



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	
<i>The traditional Mediterranean diet paradigm: Achieving the United Nations Sustainable Development Goals through Food</i>	
Q&A	
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>	
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	

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	<i>Mediterranean diet: effects on cardiovascular and cancer risk</i> Q&A
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</i> Q&A
12:00 – 13:15 Prof. Antonio Moschetta University of Bari “Aldo Moro”, Italy	<i>Cellular mechanisms regulating the health effects of Mediterranean Diet</i> 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	<i>How to design an observational study in nutrition</i> <i>How to design an interventional study in nutrition</i>

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	<i>The eating patterns of different Mediterranean countries</i> Q&A
10:45 – 12:00 Prof. Marianne Geleijnse	



Waageningen University, The Netherlands <i>Healthy, sustainable eating patterns: what about the Mediterranean diet?</i> 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	
	<i>Food and Health: a new agenda for nutritional epidemiology</i>
	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 <i>Repubblica Napoli</i>	
	<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>
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

Institute of Food Sciences, CNR, Avellino, Italy

Dr. Simona Giampaoli

Istituto Superiore di Sanità, Italy

Prof. Licia Iacoviello

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

Prof. Daan Kromhout

University of Groningen, The Netherlands

Prof. Antonio Moschetta

"Aldo Moro" University of Bari, Bari, Italy

Prof. Androniki Naska

University of Athens, Greece

Prof. Salvatore Panico

"Federico II" University of Naples, Naples, Italy

Prof. Nicoletta Pellegrini

University of Parma, Parma, Italy

Prof. Gabriele Riccardi

"Federico II" University of Naples, Naples, Italy

Prof. Raffaele Sacchi

"Federico II" University of Naples, Naples, Italy

Prof. Lluís Serra-Majem

Instituto de Salud Carlos III (ISCIII), Madrid, Spain

Dr. Alfonso Siani

Institute of Food Sciences, CNR, Avellino, Italy

Prof. Francesco Sofi

University of Florence, Italy

Prof. Pasquale Strazzullo

"Federico II" University of Naples, Naples, Italy

Prof. Antonia Trichopoulou

Hellenic Health Foundation, Athens, Greece

Organizing Committee:

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Prof. Salvatore Panico

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Prof. Gabriele Riccardi

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Alario Foundation (Ascea, Salerno, Italy)