

6-7-8 JULY 2016

Auditorium Testori,
Piazza Città di Lombardia
MILAN



Organized by



IFMeD

International Foundation
of Mediterranean Diet
A healthy and sustainable Future



On the occasion of the
2016 International Year of Pulses

REVITALIZING THE MEDITERRANEAN DIET

From a healthy dietary pattern
to a healthy Mediterranean
sustainable lifestyle

with the technical support of



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REVITALIZING THE MEDITERRANEAN DIET

FROM A HEALTHY DIETARY PATTERN TO A HEALTHY MEDITERRANEAN SUSTAINABLE LIFESTYLE

The notion of the Mediterranean diet has undergone a progressive evolution over the past 50 years – from that of a healthy diet to a cultural model and sustainable diet, to a sustainable lifestyle model.

Although the fact that the Mediterranean diet is well documented and acknowledged as a healthy diet, paradoxically, it is abandoned, mainly among the young generation, in most Mediterranean countries.

The erosion of the Mediterranean diet heritage is alarming, with undesirable impacts, not only on health, but also on socio-cultural, economic and environmental dimensions in the Mediterranean region. The perception of the Mediterranean diet solely as a “healthy” dietary pattern has overshadowed, until recently, its important benefits for these other dimensions, which link it to sustainable food production, distribution and consumption.

The First World Conference on the Mediterranean Diet continues these historical efforts made by scientists and friends, working together, with independent, open minds, to enhance the Mediterranean diet as a sustainable lifestyle for current times. It will foster open interdisciplinary dialogues among all participants on how to revitalize the Mediterranean diet heritage. Contributions from diverse disciplines and different cultures will provide a broader understanding of the multiplex sustainable benefits of the Mediterranean diet, to be shared with all countries in the Mediterranean, by considering the diversity of their food cultures and food systems.

It is now time, for the Mediterranean diet international community to reach a consensus on how to assess the adherence and the sustainability of the Mediterranean diet at the country level; and how to reconstruct, at least partly, a sustainable eating culture and lifestyle more suited to the times and for all Mediterranean people.

This is the consensus challenge that the Milan World Conference participants have to face and overcome together, in order to contribute operationally towards the revitalization of the Mediterranean diet, as a contemporary life style – a model of well-being that includes the principles of sustainability, food security and nutrition for all.

IFMeD
Conference Organising Committee

organized by



CONFERENCE ORGANISING COMMITTEE



Lluís Serra-Majem,
University of Las Palmas
de Gran Canaria
IFMeD President



Antonia Trichopoulou,
Hellenic Health Foundation
Honorary IFMeD
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Sandro Dernini,
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Hebrew University
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Scientific Committee of IFMeD



Roberto Capone,
CIHEAM-Bari
Chairman of the Multistakeholder
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Antonia Trichopoulou Hellenic Health Foundation, Athens, Greece

Agneta Yngve School of Hospitality, Culinary Arts and Meat Science, Örebro University, Örebro, Sweden



WEDNESDAY, 6 JULY 2016

16.30-17.30 REGISTRATION

17.30-18.00 WELCOMING ADDRESSES

Lluís Serra-Majem, IFMeD President University of Las Palmas de Gran Canaria, Spain

Sandro Dernini, FAO, Forum on Mediterranean Food Cultures, IFMeD Secretary-General, Italy

OPENING REMARKS

Antonia Trichopoulou, President Hellenic Health Foundation, Greece; Honorary IFMeD Chairperson

Roberto Capone, Principal Administrator CIHEAM-Bari; Italy Chairman IFMeD Multistakeholder Committee

Elliot Berry, Chairman IFMeD Scientific Committee, Hebrew University, Israel

17.30-17.40 KEYNOTE ADDRESSES

Maria Neira, Director Public Health and the Environment Department, WHO, Switzerland

18.00-19.00 SESSION 1

The Declaration of Gran Canaria on Food sustainability in the Community.

