



2010-2020:

Ten years after the recognition of the  
UNESCO's intangible heritage

**"EMERGING TOPICS  
ON MEDITERRANEAN DIET"**  
16<sup>th</sup> 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



**BIOMEDIA**  
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Ten years after the recognition of the UNESCO's intangible heritage*

**Virtual International Conference  
“EMERGING TOPICS ON MEDITERRANEAN DIET”**  
16<sup>th</sup> November, 2020

organized by  
*Italian Society of Human Nutrition (SINU)  
Federation of European Nutrition Societies (FENS)*

**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.**

**10<sup>th</sup> 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

**2:00 - 3:30 p.m.**

**SYMPOSIUM**

**Mediterranean diet: critical nutrients and food groups**

Chairpersons: A. Bordoni (*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*)

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**

## 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*

## INFORMAZIONI GENERALI

### ISCRIZIONI

L'iscrizione è GRATUITA

E' possibile iscriversi al seguente <https://bvent.biomedica.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:

Accesso a tutti i contenuti scientifici

Attestato partecipazione (disponibile in download nell'area Mylogin del sito [www.biomedica.net](http://www.biomedica.net))

Accesso alla piattaforma per 12 mesi  
Accesso ai contenuti Aziendali

#### **ACCESSO ALLE SALE VIRTUALI**

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.biomedica.net](http://www.biomedica.net) nell'area MyLogin

#### **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](http://www.biomedica.net) site in the MyLogin area

### **ORGANIZING SECRETARIAT**

**BIOMEDIA Srl**  
[www.biomedica.net](http://www.biomedica.net)