



S I N U

SOCIETÀ ITALIANA
DI NUTRIZIONE UMANA
Associazione senza fini di lucro

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



un evento
organizzato da



BioMEDIA
La condivisione del sapere

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 Neuromed; 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.biomedica.net/s/2854>

ORGANIZING SECRETARIAT

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