The island on your plate

Organized by Nutrition Research Foundation-FIN; University of Las Palmas de Gran Canaria, Research Institute of Biomedical and Health Sciences-and the Project The island on your plate;

with the collaboration of the Cabildo da Gran Canaria

CHAIR: Lluís Serra Majem, University of Las Palmas de Gran Canaria, Spain

SPEAKER:

Linking the communities of the Mediterranean through food and nutrition sustainability

Sandro Dernini, FAO/IFMeD/Forum on Mediterranean Food Cultures, Italy

19.00-19.30 POSTER SESSION



THURSDAY, 7 JULY 2016

8.00-9.00

REGISTRATION

9.00-9.15

OPENING REMARKS

Roberto Maroni, President of the Lombardy Region

9.15-10.15

SESSION 2

The MED DIET 4.0:

A framework for the Mediterranean diet as a sustainable diet, with four sustainable benefits

A round table

MODERATOR: Sandro Dernini, FAO/IFMeD/Forum on Mediterranean Food Cultures, Italy

PANELLISTS:

Elliot Berry, Hebrew University, Israel;

Roberto Capone, CIHEAM-Bari, Italy;

Xavier Medina, ICAF-Europe/ Universitat Oberta de Catalunya, Spain;

Lorenzo Donini, CIISCAM/Sapienza University of Rome, Italy;

Massimo Iannetta, ENEA, Italy;

Denis Lairon, Aix-Marseille University/INRA/INSERM, France;

Suzanne Piscopo, University of Malta

10.15-11.45

SESSION 3

Assessing the adherence to the Mediterranean diet: Building a scoring approach

Organized by Hellenic Health Foundation

CHAIR: Antonia Trichopoulou, Hellenic Health Foundation, Greece

SPEAKERS:

Mediterranean diet score and cancer risk

Carlo La Vecchia, University of Milan, Italy

Assessing Mediterranean diet with the scoring approach in multi-centre studies: the experience within the EPIC study

Genevieve Buckland, Catalan Institute of Oncology, Barcelona, Spain

Assessing the Mediterranean diet via an online web tool: the Credits4health (C4H) Mediterranean diet questionnaire

Joy Ngo de la Cruz, Nutrition Research Foundation FIN and IFMED, Barcelona

Assessment of adherence to the Mediterranean Diet with different indices

Christina Bamia, Hellenic Health Foundation & University of Athens, Greece

DISCUSSION: Which score for the new sustainable Mediterranean diet pyramid?

11.45-12.15

SESSION 4

Winning Abstracts. Best Communications:

- **Sustainability of organic and Mediterranean diets: an approach based on individual.**

Seconda L, Baudry J, Allès B, Hamza O, Galan P, Hercberg S, Lairon D, Kesse-Guyot E.

- **Low versus high adherence to the Mediterranean diet in the Italian food consumption: a case study on water footprint implication.**

Mistura L, Comendador FJ, Turrini A, Ferrari M.

- **Knowledge and uses of wild edible plants in the rural area of el jadida (center of morocco): preserving biodiversity for improved moroccan diet**

M. Tbatou, M. Fagroud, A. Belahyan, R. Belahsen



THURSDAY, 7 JULY 2016

12.15-13.00

SATELLITE SESSION 5

Mediterranean diet and fish consumption

Silvia Migliaccio, Department of Sports Science and Human Health University of Rome "Foro Italico"

13.00-14.15

POSTER SESSION

LUNCH BREAK

14.15-15.00

SATELLITE SESSION 6

The role of meat in the Mediterranean diet

Elisabetta Bernardi, Nutritionist, Bari University - Italy

15.00-16.30

SESSION 7

From the Heart to the Earth: the new Mediterranean diet sustainable pyramid

CHAIR & OPENING REMARKS:

Lluís Serra Majem, IFMeD President; University of Las Palmas de Gran Canaria, Spain

SPEAKERS:

The history of pyramids in the Mediterranean diet,

Antonia Trichopoulou, President Hellenic Health Foundation, Greece

Cultural and emotional dimensions of food sustainability,

Carmen Pérez-Rodrigo, President Spanish Society of Community Nutrition (SENC), Spain

Organic Foods in the Mediterranean Diet,

Denis Lairon & Emmanuelle Kesse-Guyot, Aix-Marseille University/INRA/INSERM, & UREN/Paris 13 University, France

