



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**  
la conduzione del sapere



**2010-2020:**  
***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**

Franco Bernabè  
President, Board of the National Commission of the UNESCO

Filomena Maggino  
President, Cabina di Regia “Benessere Italia”, Presidenza del Consiglio dei Ministri

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*

## REGISTRATION

Registration is FREE and available at the following link:

<https://bvent.biomedica.net/s/2854>

## ORGANIZING SECRETARIAT

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