



In honor of the 25th Anniversary of Walter Willett, MD, DrPH
Chair of the Department of Nutrition
Harvard T. H. Chan School of Public Health

Monday, May 2, 2016, 2:30-5:15 PM

Joseph B. Martin Conference Center
77 Avenue Louis Pasteur | Boston, Massachusetts

Keynote Speakers:



Antonia Trichopoulou, MD, PhD

President of the Hellenic Health Foundation

Mediterranean diet and health:

The seminal contributions of Prof. Walter Willett



Mauricio Hernandez-Avila MD, MPH, PhD

Dean of the School of Public Health and Director General of the
National Institute of Public Health (INSP) in Mexico

Impact in Mexico



Mr. Greg Drescher

Vice President of Strategic Initiatives and Industry Leadership
at The Culinary Institute of America (CIA)

Bridging worlds: Of chefs, scientists, and translational strategies



Marji McCullough, ScD

Strategic Director for Nutritional Epidemiology at the American Cancer Society

Cultivating the field of nutritional epidemiology:

Contributions of a pioneer



Sue Hankinson, MS, MPH, ScD

Professor of Epidemiology & Chair of the Department of Biostatistics & Epidemiology,
School of Public Health and Health Sciences at the University of Massachusetts-Amherst

Impact as a scientist and mentor: Breast Cancer

Reception to follow 5:15-6:00 PM

(Because space is limited, attendance will be on a first-come, first-served basis.)

Any additional questions related to the Symposium can be directed to

willettcelebration@hsph.harvard.edu





Stirring Tales:
Delving into dough

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Wine: There are alternatives
to the pricey Italians

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Food

RECIPES

Potomac Crab Cakes	E3	Stirred Swordfish in Pea Purée	E18
Roast Pot Crust	E4	Hot Chicken Salad	E19
Swedish Breaded Bread	E4	Roast Chicken with Ginger and Mustard	E20
Muslin Supper	E13	Roasting Joints	E20
Turkish Tandoori with Almonds or Pine Nuts	E12	Garlic and Sage Soup	E18
Leont and Walnut Salad	E13		

MEDITERRANEAN MADNESS



here in the last year.
This week we review
eight from the
impressive stack.



It's Healthy. It's Sexy. And It's the Diet of the Moment

By Suzanne Harlow
Special to The Washington Post

Mediterranean: the buzzword of the '90s. On both the East and West coasts, chefs are taking their menus "Mediterranean-style." The Culinary Institute of America's Napa Valley campus, due to open in fall 1995, is already planning its Mediterranean restaurant, training ground for future chefs. Next year's theme for the James Beard Awards (the Oscars of the food world) will be "Mediterranean." And

bookstores all over the country have just started receiving shipments of a group of new and unusually provocative Mediterranean cookbooks.

The Mediterranean wave is coming fast, a veritable food tide of books, cooks, restaurants and—to be officially released in two weeks—the final version of Tim Pyraus's *The Mediterranean Diet*, a proposal for a lifelong eating pattern for optimal health, based on years of epidemiological research and world health figures. (See the pyramid on Page E10.)

A joint effort of the Harvard School of Public Health, the World Health Organization and Olney Preservation & Exchange Trust, a Boston food organization, the Mediterranean

Pyramid will be released at a symposium June 22-25 in San Francisco, "Changing American Appetites: Mediterranean Inspiration, American Interpretation." But the diet guidelines will live on far longer than the conference. Why? Because the food is so immediately accessible and extremely pleasurable.

"The very word 'Mediterranean' is magic," says Paula Wolfert, a cookbook writer who for 20 years has traveled throughout the Mediterranean documenting the food and people.

She, and the other food writers who have joined her in modeling the daily fare of this seductive area, have laid a lot of ground to cover. The Mediterranean Basin is geographically

See MEDITERRANEAN, E10 Col. 1

Research Salutes Healthy Diet of Modern Greeks

Study of Rural Population Points to Benefits of Little Meat Consumption, Use of Olive Oil

By John Schwartz
Washington Post Staff Writer

And now: Zorba the dietitian. According to research published in Saturday's edition of the British Medical Journal, people in rural Greece who consume the traditional foods of the area—a diet relatively low in meat, dairy products and saturated fats but high in fruits, vegetables and grains, with moderate amounts of wine—live significantly longer than those who have strayed from their dietary roots.

Dimitrios Trichopoulos, of the Harvard School of Public Health, and colleagues followed a population of 182 elderly Greek villagers over a six-year period and found that the ones who stuck with a traditional "Mediterranean" diet had a mortality rate about half that of those with more Westernized diets. Although the study focused on people over the age of 70, Trichopoulos said the health benefits may also apply to younger people.

