank, 2026

THE ITALIAN DIET: A MODEL FOR WELL-BEING



Rich in vegetables, legumes, whole grains and olive oil.



Moderate dairy and fish, low red meat.



Balanced, nutritious and heart-healthy.



Recognized by UNESCO as an Intangible Cultural Heritage.

ICONIC ITALIAN INGREDIENTS



EXTRA VIRGIN OLIVE OIL
Liquid gold of the Mediterranean.



TOMATOES
The soul of Italian cooking.



BASIL
The aroma of freshness.



PARMIGIANO REGGIANO
Aged perfection.



MOZZARELLA DI BUFALA
Creamy & delicate.



PROSCIUTTO DI PARMA
Tradition in every slice.

REGIONAL FLAVORS OF ITALY



LOMBARDY
Risotto alla Milanese, Osso Buco.



TUSCANY
Florentine steak, Ribollita soup.



CAMPANIA
Neapolitan pizza, Mozzarella di bufala.



VENETO
Bigoli, Polenta, Amarone wine.



EMILIA-ROMAGNA
Tagliatelle al ragù, Parmigiano Reggiano.



SICILY
Arancini, seafood pasta, Cannoli.

WINE EXCELLENCE



Italy is the world's largest producer of wine, with over 400 indigenous grape varieties.

-  Tuscany – Chianti, Brunello
-  Piedmont – Barolo, Barbaresco
-  Veneto – Prosecco, Amarone
-  Sicily – Nero d'Avola, Etna Rosso

ITALIAN FOOD FESTIVALS



TARTUFO BIANCO D'ALBA (Piedmont)
Celebrating the prized white truffle.



CHEESE FESTIVAL BRA (Piedmont)
World's largest cheese event.



VINITALY (Verona)
International wine and spirits exhibition.



SAGRA DEL PESCE (Camogli)
Seafood, music and tradition.

EXPERIENCE ITALY



Explore charming villages and local markets.



Take cooking classes with local chefs.



Discover vineyards and olive groves.



Savor authentic espresso and la dolce vita.

DID YOU KNOW?



Pizza Margherita was created in 1889 in Naples for Queen Margherita.



Espresso was invented in Italy in the early 1900s.



Italy has the most UNESCO-listed food heritage items in the world.



*In Italy, we don't just cook, we create memories.
In every meal, we taste life.*



ITALY SPECIAL

A LAND OF FLAVORS, A FUTURE OF POSSIBILITIES

SUSTAINING HERITAGE, FEEDING TOMORROW.

Italy's culinary journey is continuous innovation rooted in tradition. From local farms to global tables, Italy delivers taste, quality and inspiration to the world.


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CULINARY HERITAGE

-  Over 5,000 traditional dishes across Italy's 20 regions.
-  Recognized by UNESCO for its cultural significance and diversity.
-  Centuries of influence from Romans, Greeks, Arabs and more.
-  A living tradition passed down through families and communities.


ITALY'S FOOD ECONOMY (2026)

 €205+ BILLION Food Industry Turnover	 €67+ BILLION Food & Beverage Exports	Over 330,000 Food Businesses
 Over 4.6 MILLION People Employed in Food Sector	 3rd LARGEST Food Exporter in the World	

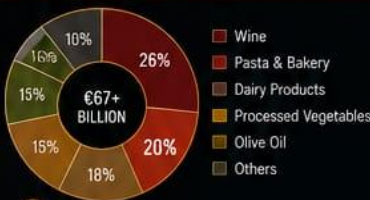
Source: ISTAT, ICE, Federalimentare, World Bank, 2026

ITALY'S FOOD PILARS

-  **QUALITY INGREDIENTS**
Fresh, seasonal and locally sourced.
-  **TRADITION & CULTURE**
Recipes and techniques refined over generations.
-  **DIVERSITY**
A unique identity in every region.
-  **INNOVATION**
Modern technology meets timeless passion.
-  **SUSTAINABILITY**
Respect for nature and future generations.


FROM FARM TO TABLE


A strong and integrated supply chain ensures quality, safety and excellence at every step.

ITALY'S TOP FOOD EXPORT CATEGORIES (2026)


Italy exports to over 190 countries worldwide.

