REVITALIZING THE MEDITERRANEAN DIET
From a healthy dietary pattern to a healthy Mediterranean sustainable lifestyle
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
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    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
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11.45-12.15  SESSION 4
    Winning Abstracts. Best Communications:
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    Low versus high adherence to the Mediterranean diet in the Italian food consumption: a case study on water footprint implication.
    Mistura L, Comendador F J, 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
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
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    From the Heart to the Earth: the new Mediterranean diet sustainable pyramid
    Chair & Opening remarks:
    Lluis 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
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    MODERATOR:
    Claudia Sorlini, President, EXPO Milan 2015 Scientific Committee and Florence Egal, independent expert, Food and Cities
    PANELLISTS:
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    Alessandro Merlo, TeMA - Camera di Commercio Milano, Italy
    Carlo Mango, Fondazione Cariplo, Italy
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.

Conference Organising Committee
A Debate
The Milan Urban Food Policy Pact: an opportunity to revitalize the Mediterranean diet
16.30-17.30
Time for Discussion
Laura Rossi, CREA, Italy
Legumes: the “new” protagonist,
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Denis Lairon & Emmanuelle Kesse-Guyot, Aix-Marseille University/INRA/INSERM, France
Organic Foods in the Mediterranean Diet,
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Cultural and emotional dimensions of food sustainability,
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The history of pyramids in the Mediterranean diet,
Speakers
From the Heart to the Earth: the new Mediterranean diet sustainable pyramid
15.00-16.30
14.15-15.00
13.00-14.15
Silvia Migliaccio, Department of Sports Science and Human Health University of Rome “Foro Italico”
Mediterranean diet and fish consumption
12.15-13.00
## Programme

**Wednesday, 6 July 2016**

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<td>17.30-17.40</td>
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<td>Antonia Trichopoulou, President Hellenic Health Foundation, Greece; Honorary IFMeD Chairperson</td>
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<td>Roberto Capone, Principal Administrator CIHEAM-Bari; Italy Chairman IFMeD Multistakeholder Committee</td>
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<td>Elliot Berry, Chairman IFMeD Scientific Committee, Hebrew University, Israel</td>
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<td>18.00-19.00</td>
<td><strong>Session 1</strong></td>
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<td>The Declaration of Gran Canaria on Food sustainability in the Community. The island on your plate</td>
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<td>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</td>
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<td><strong>Chair:</strong> Lluis Serra Majem, University of Las Palmas de Gran Canaria, Spain</td>
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<td><strong>Speaker:</strong> Linking the communities of the Mediterranean through food and nutrition sustainability</td>
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<td>Sandro Dernini, FAO/IFMeD/Forum on Mediterranean Food Cultures, Italy</td>
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<td>19.00-19.30</td>
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**Posters:**

- **WINNING ABSTRACTS:**
  - Low versus high adherence to the Mediterranean diet in the Italian food consumption: a case study on water
  - Roberto Capone, Principal Administrator CIHEAM-Bari; Italy Chairman IFMeD Multistakeholder Committee
  - Suzanne Piscopo, University of Malta

- **Best Communications:**
  - Assessing the Mediterranean diet with the scoring approach in multi-centre studies:
  - Genevieve Buckland, Catalan Institute of Oncology, Barcelona, Spain
  - Carlo La Vecchia, University of Milan, Italy
  - Mediterranean diet score and cancer risk

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**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
- Hellenic Health Foundation
- Spanish Society of Community Nutrition (SENC), Spain
- Presidents from the Cabildo da Gran Canaria, France, Spain, Italy, and Egypt
- The Cabildo da Gran Canaria

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**Contact:**

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

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  M. Tbatou, M. Fagroud, A. Belahyan, R. Belahsen
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**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:**
Lluis 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 Scalsi, 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
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, Orebro 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**
PROGRAMME

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; Lluis 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 Martinez-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 decline 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
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 divulagation 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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