2010-2020: Ten years after the recognition of the UNESCO's intangible heritage

“EMERGING TOPICS ON MEDITERRANEAN DIET”
16th November, 2020

programme

organized by
Italian Society of Human Nutrition (SINU)
Federation of the European Societies of Nutrition (FENS)

VIRTUAL INTERNATIONAL CONFERENCE
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SINU - The Italian Society of Human Nutrition, in collaboration with the European Federation of Nutrition Societies (FeNS) and with the support of FISM (Federation of Medical-Scientific Societies), organized on November 16th a “virtual” International Conference to celebrate the 10th Anniversary of the UNESCO Recognition of the Mediterranean Diet as an Intangible Heritage of Humanity. The special event includes the participation of authoritative international experts on innovative research topics on the Mediterranean diet.

The Mediterranean Diet is the dietary model considered by most scientists as an “ideal profile” for the maintenance of a state of health and well-being, for the prevention of chronic degenerative diseases and for environmental protection. Despite its qualities, however, the growing scientific evidence has recently shown a tendency to move further and further away from the classical principles of the Mediterranean tradition, paradoxically to a greater extent in the countries of the Mediterranean area, perhaps even in relation to the economic crisis. It is therefore urgent to reverse this trend by strengthening the motivations in favor of this traditional model of plant-based diet: an effort that can be supported by new research studies and technological innovations applied to a healthy and sustainable food production, as well as policies aimed at reducing the negative impact of socio-economic and cultural inequalities on all components of the lifestyle.

SINU is grateful to the top-level scientists who have generously agreed to make their valuable contribution and share their research experience on this special occasion. In view of the “universal” character of the Mediterranean dietary model, we have tried and involved the Federation of European Nutrition Societies (FENS), of which SINU is an active member, in order to place the Conference in a European as well as national context and to enlarge its audience to a greater number of interested people.

We are also very grateful to the Italian National Committee of UNESCO for its patronage and to the Presidency of the Council of Ministers of the Italian Government for its endorsement of the event, in a spirit of exceptional collaboration and unity of purpose among subjects and institutions that share similar objectives.

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Novo Nordisk Fonden  
Copenhagen, Denmark

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President, Board of the  
National Commission of the UNESCO

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Athens, Greece

Franco VIMERCATI  
President, Federation of the  
Italian Medical-Scientific Societies

Francesco VISIOLI  
University of Padua, Italy
10.30-11.00 a.m.  OPENING REMARKS  
*Pasquale Strazzullo*
President of the Italian Society of Human Nutrition (SINU)

*Philip C. Calder*
President of the Federation of European Nutrition Societies (FENS)

11.00-11.30 a.m.  OPENING LECTURE  
Mediterranean diet as intangible heritage of the humanity: 10 years after  
*Chairman: P. Strazzullo (Naples, Italy)*  
*A. Trichopoulou (Athens, Greece)*

11:30 a.m.-1:00 p.m.  SYMPOSIUM  
Mediterranean diet: from nutrigenomics to immunity  
*Chairpersons: D. Del Rio (Parma, Italy), G.L. Russo (Avellino, Italy)*

11:30-11:50 a.m.  Mediterranean diet and immune function  
*P.C. Calder (Southampton, UK)*

11.50-12.10 a.m.  Mediterranean diet and gut microbiota  
*P. Brigidi (Bologna, Italy)*

12:10-12:30 a.m.  The nutrigenomic effects of the Mediterranean diet  
*J.M. Ordovas (Boston, US)*

12:30-1:00 p.m.  LIVE Discussion
PROGRAMME

1:00-2.00 p.m.

10th Anniversary of the recognition of the UNESCO's intangible heritage of humanity
Biblioteca Chigiana, Palazzo Chigi, Presidenza del Consiglio dei Ministri, Rome

Franco Bernabè
President, Board of the National Commission of the UNESCO

Filomena Maggino
President, Cabina di Regia “Benessere Italia”, Presidenza del Consiglio dei Ministri

Matteo Lorito
Rector, Federico II University of Naples; Founder, Graduate Course in Mediterranean Gastronomical Sciences

Tommaso Pellegrino
President, National Park of Cilento, Vallo di Diano e Alburni

Franco Vimercati
President, Federation of the Italian Medical-Scientific Societies

Con il patrocinio della
Commissione Nazionale Italiana
per l’UNESCO

Organizzazione delle Nazioni Unite
per l’Educazione, la Scienza e la Cultura
2:00-3:30 p.m. SYMPOSIUM
Mediterranean diet: critical nutrients and food groups
*Chairpersons:* A. Bordoni (Bologna, Italy), F. Sofi (Florence, Italy)

2:00-2:20 p.m. Milk and dairy products: their role in the diet at key life stages
*D.I. Givens* (Reading, UK)

2:20-2:40 p.m. Critical and emerging topics in dietary carbohydrates and health
*F. Brighenti* (Parma, Italy)

2:40-3:00 p.m. Omega-3 fatty acids in the context of the Mediterranean diet
*J. Delarue* (Brest, France)

3:00-3:30 p.m. LIVE Discussion

3:30-5:00 p.m. SYMPOSIUM
Plant-based dietary models and sustainability issues
*Chairpersons:* G. Riccardi (Naples, Italy), L. Rossi (Rome, Italy)

3:30-3:50 p.m. Sustainable food systems and the Mediterranean diet
*S. Castaldi* (Caserta, Italy)

3:50-4.10 p.m. Changes in dietary habits during the COVID-19 pandemic: drawbacks or opportunities?
*F. Visioli* (Padua, Italy)
4:10-4:30 p.m. May the COVID-19 pandemic impact on future dietary models?  
E. Bernardi (Rome, Italy)

4:30-5:00 p.m. LIVE Discussion

5:00-6:30 p.m. SYMPOSIUM  
Ingredients, processing, and health: how traditional diets are approaching the new era?  
Chairpersons: L. Iacoviello (Pozzilli; Varese, Italy), N. Pellegrini (Udine, Italy)

5:00-5:20 p.m. Ultraprocessed foods and the Mediterranean diet  
C. A. Monteiro (Sao Paulo, Brazil)

5:20-5:40 p.m. Mediterranean diet vs. Nordic diet: where the North meets the South  
A. Astrup (Copenhagen, Denmark)

5:40-6:00 p.m. Foods or supplements for disease prevention?  
S. Sobajic (Beograd, Serbia)

6:00-6:30 p.m. LIVE Discussion

FINAL REMARKS  
F. Sofi  
Secretary of the Italian Society of Human Nutrition (SINU)
ISCRIZIONI
L’iscrizione è GRATUITA.
È possibile iscriversi al seguente link
› https://bvent.biomedia.net/s/2854

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