UNIVERSITY OF FLORENCE

THE PONTIFICAL ACADEMY OF SCIENCES

MUGELLO CRADLE OF RENAISSANCE

INTERNATIONAL CONFERENCE

FOOD VALUES

THE RENAISSANCE OF THE MEDITERRANEAN DIET AND ITS SIGNIFICANCE FOR A 21st CENTURY WORLD

14TH FEBRUARY 2017 – CASINA PIO IV – VATICAN CITY

Introduction

Over the last few decades a considerable body of evidence has been published demonstrating the relationship between diet and health. Many studies have evaluated the associations between food groups, foods or nutrients and diseases, and a consensus about the role of nutritional factors in the etiology of common diseases such as cardiovascular and neoplastic diseases has gradually emerged.

The Mediterranean diet has been extensively reported to be associated with a favourable health outcome and a better quality of life.

However, despite the increasing evidence about benefits on health, recent data indicate that adherence to this eating pattern is decreasing also in the Mediterranean regions, particularly among children and adolescents.

Actually, there is increasing evidence that societies where the cost, and indeed perceived value of food is falling with increased availability and industrialisation, are experiencing an increase burden of chronic illness and obesity. Modern societies need to reaffirm the link between natural, sustainable food and the health of individuals and communities.

The value of food should relate to our respect for traditions, cultures and the preparation of meals and the effect on nutrition, enjoyment and health. The "old ways" which value food as an essential and central part of life are to be promoted, rather than viewing food as an abundant convenience, to be bought as cheaply as possible and consumed in large quantities - refuelling in busy lives, causing obesity and chronic illness.

The value of heritage diets such as the Mediterranean diet is finally becoming understood, and it is vital that this enlightenment results in a renaissance of such traditions for people around the world. This is an opportunity to reawaken peoples' relationship with what they eat in the environment in which they live and improve their health.

The Conference objective is to acknowledge the link between food quality, processing, cultural traditions and health/wellbeing using the Mediterranean diet as the most established example.

Moreover, the Conference will aim to produce a consensus statement to reaffirm and celebrate the vital links between what we eat and our wellbeing and describe the potential cost of failure to value food and its place in a sustainable and healthy world.

Programme

OPENING SESSION	
9:30	**H.E. Msgr. Marcelo Sànchez Sorondo** | *Word of Welcome*
9:45	**Paolo Pasquali** | *Introduction*
FOOD AND HEALTH **The science of the Mediterranean lifestyle** *Chairperson: Simon Poole*	
10:00	**David L. Katz** | *Food and health in the modern world – the cost of convenience*
10:40	**Francesco Sofi** | *Mediterranean diet for health and beyond*
11:00	**Francesco Visioli** | *Beneficial components of the Mediterranean diet*
11:30	**Stefano Benedettelli** | *Ancient grains and health: from land to fork*
12:00	**Antonia Trichopoulou** | *Health, culture and sustainable environment: the Mediterranean diet paradigm*
12:30	Discussion
12:45	**Lunch at the Casina Pio IV**
FOOD TRADITIONS AND CULTURAL HERITAGE **Valuing the old in the modern world** *Chairperson: Paolo Pasquali*	
14:00	**Giorgio Locatelli** | *Food and stories: inspiring people to value cooking*
14:30	**Greg Drescher** | *Menus of changes: advancing plant-forward food cultures*
15:00	**Jean-Xavier Guinard** | *Sensory properties of foods – olive oil as an example of values and taste*
15:30	**Sara Baer Sinnott** | *Encouraging old ways and tastes in the new world*
16:00	Discussion
FOOD VALUES **The urgent need for a new approach** *Chairperson: Francesco Sofi*	
16:30	**Daniele Del Rio** | *Food & nutrition education and communication: the road to the future*
17:00	**Fabrice DeClerck** | *Sustainable food for future*
17:30	**Simon Poole** | *Inspiring a renaissance in food values*
18:00	Discussion
18:30	**H.E. Msgr. Marcelo Sànchez Sorondo & Paolo Pasquali** | *Concluding Remarks*