Fruits and vegetables, key foods of the healthy effects of Mediterranean Diet

Carlo La Vecchia, University of Milan, Italy

Legumes: the "new" protagonist,

Laura Rossi, CREA, Italy

TIME FOR DISCUSSION

16.30-17.30

SESSION 8

The Milan Urban Food Policy Pact: an opportunity to revitalize the Mediterranean diet

in collaboration with the Milan Urban Food Policy Pact Secretariat

A Debate

MODERATOR: Claudia Sorlini, President, EXPO Milan 2015 Scientific Committee and Florence Egal, independent expert, Food and Cities

PANELLISTS:

Raffaella Scalisi, Milan Urban Food Policy Pact Secretariat, Italy

Marisa Porrini, University of Milan Sciences, Italy

Gabriella Iacono, Milano Ristorazione, Italy

Alessandro Merlo, TeMA - Camera di Commercio Milano, Italy

Carlo Mango, Fondazione Cariplo, Italy



THURSDAY, 7 JULY 2016

17.30-19.15

SESSION 9

Interventions to enhance the Mediterranean diet

CHAIRS:

Suzanne Piscopo, President SNEB, University of Malta; ; Barbara Burlingame, Massey University, New Zealand

SPEAKERS:

Paths to Peace through the Mediterranean diet and nutrition education initiatives,

a Joint presentation by

Elliot Berry, Hebrew University, Israel; and Ziad Abdeen, Al Quads, Palestine National Authority

Gulden Pekcan, Hasan Kalyoncu University, Gaziantep, Turkey

Promoting the Mediterranean diet for teenagers and students at regional level

Denis Lairon, Aix-Marseille University/INRA/INSERM, France

Nutritional indicators to assess the sustainability of the Mediterranean diet

Donini Lorenzo M, Sapienza University of Rome, Italy

Increasing adherence to the Mediterranean diet at the Spanish universities,

Dolores Corella, University of Valencia, Spain

The Mediterranean diet connects territory and health the past, the present and the future: the Apulia case study,

Giuseppe Maiani, Ex CREA, Italy

A fruit and vegetable intervention in European schools – The PRO GREENS intervention,

Agneta Yngve, Örebro University, Sweden

Interventions to enhance the Mediterranean diet in the United States,

Sara Baer-Sinnott, Oldways Foundation, USA

Attaining health by creating development: the DiMeSa Project,

Giuseppe Carruba, ARNAS-Civico, Italy

Reduce the socioeconomic gaps to revitalize the Mediterranean diet, a priority challenge at a time of economic crisis,

Giovanni de Gaetano, IRCCS Istituto Neurologico Mediterraneo Neuromed, Italy

TIME FOR DISCUSSION



FRIDAY, 8 JULY 2016

9.00-9.10

OPENING REMARKS

Mediterranean scientific cooperation across the divide

a joint presentation by

Elliot Berry, Hebrew University, Israel, and Ziad Abdeen, Al Quads, Palestine National Authority

9.10-10.25

SESSION 10

A collaborative Research Project on the Mediterranean diet in Spain: The PREDIMED Study

Organized by PREDIMED PLUS and CIBEROBN

MODERATORS:

Elliot Berry, Hebrew University, Jerusalem and; Lluís Serra-Majem, University of Las Palmas de Gran Canaria, CIBEROBN, Spain

SPEAKERS:

Mediterranean diet and cardiovascular diseases: Major findings from the Predimed Study

Miguel Angel Martínez-Gonzalez, University of Navarra, Pamplona, CIBEROBN, Spain

Mediterranean Diet, obesity and diabetes mellitus

Ramón Estruch, Hospital Clinic, University of Barcelona, CIBEROBN, Spain and

Jordi Salas-Salvadó, University Rovira i Virgili, Reus, CIBEROBN, Spain

Interactions between genes and Mediterranean diet

Dolores Corella, University of Valencia, CIBEROBN, Valencia, Spain

10.25-11.40

SESSION 11

The Challenge of mainstreaming the sustainability of the Mediterranean diet within Mediterranean national dietary guidelines