GLOBAL LOVE FOR ITALIAN FOOD

-  Italian cuisine is among the most popular in the world.
-  Loved for its authenticity, simplicity and rich taste.
-  Italian restaurants are thriving in every continent.
-  A symbol of togetherness, hospitality and joy.


ICONIC ITALIAN PRODUCTS

ITALY BY REGION: A WORLD OF TASTES

FOOD TRENDS IN ITALY

-  **PLANT-BASED INNOVATION**
Growing demand for vegetarian and vegan options.
-  **HEALTH & WELLNESS**
Clean labels, natural ingredients and balanced diets.
-  **SUSTAINABLE PACKAGING**
Eco-friendly solutions for a greener future.
-  **DIGITAL & DELIVERY**
Technology enhances the food experience.


LOOKING AHEAD

Italy remains a global leader in food and gastronomy, combining heritage with innovation to feed the world beautifully and responsibly.



“ In Italy, we don't just make food, we create *emotions* and *memories* that last a lifetime. **”**



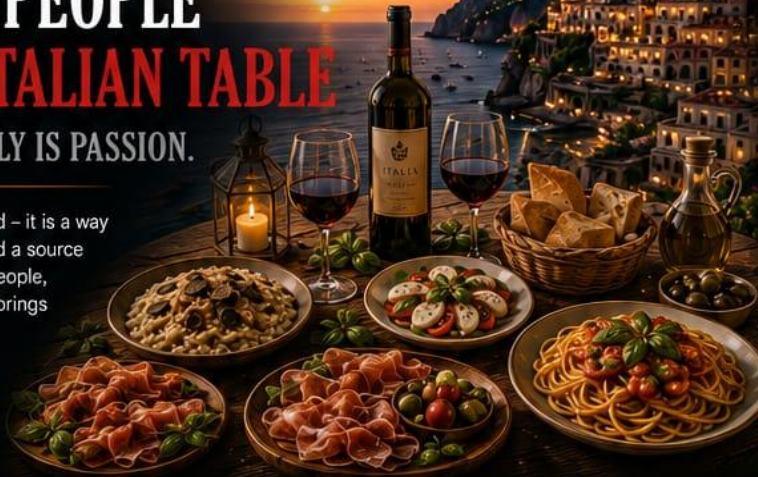


ITALY SPECIAL

CULTURE, PEOPLE AND THE ITALIAN TABLE

FOOD IS ITALY. ITALY IS PASSION.

Italian cuisine is more than food – it is a way of life, a cultural expression and a source of national pride. It connects people, strengthens communities and brings the world together.



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ITALY AT A GLANCE

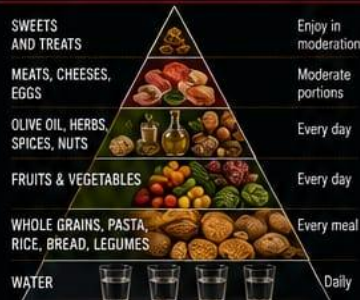
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THE ITALIAN LIFESTYLE

- Family comes first. Meals are moments of togetherness.
- Quality over quantity. Simple ingredients, extraordinary results.
- La Dolce Vita. Enjoy life, good food and good company.
- Respect for tradition, open to innovation. A perfect balance.



THE ITALIAN FOOD PYRAMID



ITALIAN FOOD & WINE PAIRINGS

- TOMATO SAUCES**
Chianti, Montepulciano
- SEAFOOD**
Pinot Grigio, Vermentino
- CHEESE & ANTIPASTI**
Prosecco, Soave
- RED MEATS**
Barolo, Brunello di Montalcino
- MUSHROOM DISHES**
Barbera, Nebbiolo
- DESSERTS**
Moscato d'Asti, Vin Santo



ITALY'S UNESCO FOOD HERITAGE

Italy has the highest number of UNESCO-listed food heritage items in the world.

- Mediterranean Diet
- Neapolitan Pizza
- Art of Neapolitan Pizzaiuolo
- Traditional Balsamic Vinegar of Modena
- "Cucina Italiana" in the World



THE ART OF ITALIAN COOKING

- SIMPLE IS BEAUTIFUL**
Let the quality of the ingredients shine.
- COOK WITH LOVE**
Passion is the secret ingredient.
- REGIONAL DIVERSITY**
20 regions, countless specialties.
- SEASONAL & LOCAL**
Fresh, local and in harmony with nature.



