



MEDITERRANEAN
**DIET
SEMINAR**

II Edition
Ascea (SA)

30 September - 4 October 2019



REGISTRATION

**Deadline for registration:
31 August 2019**

un evento
organizzato da



www.mediterraneandietseminar.org/

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

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 & Relax²

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

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

¹ Yellow boxes indicate "practical" activities

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

09:30 – 13:00 Session 3: “Innovation” in Mediterranean Diet	
09:30 – 10:30 Prof. Vincenzo Fogliano Waageningen University, The Netherlands	<i>Healthy food design Q&A</i>
10:30 – 11:30 Prof. Nicoletta Pellegrini University of Parma, Italy	<i>Health claim regulation: which opportunities for Mediterranean foods Q&A</i>
11:30 – 13:00 Prof. Vincenzo Fogliano Waageningen University, The Netherlands Prof. Nicoletta Pellegrini University of Parma, Italy <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	
15:30 – 16:30 Prof. Francesco Sofi University of Florence, Italy	<i>Assessment of adherence to the Mediterranean Diet Q&A</i>
16:30 – 18:00 Prof. Francesco Sofi (and coll.) University of Florence, Italy	<i>Methods to assess the adherence to the Mediterranean Diet Meal plan for a correct Mediterranean Diet</i>
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	<i>Mediterranean diet: effects on cardiovascular and cancer risk Q&A</i>
10:45 – 12:00 Prof. Lluís Serra-Majem University of Las Palmas de Gran Canaria Ciber OBN, Instituto Carlos III	<i>Experimental scientific evidence of the Mediterranean Diet: the PREDIMED trials Q&A</i>
12:00 – 13:15	

<p>Prof. Antonio Moschetta University of Bari “Aldo Moro”, Italy</p> <p style="text-align: right;"><i>Cellular mechanisms regulating the health effects of Mediterranean Diet</i> Q&A</p>
<p>13:15 – 15:30 Light Lunch & Relax</p>
<p>15:30 – 18:00 Session 6: Mediterranean Diet: a practical approach - 2</p>
<p>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</p> <p style="text-align: right;"><i>How to design an observational study in nutrition</i> <i>How to design an interventional study in nutrition</i></p>

<p>Thursday, 03 October 2019</p>
<p>09:30 – 13:00 Session 7: Eating Patterns and sustainability</p>
<p>09:30 – 10:45 Prof. Androniki Naska University of Athens, Greece</p> <p style="text-align: right;"><i>The eating patterns of different Mediterranean countries</i> Q&A</p>
<p>10:45 – 12:00 Prof. Marianne Geleijnse Wageningen University, The Netherlands</p> <p style="text-align: right;"><i>Healthy, sustainable eating patterns: what about the Mediterranean diet?</i> Q&A</p>
<p>12:00 – 12:45 Prof. Raffaele Sacchi University of Naples “Federico II”, Italy</p> <p style="text-align: right;">Title to be defined</p>
<p>Afternoon: Educational & Recreational Tour</p>

<p>Friday, 04 October 2019</p>
<p>09:30 – 13:15 Session 8: Mediterranean Diet: from past to future</p>
<p>09:30 – 10:15 Dr. Alfonso Siani Institute of Food Sciences, CNR, Avellino, Italy</p> <p style="text-align: right;"><i>Food and Health: a new agenda for nutritional epidemiology</i> Q&A</p>
<p>10:15 – 11:00</p>

<p>Dr. Simona Giampaoli Istituto Superiore di Sanità, Italy</p> <p style="text-align: right;">Toward a modern Mediterranean Diet for the 21st Century Q&A</p>
<p>11:00 – 11:45 Dr. Antonio di Gennaro Agronomist, Department of Agriculture Campania Region, columnist at <i>Repubblica Napoli</i></p> <p style="text-align: center;"><i>Dieta mediterranea: una strategia per la salute dei paesaggi, degli alimenti, delle persone</i> <i>(Mediterranean Diet: a strategy for the “health” of landscapes, food and people)</i></p>
<p>11:45 – 12:30</p> <p>To be annouced</p>
<p>12:30 – 13:00 End of the Seminar</p>
<p>13:15 – Light Lunch</p>

FACULTY
<p>Prof. Vincenzo Fogliano Waageningen University, The Netherlands</p> <p>Dr. Antonio di Gennaro Agronomist, Department of Agriculture Campania Region, columnist at <i>Repubblica Napoli</i></p> <p>Prof. Marianne Geleijnse Waageningen University, The Netherlands</p> <p>Dr. Rosalba Giacco Institute of Food Sciences, CNR, Avellino, Italy</p> <p>Dr. Simona Giampaoli Istituto Superiore di Sanità, Italy</p> <p>Prof. Licia Iacoviello Neuromed, Pozzilli and University of Insubria, Como/Varese, Italy</p> <p>Prof. Daan Kromhout University of Groningen, The Netherlands</p> <p>Prof. Antonio Moschetta “Aldo Moro” University of Bari, Bari, Italy</p> <p>Prof. Androniki Naska University of Athens, Greece</p> <p>Prof. Salvatore Panico “Federico II” University of Naples, Naples, Italy</p> <p>Prof. Nicoletta Pellegrini University of Parma, Parma, Italy</p> <p>Prof. Gabriele Riccardi “Federico II” University of Naples, Naples, Italy</p> <p>Prof. Raffaele Sacchi “Federico II” University of Naples, Naples, Italy</p> <p>Prof. Lluís Serra-Majem Instituto de Salud Carlos III (ISCIII), Madrid, Spain</p> <p>Dr. Alfonso Siani</p>

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