2010-2020:
Ten years after the recognition of the UNESCO's intangible heritage

Italian Society of Human Nutrition (SINU)
Federation of the European Societies of Nutrition (FENS)

programme

“EMERGING TOPICS ON MEDITERRANEAN DIET”
16th November, 2020

VIRTUAL INTERNATIONAL CONFERENCE
2010-2020:
Ten years after the recognition of the UNESCO’s intangible heritage
by
Italian Society of Human Nutrition (SINU)
Federation of the European Societies of Nutrition (FENS)

Online International Conference
“EMERGING TOPICS ON MEDITERRANEAN DIET”
16th November 2020

9 a.m. - 9.30 a.m.
OPENING REMARKS
Pasquale Strazzullo – President of the Italian Society of Human Nutrition
Philip Calder – President of the Federation of the European Societies of Nutrition

9.30 a.m. - 11 a.m.
CELEBRATION of the recognition of the UNESCO’s intangible heritage of humanity

11.00 a.m. - 11.30 p.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. - 1:20 p.m.
SYMPOSIUM
Mediterranean diet: from nutrigenomics to immunity
Chairpersons: G.L. Russo (Avellino, Italy) - F. Sofi (Florence, 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. Personalized nutrition in the Mediterranean context
To be defined

12:30 - 12:50 a.m. The nutrigenomic effects of the Mediterranean diet
J.M. Ordovas (Boston, US)

12:50 – 1:20 p.m. LIVE Discussion

1:20 p.m. - 2.00 p.m. BREAK
2:00 – 3:30 p.m.
SYMPOSIUM
Mediterranean diet: critical nutrients and food groups
Chairpersons: A. Bordoni (Bologna, Italy) - t.b.d.

2:00 - 2:20 p.m.  Milk and dairy products in the prevention of overweight and obesity: friends or foe?
A. Astrup (Denmark, Copenhagen)

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?
To be defined

4:10 - 4:30 p.m.  May the COVID-19 pandemic impacts on future dietary models?
To be defined

4:30 - 5:00 p.m.  LIVE Discussion

5:00 – 6:00 p.m.
SYMPOSIUM
New food products in the Mediterranean diet
Chairpersons: L. Iacoviello (Pozzilli; Varese, Italy) - N. Pellegrini (Udine, Italy)

5:00 - 5:20 p.m.  Ultraprocessed foods in the Mediterranean diet
C. A. Monteiro (Sao Paulo, Brazil)

5:20 - 5:40 p.m.  Foods or supplements for disease prevention?
S. Sobajic (Beograd, Serbia)

5:40 - 6:00 p.m.  LIVE Discussion

FINAL REMARKS
LIST OF SPEAKERS AND CHAIRPERSONS

- Arne ASTRUP - Novo Nordisk Fonden, Denmark, Copenhagen
- 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, Italy
- Jacques DELARUE - University of Brest, France
- Licia IACOVIELLO - IRCCS Neumomed; 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 - Federico II University of Naples “Federico II”, Italy
- Laura ROSSI - CREA, 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; Secretary SINU
- Pasquale STRAZZULLO - Federico II University of Naples, Italy; President SINU
- Antonia TRICHOPOULOU - Hellenic Health Foundation, Greece

REGISTRATION

Registration is FREE and available at the following link
https://bvent.biomedia.net/s/2854

ORGANIZING SECRETARIAT

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