ITALY'S FOOD INDUSTRY (2026)

- Food & Beverage Industry Value
€205+ Billion
- Exports of Agri-Food Products
€67+ Billion
- Over 840,000 Food & Beverage Companies
- Employment in Food Sector
Over 1.4 Million People
- Italy is a global leader in quality, safety and taste.



ICONIC ITALIAN DISHES



ITALY: FROM PAST TO FUTURE



Italy is proud of its heritage and confident in its future. Sustainability, innovation and international collaborations are shaping the next chapter of Italian cuisine.

- SUSTAINABLE FOOD SYSTEMS
- INNOVATION IN FOOD TECHNOLOGY
- GLOBAL PARTNERSHIPS & NEW MARKETS

A TASTE THAT UNITES THE WORLD

From North to South, Italy shares its culinary heritage with the world – a taste of Italy is a taste of excellence.



“ Good food is an experience, a memory, a culture.
Benvenuti a tavola! ”



 ITALY SPECIAL

INNOVATION TODAY, TRADITION FOREVER

ITALY'S CULINARY FUTURE
ROOTED IN EXCELLENCE.

Italy continues to innovate while preserving its authentic soul. Technology, sustainability and creativity are shaping a new generation of Italian cuisine for the world.



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ITALY AT A GLANCE

- Population (2026)
59.0 Million
- Capital
Rome
- Area
301,340 km²
- Currency
Euro (€)
- Time Zone
CET (UTC +1)
- Calling Code
+39
- Best Time to Visit
April – June
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ITALY'S FOOD EXPORTS (2026)



Italy exports food & beverages to over 190 countries.

Source: ISTAT, ICE, World Bank, 2026

SUSTAINABLE ITALY

- FARM TO FORK**
Supporting local farmers, short supply chains and seasonal produce.
- ZERO WASTE**
Innovative solutions to reduce food waste across the value chain.
- GREEN PACKAGING**
Eco-friendly materials for a greener planet.
- RENEWABLE ENERGY**
Sustainable production for a cleaner and better tomorrow.



ITALY'S TOP GASTRONOMY EXPERIENCES

- WINE ROUTES**
Discover the finest vineyards and wine regions.
- COOKING CLASSES**
Learn authentic recipes from local chefs.
- TRUFFLE HUNTING**
Experience the adventure in Alba's truffle lands.
- FOOD FESTIVALS**
Celebrate taste, culture and community.
- STREET FOOD TOURS**
Savor the best of Italy's street culinary scene.



MODERN TRENDS IN ITALIAN CUISINE

- PLANT-BASED REVOLUTION**
Creative vegetarian and vegan Italian dishes on the rise.
- HEALTH & WELLNESS**
Clean, natural ingredients for a balanced lifestyle.
- GLOBAL FUSION**
Italian flavors meeting global culinary influences.
- DIGITAL & DELIVERY**
Technology enhancing the dining experience and accessibility.



ICONIC ITALIAN PRODUCTS

 ACETO BALSAMICO DI MODENA IGP	 OLIO EXTRA VERGINE DI OLIVA	 MOZZARELLA DI BUFALA CAMPANA DOP	 PROSCIUTTO DI PARMA DOP	 GRANA PADANO DOP
 LIMONE DI SORRENTO IGP	 ASTI DOCG SPARKLING WINE	 CAFFÈ ITALIANO	 GIANDUIA CHOCOLATE	 PANETTONE TRADIZIONALE

CHALLENGES & OPPORTUNITIES

- GLOBAL COMPETITION**
Standing out in a competitive global food market.
- CLIMATE CHANGE**
Adapting agriculture to changing climate conditions.
- YOUNG TALENT**
Empowering the next generation of chefs and producers.



