

MEDITERRANEAN
DIET
SEMINAR
II Edition
30 September – 4 October 2019



MEDITERRANEAN DIET SEMINAR

"Ancel Keys International Seminar on Mediterranean Diet and Sustainable Nutritional Policies" (30 September - 4 October 2019)

promoted by:
SINU (Italian Society of Human Nutrition)

SEMINAR PRELIMINARY PROGRAMME¹

Sunday, 29 September 2019
19:30
WELCOME COCKTAIL - Seminar organizers - President Parco Nazionale del Cilento, Vallo Diano e Alburni - Representatives of the promoting and collaborating institutions - Representatives of the Academic and local authorities - Representative of ICOMOS-UNESCO
Monday, 30 September 2019
09:30 – 10:00
INTRODUCTION -Prof. Pasquale Strazzullo, President Italian Society of Human Nutrition -Prof. Mario Mancini, Emeritus Professor of Clinica Medica, Federico II University of Naples
10:00 – 13:00 Session 1: A Historical View of the Mediterranean Diet
10:00 – 11:30 Prof. Antonia Trichopoulou President of the Hellenic Health Foundation <i>The traditional Mediterranean diet paradigm: Achieving the United Nations Sustainable Development Goals through Food</i> <p style="text-align: right;">Q&A</p>
11:30 – 13:00 Prof. Daan Kromhout University of Groningen, The Netherlands <i>Historical introduction to the Seven Countries Study with an upgrade on diet, 50-year coronary heart disease mortality and population longevity</i> <p style="text-align: right;">Q&A</p>

¹ Yellow boxes indicate “practical” activities

13:00 – 15:30 Light Lunch & Relax²
15:30 – 18:00 Session 2: Mediterranean Diet: a practical approach - 1
<p>15:30 – 18:00 Prof. Pasquale Strazzullo - Prof. Gabriele Riccardi University of Naples “Federico II”, Italy Dr. Rosalba Giacco Institute of Food Sciences, CNR, Avellino, Italy</p> <p style="text-align: right;"><i>A practical approach to human nutrition Food-based nutritional guidelines with practical examples Labelling and nutrition</i></p>

Tuesday, 01 October 2019
09:30 – 13:00 Session 3: “Innovation” in Mediterranean Diet
<p>09:30 – 10:30 Prof. Vincenzo Fogliano Waageningen University, The Netherlands</p> <p style="text-align: right;"><i>Healthy food design Q&A</i></p>
<p>10:30 – 11:30 Prof. Nicoletta Pellegrini University of Parma, Italy</p> <p style="text-align: right;"><i>Health claim regulation: which opportunities for Mediterranean foods Q&A</i></p>
<p>11:30 – 13:00 Prof. Vincenzo Fogliano Waageningen University, The Netherlands Prof. Nicoletta Pellegrini University of Parma, Italy</p> <p style="text-align: right;"><i>New products “Mediterranean style” aimed to obtain healthy claims</i></p>
13:15 – 15:30 Light Lunch & Relax
15:30 – 18:00 Session 4: Assessing the adherence to the Mediterranean diet
<p>15:30 – 16:30 Prof. Francesco Sofi University of Florence, Italy</p> <p style="text-align: right;"><i>Assessment of adherence to the Mediterranean Diet Q&A</i></p>
<p>16:30 – 18:00 Prof. Francesco Sofi (and coll.) University of Florence, Italy</p> <p style="text-align: right;"><i>Methods to assess the adherence to the Mediterranean Diet Meal plan for a correct Mediterranean Diet</i></p>

² A “show cooking” will be scheduled during one of the lunch break

Wednesday, 02 October 2019

09:30 – 13:15 Session 5: The effects of the Mediterranean Diet on Disease Prevention

09:30 – 10:45

Prof. Salvatore Panico

University of Naples “Federico II”, Italy

Mediterranean diet: effects on cardiovascular and cancer risk
Q&A

10:45 – 12:00

Prof. Lluís Serra-Majem

University of Las Palmas de Gran Canaria

Ciber OBN, Instituto Carlos III

Experimental scientific evidence of the Mediterranean Diet: the PREDIMED trials
Q&A

12:00 – 13:15

Prof. Antonio Moschetta

University of Bari “Aldo Moro”, Italy

Cellular mechanisms regulating the health effects of Mediterranean Diet
Q&A

13:15 – 15:30 Light Lunch & Relax

15:30 – 18:00 Session 6: Mediterranean Diet: a practical approach - 2

15:00 – 17:00

Prof. Licia Iacoviello (and Pozzilli’s group)

Neuromed, Pozzilli and University Insubria, Como/Varese, Italy

Prof. Androniki Naska

University of Athens, Greece

How to design an observational study in nutrition
How to design an interventional study in nutrition

Thursday, 03 October 2019

09:30 – 13:00 Session 7: Eating Patterns and sustainability

09:30 – 10:45

Prof. Androniki Naska

University of Athens, Greece

The eating patterns of different Mediterranean countries
Q&A

10:45 – 12:00

Prof. Marianne Geleijnse

Waageningen University, The Netherlands

Healthy, sustainable eating patterns: what about the Mediterranean diet?
Q&A

12:00 – 12:45 Prof. Raffaele Sacchi University of Naples “Federico II”, Italy	Title to be defined
Afternoon: Educational & Recreational Tour	

Friday, 04 October 2019	
09:30 – 13:15 Session 8: Mediterranean Diet: from past to future	
09:30 – 10:15 Prof. Pasquale Strazzullo University of Naples “Federico II”, Italy	Worldwide adherence to the Mediterranean Diet Q&A
10:15 – 11:00 Dr. Alfonso Siani Institute of Food Sciences, CNR, Avellino, Italy	Food and Health: a new agenda for nutritional epidemiology Q&A
11:00 – 11:45 Dr. Simona Giampaoli Istituto Superiore di Sanità, Italy	Toward a modern Mediterranean Diet for the 21st Century Q&A
11:45 – 12:30 Dr. Antonio di Gennaro Agronomist, Department of Agriculture Campania Region, columnist at <i>Repubblica Napoli</i>	Dieta mediterranea: una strategia per la salute dei paesaggi, degli alimenti, delle persone (Mediterranean Diet: a strategy for the “health” of landscapes, food and people)
12:30 – 13:00 End of the Seminar	
13:15 – Light Lunch	

FACULTY	
Prof. Vincenzo Fogliano Waageningen University, The Netherlands	
Dr. Antonio di Gennaro Agronomist, Department of Agriculture Campania Region, columnist at <i>Repubblica Napoli</i>	
Prof. Marianne Geleijnse Waageningen University, The Netherlands	
Dr. Rosalba Giacco Institute of Food Sciences, CNR, Avellino, Italy	
Dr. Simona Giampaoli	

Istituto Superiore di Sanità, Italy

Prof. Licia Iacoviello

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Prof. Daan Kromhout

University of Groningen, The Netherlands

Prof. Antonio Moschetta

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Prof. Androniki Naska

University of Athens, Greece

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