



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



un evento
organizzato da



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Organizzazione
delle Nazioni Unite
per l'Educazione,
la Scienza e la Cultura

Con il patrocinio della
**Commissione
Nazionale Italiana**
per l'UNESCO

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Virtual Conference on

"EMERGING TOPICS ON MEDITERRANEAN DIET"

November 16th, 2020

**Ten Years since the
UNESCO Recognition of Intangible Heritage of Humanity
conferred to Mediterranean Diet**

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.

Pasquale Strazzullo
President, SINU



LIST OF SPEAKERS AND CHAIRPERSONS

- **Arne ASTRUP**
Novo Nordisk Fonden
Copenhagen, Denmark
- **Elisabetta BERNARDI**
Salvator Mundi International
Hospital Rome, Italy
- **Alessandra BORDONI**
University of Bologna, Italy
- **Furio BRIGHENTI**
University of Parma, Italy
- **Patrizia BRIGIDI**
University of Bologna, Italy
- **Philip C. CALDER**
University of Southampton, UK;
President FENS
- **Simona CASTALDI**
University of Campania,
Caserta, Italy
- **Jacques DELARUE**
University of Brest, France
- **Daniele DEL RIO**
University of Parma, Italy
- **D. Ian GIVENS**
University of Reading, UK
- **Licia IACOVIELLO**
IRCCS Neuromed, Pozzilli;
University of Insubria, Italy
- **Carlos A. MONTEIRO**
University of Sao Paulo, Brazil
- **Josè M. ORDOVAS**
Tufts University, Boston, US
- **Nicoletta PELLEGRINI**
University of Udine, Italy
- **Gabriele RICCARDI**
University of Naples "Federico II", Italy
- **Laura ROSSI**
Research Centre for Food and
Nutrition, Rome, Italy
- **Gian Luigi RUSSO**
National Research Council, Institute of
Food Sciences, Avellino, Italy
- **Sladjana SOBAJIC**
University of Beograd, Serbia
- **Francesco SOFI**
University of Florence, Italy
- **Pasquale STRAZZULLO**
University of Naples "Federico II", Italy;
President SINU
- **Antonia TRICHOPOULOU**
Hellenic Health Foundation
Athens, Greece
- **Francesco VISIOLI**
University of Padua, Italy



PROGRAMME

- 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**



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



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PROGRAMME

2:00-3:30 p.m.

SYMPOSIUM

Mediterranean diet:

critical nutrients and food groups

Chairpersons: A. Bordonì (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)



PROGRAMME

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.

E' possibile iscriversi al seguente link

► <https://bvent.biomedia.net/s/2854>

Si ricorda che le iscrizioni possono essere effettuate esclusivamente online tramite la piattaforma iscrizioni. Le iscrizioni saranno aperte fino al 14 novembre 2020 (incluso).

L'iscrizione comprende:



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L'accesso alle sessioni scientifiche è consentito solo ai partecipanti regolarmente iscritti.

LINK DI REGISTRAZIONE AL CONGRESSO VIRTUALE

Verrà inviato agli iscritti, qualche giorno prima dell'inizio dell'evento, tramite e-mail il link per il collegamento e le credenziali di accesso alla piattaforma congressuale.

Le credenziali di accesso saranno quelle utilizzate durante la registrazione, potranno essere recuperate in qualsiasi momento collegandosi al sito www.biomedia.net nell'area MyLogin



GENERAL INFORMATION

REGISTRATION

Registration is FREE and available at the following link:

► <https://bvent.biomedica.net/s/2854>

Please note that attendees can sign in only through the registration platform Registration will be open until 14th November 2020 (included)

Registration Includes:



Admission to all virtual Scientific Sessions



Admission to virtual company area



Certificate of Attendance



Access to Company content

ACCESS TO VIRTUAL ROOMS

Access to scientific sessions is allowed only to registered attendees.

VIRTUAL CONGRESS REGISTRATION LINK

The link for the connection will be sent to the attendees, a few days before the start of the event.

The login credentials will be those used during registration, they can be required at any time by connecting to the www.biomedica.net site in the MyLogin area

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