ITALY'S REGIONAL FOOD MAP



- NORTH**
Risotto, Polenta, Prosciutto, Cheeses, Truffles
- CENTER**
Pasta all'Amatriciana, Florentine Steak, Pecorino
- SOUTH**
Pizza, Seafood, Olives, Citrus Fruits
- ISLANDS**
Arancini, Cannoli, Seafood, Couscous

FOOD BY SEASON IN ITALY

 SPRING Artichokes, Asparagus, Peas, Strawberries	 SUMMER Tomatoes, Zucchini, Eggplants, Melons, Berries	 AUTUMN Mushrooms, Truffles, Pumpkin, Chestnuts, Grapes	 WINTER Citrus Fruits, Radicchio, Kale, Hearty Soups
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DID YOU KNOW?

- Italy has the highest number of UNESCO-listed food heritage items in the world.
- Pizza Margherita was created in 1889 in Naples for Queen Margherita.
- Espresso was invented in Italy in the early 1900s.
- Italian cuisine is a symbol of social connection and family.



“Food is our common ground,
a universal experience.”
– James Beard



ITALY SPECIAL

HERITAGE THAT INSPIRES, FLAVORS THAT CONNECT

ITALY: WHERE FOOD BECOMES CULTURE

Italian cuisine is a living heritage, constantly evolving yet deeply rooted in tradition. It brings people together, connects cultures and creates memories that last a lifetime.


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A JOURNEY THROUGH ITALY'S REGIONS

- NORTH**
Creamy risottos, polenta, cheeses, truffles.
Typical: Risotto alla Milanese
- CENTER**
Simple, rustic, authentic.
Olive oil, legumes, herbs and grilled meat.
Typical: Ribollita
- SOUTH**
Bold flavors, tomatoes, eggplant, chili, seafood.
Typical: Pasta alla Norma
- ISLANDS**
Seafood, citrus, spices and unique traditions.
Typical: Couscous alla Trapanese


ITALY BY THE NUMBERS (2026)

-  **330,000+**
FOOD BUSINESSES
-  **€205+ BILLION**
FOOD INDUSTRY TURNOVER
-  **1 MILLION+**
FARMS
-  **€26B+**
FOOD EXPORTS
-  **3rd LARGEST**
FOOD EXPORTER IN THE WORLD
-  **OVER 245,000**
ITALIAN RESTAURANTS WORLDWIDE

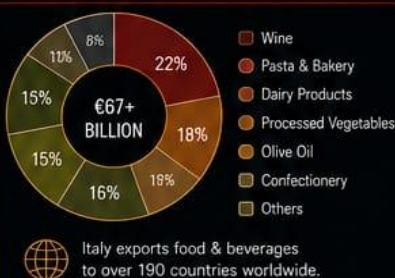
Source: ISTAT, ICE, FAO, World Bank, 2026

ITALY'S FOOD & WINE CULTURE

-  Diverse regions, endless flavors and unique traditions.
-  Over 500 indigenous grape varieties.
-  UNESCO intangible heritage: Mediterranean Diet.
-  A perfect harmony of taste, health and lifestyle.


ICONIC ITALIAN INGREDIENTS

-  **EXTRA VIRGIN OLIVE OIL**
Liquid gold of the Mediterranean.
-  **SAN MARZANO TOMATOES**
Sweet, rich and perfectly balanced.
-  **BASIL**
Fresh aroma that brings life to every dish.
-  **PARMIGIANO REGGIANO**
Aged perfection.
-  **MOZZARELLA DI BUFALA**
Creamy & authentic.
-  **PROSCIUTTO DI PARMA**
Tradition in every slice.

ITALY'S TOP FOOD EXPORT CATEGORIES (2026)

ITALIAN WINE EXCELLENCE

-  Tuscany – Chianti, Brunello
-  Piedmont – Barolo, Barbaresco
-  Veneto – Prosecco, Amarone
-  Sicily – Nero d'Avola, Etna Rosso
-  Trentino-Alto Adige – Pinot Grigio


ICONIC ITALIAN DISHES

-  **PIZZA MARGHERITA**
-  **SPAGHETTI CARBONARA**
-  **RISOTTO AI FUNGHI**
-  **LASAGNA ALLA BOLOGNESE**
-  **OSSOBUOCO ALLA MILANESE**
-  **TIRAMISU**

ITALY'S FOOD PILLARS

-  **TRADITION & PASSION**
Recipes passed down for generations.
-  **QUALITY & AUTHENTICITY**
Premium ingredients, local sourcing.
-  **INNOVATION**
Modern techniques meet tradition.
-  **SUSTAINABILITY**
Respect for land, people and future.

