MEDITERRANEAN DIET SEMINAR

II Edition
Ascea (SA)
30 September - 4 October 2019

www.mediterraneandietseminar.org/

SEMINAR PRELIMINARY PROGRAMME[1]

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 ***The traditional Mediterranean diet paradigm: Achieving the United Nations Sustainable Development Goals through Food*** ***Q&A***
11:30 – 13:00 **Prof. Daan Kromhout** University of Groningen, The Netherlands ***Historical introduction to the Seven Countries Study with an upgrade on diet, 50-year coronary heart disease mortality and population longevity*** ***Q&A***
13:00 – 15:30 Light Lunch & Relax[2]
15:30 – 18:00 Session 2: Mediterranean Diet: a practical approach - 1
15:30 – 18:00 **Prof. Pasquale Strazzullo - Prof. Gabriele Riccardi** University of Naples "Federico II", Italy

[1] Yellow boxes indicate "practical" activities
[2] A "show cooking" will be scheduled during one of the lunch break

Dr. Rosalba Giacco
Institute of Food Sciences, CNR, Avellino, Italy

A practical approach to human nutrition
Food-based nutritional guidelines with practical examples
Labelling and nutrition

Tuesday, 01 October 2019
09:30 – 13:00 Session 3: "Innovation" in Mediterranean Diet
09:30 – 10:30 **Prof. Vincenzo Fogliano** Waageningen University, The Netherlands ***Healthy food design*** ***Q&A***
10:30 – 11:30 **Prof. Nicoletta Pellegrini** University of Parma, Italy ***Health claim regulation: which opportunities for Mediterranean foods*** ***Q&A***
11:30 – 13:00 **Prof. Vincenzo Fogliano** Waageningen University, The Netherlands **Prof. Nicoletta Pellegrini** University of Parma, Italy ***New products "Mediterranean style" aimed to obtain healthy claims***
13:15 – 15:30 Light Lunch & Relax
15:30 – 18:00 Session 4: Assessing the adherence to the Mediterranean diet
15:30 – 16:30 **Prof. Francesco Sofi** University of Florence, Italy ***Assessment of adherence to the Mediterranean Diet*** ***Q&A***
16:30 – 18:00 **Prof. Francesco Sofi (and coll.)** University of Florence, Italy ***Methods to assess the adherence to the Mediterranean Diet*** ***Meal plan for a correct Mediterranean Diet***
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. Lluis Serra-Majem** University of Las Palmas de Gran Canaria Ciber OBN, Instituto Carlos III ***Experimental scientific evidence of the Mediterranean Diet: the PREDIMED trails*** ***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 **Dr. Alfonso Siani** Institute of Food Sciences, CNR, Avellino, Italy ***Food and Health: a new agenda for nutritional epidemiology*** ***Q&A***
10:15 – 11:00 **Dr. Simona Giampaoli** Istituto Superiore di Sanità, Italy **Toward a modern Mediterranean Diet for the 21st Century** ***Q&A***
11:00 – 11:45 ***Dr. Antonio di Gennaro*** Agronomist, Department of Agriculture Campania Region, columnist at *Repubblica Napoli* ***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)***
11:45 – 12:30 ***To be annouced***
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 *Repubblica Napoli*
Prof. Marianne Geleijnse
Waageningen University, The Netherlands
Dr. Rosalba Giacco
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Dr. Simona Giampaoli
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Prof. Daan Kromhout
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Prof. Francesco Sofi
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Organizing Committee:

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