PRESIDENT OF THE CONFERENCE

• **H.E. Msgr. Marcelo Sànchez SORONDO**
Chancellor, Pontifical Academy of Sciences, Vatican City

LIST OF PARTICIPANTS

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- *Science Director, EAT Foundation*
- *Programme Leader, Agrobiodiversity and Ecosystem Services Programme, Biodiversity International*

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- *Founding Director of the Yale-Griffin Prevention Research Centre, Yale University, U.S.*

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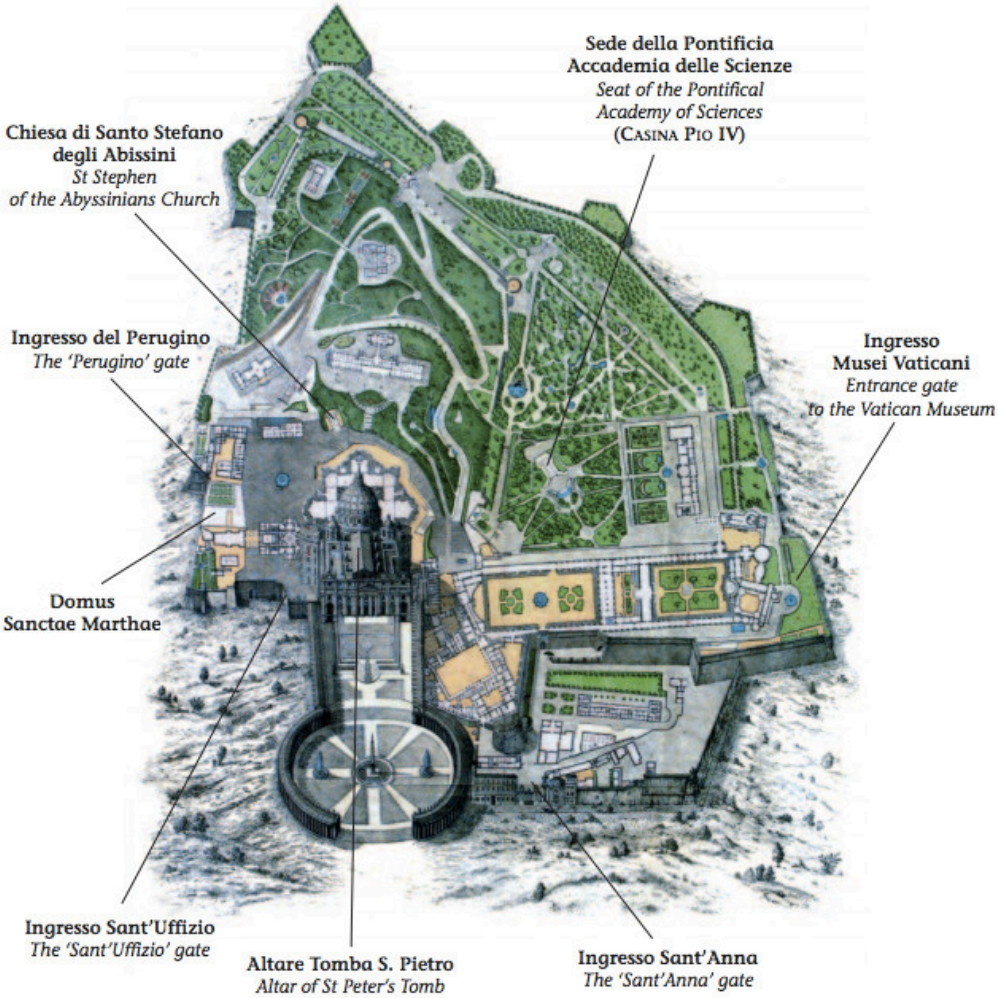
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Chiesa di Santo Stefano
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St Stephen
of the Abyssinians Church
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The 'Perugino' gate
Ingresso
Musei Vaticani
Entrance gate
to the Vatican Museum
Domus
Sanctae Marthae
Ingresso Sant'Uffizio
The 'Sant'Uffizio' gate
Altare Tomba S. Pietro
Altar of St Peter's Tomb
Ingresso Sant'Anna
The 'Sant'Anna' gate