FOOD TRENDS IN ITALY

-  **PLANT-BASED GROWTH**
More vegetarian & vegan options.
-  **HEALTH & WELLNESS**
Focus on clean, natural ingredients.
-  **SUSTAINABLE PACKAGING**
Eco-friendly solutions.
-  **FOOD TOURISM**
Experiences that taste the culture.

DID YOU KNOW?

-  Italy is home to the highest number of UNESCO-listed food heritage items.
-  Pizza Margherita was created in 1889 in Naples for Queen Margherita.
-  Espresso was invented in Italy in the early 1900s.
-  Italy produces over 400 types of cheese.
-  Italian cuisine is a symbol of hospitality and togetherness.


LOOKING AHEAD

Italy will continue to lead the world in food innovation, sustainability and culinary excellence — connecting cultures through the universal language of food.

*In Italy, we don't just cook food,
we share stories, traditions and love.*
Benvenuti a tavola!



ITALY SPECIAL

UNITED BY TRADITION, INNOVATING FOR TOMORROW.

ITALY: A GLOBAL BENCHMARK
FOR TASTE AND QUALITY.

Italy's culinary journey continues—
respecting the past, embracing the future
and inspiring the world every day.

Grazie **Italia!**

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ITALY'S CULINARY STRENGTHS

- Deep-rooted traditions and regional diversity.
- World-renowned quality and authenticity.
- Strong global reputation for taste and lifestyle.
- Innovation in products, techniques and sustainability.
- Passion, creativity and craftsmanship in every dish.



THE ITALIAN FOOD VALUE CHAIN



*“ From our land to the world,
quality travels every step of the way. ”*

ITALY'S GLOBAL IMPACT

- Italian cuisine influences food cultures worldwide.
- A symbol of healthy, balanced and Mediterranean living.
- Exports to over 190 countries.
- Italian brands are among the most trusted in the world.



REGIONAL RECIPES TO EXPLORE

	LOMBARDY Risotto alla Milanese
	TUSCANY Bistecca alla Fiorentina
	CAMPANIA Pizza Napoletana
	SICILY Pasta alla Norma
	EMILIA-ROMAGNA Tagliatelle al Ragù
	PUGLIA Driedchiette alle Cime di Rapa

ITALY: A LEADER IN QUALITY EXPORTS

€67+ BILLION Food & Beverage Exports	4TH LARGEST Food Exporter in the World	OVER 5,300 TRADITIONAL Food Products Recognized
WINE EXPORTS €8.1+ BILLION (2026)	OLIVE OIL EXPORTS €2.6+ BILLION (2026)	MADE IN ITALY A PROMISE OF EXCELLENCE

Source: ISTAT, ICE, FAO, World Bank, 2026

SUSTAINABLE ITALY

- Protecting biodiversity and local ecosystems.
- Reducing food waste and promoting circularity.
- Responsible farming and fishing practices.
- Clean energy and low-impact production.
- Committed to a better planet for future generations.



ICONIC ITALIAN FOOD & PRODUCTS

PARMIGIANO REGGIANO	PROSCIUTTO DI PARMA	MOZZARELLA DI BUFALA	ACETO BALSAMICO DI MODENA	EXTRA VIRGIN OLIVE OIL
LIMONE DI SORRENTO IGP	ASTI DOCC SPARKLING WINE	CAFFÈ ITALIANO	GIANDUIA CHOCOLATE	PANETTONE TRADIZIONALE

EXPERIENCE ITALY

- Discover breathtaking landscapes and historic cities.
- Join cooking classes with legendary chefs.
- Taste authentic food and award-winning wines.
- Live the Italian lifestyle: La Dolce Vita.

A MESSAGE TO OUR READERS

Thank you for joining us on this culinary journey through Italy. We hope this issue inspires you to appreciate the culture, people and flavors that make Italy a true treasure of the world.

*Mangiare bene,
vivere bene.*

Eat well, live well.



*“ Italy is not just about food, it's about love, heritage and people.
It's a feeling you **taste**, a culture you **live**. ”*