Organized by FENS

CHAIR: *Jacques Delarue, FENS*

SPEAKERS:

The Mediterranean diet in the New SENC food guide pyramid in Spain

Carmen Pérez-Rodrigo, President Spanish Society of Community Nutrition (SENC), Spain

Mainstreaming the sustainable Mediterranean diet into French dietary guidelines

Monique Romon, President French Society of Nutrition (SFN), France

From dietary consumption to dietary guidelines in Italy: a way to declinate Mediterranean diet principle

Laura Rossi, Member Board of Directors, Italian Society of Human Nutrition (SINU), Italy

Developing sustainable national food-based dietary guidelines based on the lebanese Mediterranean diet

Nahla Hwalla, Dean Faculty of Agricultural and Food Sciences, American University of Beirut, Lebanon

Dietary consumption model and sustainability in Morocco

Rekia Belahsen, Federation of African Nutrition Societies (FANUS), Morocco



FRIDAY, 8 JULY 2016

11.40-13.10

SESSION 12

The Mediterranean diet as a sustainable lever linking production and consumption in the Mediterranean region, within the framework of the 2030 Sustainable Development Agenda.

A CIHEAM/FAO Side Event

CHAIRS: Roberto Capone, CIHEAM-Bari; Alexandre Meybeck, FAO

KEYNOTE ADDRESS

Follow Up 2015 EXPO Call-Time to Act: The Mediterranean Diet in the CIHEAM Strategic Agenda 2025
Cosimo Lacirignola, Secretary General CIHEAM

OPENING REMARKS

Feeding the Planet: The Intangible legacy of Milan EXPO 2015,
Claudia Sorlini, President, EXPO Milan 2015 Scientific Committee, Italy

PRESENTATIONS

1) Sustainable food consumption and production in the Mediterranean region in a resource-constrained world,
Gianluca Brunori, University of Pisa, Italy

2) The current landscape of food production, trade, consumption in Europe and the Mediterranean region,
Aida Turrini, CREA, Italy

3) Promoting sustainable Mediterranean food systems for good nutrition and health. The MEDINA project,
Marie Josephe Amiot-Carlin, coordinator Medina Project, Aix-Marseille University/INRA/INSERM, France

Round table

MODERATOR: Fatima Hachem, FAO, Cairo

PANELLISTS:

Nahla Hwalla, American University of Beirut, Lebanon

Sandro Dernini, FAO, Rome

Rekia Belahsen, Chouaib Doukkali University, Morocco

Marie Josephe Amiot-Carlin, coordinator Medina Project, Aix-Marseille University/ INRA/INSERM, France

Ana Islas-Ramos, FAO, Rome

13.10-13.30

CONCLUSIONS

A way forward together



IFMeD

**International Foundation
of Mediterranean Diet**
A healthy and sustainable Future

- The International Foundation of the Mediterranean Diet (IFMED) was founded in 2014 with the following objectives:
- To **enhance and advance Mediterranean Diet** as an healthy and sustainable lifestyle model, while at the same time protecting and safeguarding the traditional Mediterranean Diet as an intangible cultural heritage;
- To **act as an international pole** of multi-disciplinary knowledge and expertise on the Mediterranean Diet;
- To **operate internationally** as an **independent guarantor** for scientific, economic and institutional actors interested in supporting and pursuing the Mediterranean Diet, for its cross-cutting nutrition/health, environment, economic and sociocultural values and benefits;
- To **be** internationally a well-recognized **scientific and inspiring professional benchmark** on the Mediterranean Diet promoting and developing events, research projects, policies, training and initiatives of scientific divulgation and technical cooperation, both on a national and global scale;
- To **valorize the Mediterranean healthy foods** and the variety of the Mediterranean food cultures, expressed by the Mediterranean Diet;
- To **encourage intercultural dialogues and exchanges** between the Mediterranean Diet heritage and other food cultural heritages, in different parts of the world, to increase mutual understanding with the underpinning goal to contribute to the improvement of the well-being of humankind.

After two years of endeavours this First Congress on the revitalization of the Mediterranean diet represents a first IFMED milestone and the beginning of a roadmap that will drive us towards the consecution of its objectives.



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