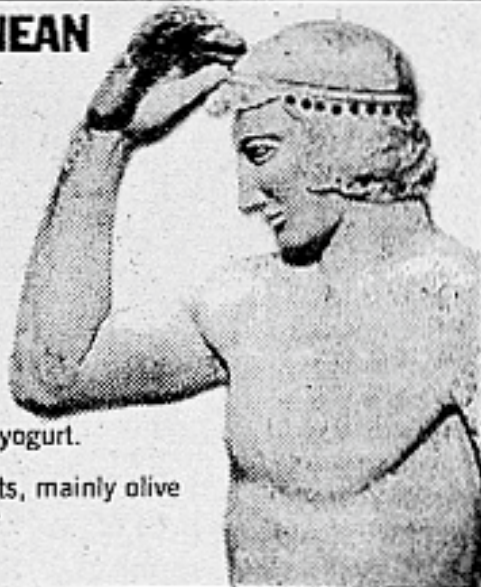
To track what subjects were eating, researchers distributed questionnaires from 1988 to 1990. When the population was reexamined between April 1993 and January 1994, researchers tallied the 53 deaths that had occurred and compared the eating habits of the subjects who died to those of the survivors.

The researchers scored each participant's diet according to eight components, including the amount of vegetables and fruits consumed, and the

EATING MEDITERRANEAN

WHAT'S IN THE TRADITIONAL
GREEK DIET

- Large quantities of fruit and vegetables.
- Moderate wine consumption, mostly during meals.
- Lots of grains and starches, including bread and potatoes.
- Low consumption of dairy products, except feta cheese and yogurt.
- Emphasis on monounsaturated fats, mainly olive oil, rather than saturated fats.



THE WASHINGTON POST

those found in olive oil, tend to lower cholesterol levels slightly.) For example, if someone ate more vegetables than the average for the group, he or she got a point; if less, a point was deducted. Similarly, if a participant ate more meat than the average, he or she lost a point; a subject who ate less meat than average gained one. The dietary scores were based on total points.

When deaths in the population were analyzed in relation to dietary scores, a one-point increase in an individual's score was found to correlate with approximately a 17 percent reduction in mortality. A four-point increase was associated with more than a 50 per-

cent healthy might seem surprising to those who have sampled the sometimes heavy fare offered at many Greek restaurants in America. But the rural diet differs significantly from that menu. The villagers ate little meat—in part, researchers found, because of the expense. Fat made up some 40 percent of their total energy intake, but the subjects generally ate twice as much of the healthier monounsaturated fat as saturated fats.

The researchers called wine consumption among the subjects "moderate," but that too was relative: Some men in the study drank as many as seven glasses of wine daily. Trichopoulos said wineglasses in Greece are

The study grew out of an effort by the International Union of Nutritional Sciences to chronicle culinary traditions worldwide. It is the first attempt to describe the health effects of a whole diet "prospectively"—that is, as part of an ongoing study of a group's natural diet. Other health and diet studies have applied statistical methods to existing populations after the fact, or examined the impact of one element of diet, such as dietary fiber or high cholesterol.

While complimenting the study's elegance and design, dietary experts cautioned yesterday that the findings might not be applicable to Americans looking to improve their health. The Mediterranean diet has long been recognized as healthy, said Arthur Frank, medical director of the Obesity Management Program at George Washington University, but switching to it may not deliver short-term benefits. "Are you going to achieve very much if you start this at age 60?" he asked. "Maybe it takes a lifetime to make a difference."

Frank also expressed concern that people might interpret the results as a reason to drink more alcohol. "No reasonable person I know is suggesting that you increase your alcohol consumption or begin drinking" to increase life expectancy, since the adverse effects of alcohol abuse are far more devastating than the potential benefits, he said.

And while olive oil helps to reduce

Greek peasants' diet holds key to a healthy life

LIZ HUNT
Health Editor

The simple diet followed by Greek peasants is the key to a long and healthy life and may protect against known health hazards such as smoking and lack of medical care, according to a study.

The Greek variant of the Mediterranean diet - which was first identified as beneficial to health more than 20 years ago - combines the best of current scientific knowledge on healthy eating.

But Dimitrios Trichopoulos, from the Harvard School of Public Health, who analysed the diet of 182 Greek villagers aged 70 and over, says that it was the "overall dietary pattern" which explained their longevity and general good health.

Their diet included whole-grain bread, potatoes and other cereals.

They ate cooked meals and soups, and salads rich in olive oil and accompanied by beans, lentils and vegetables were consumed in sizeable portions. Fresh fruit was a staple.

Milk intake was low but cheese and yoghurt was high. Feta cheese was added to salads and vegetable stews.

Meat was regarded as too expensive by most villagers, who preferred fish.

According to the report, in the *British Medical Journal*, wine was consumed in moderation and almost always to accompany food. None of the pensioners was a heavy drinker: no man drank more than seven and no woman more than two glasses of wine a day.



Salad days: Greeks go for fresh fruit and vegetables

During the six-year study, 53 people died - 30 (57 per cent) of them men - and 17 (32 per cent) of them smokers. Of the 129 survivors, 61 (47 per cent) were men and 30 (23 per cent) were smokers.

Analysis of the individual diets showed that for those who ate more of the components of the traditional Greek diet, there was a 17 per cent reduction in mortality.

Their diet - low in saturated (animal fats), high in mono-unsaturated fats, high in complex carbohydrates (from grains and legumes) and high in fibre (fruits and vegetables) - was naturally rich in protective antioxidant vitamins A, C, E, beta-carotene, important minerals and other chemicals, like polyphenols and anthocyanines, associated with good health.

This may explain the paradox that people living in rural areas of European Mediterranean countries smoke heavily and have poor access to medical care, but generally survive to a good age.

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