2nd International Conference

Traditional Mediterranean Diet
Past, Present and Future
Focusing on Olive Oil and Traditional Food Products
National Hellenic Research Foundation, Athens, 20-22 April 2005

PROGRAMME

Wednesday, 20th April 2005

08.30-09.30 Registrations

09.30 – 10.00 Opening Ceremony
Chair Connie PHILLIPSON, Institute of Paleonutrition, Greece
Paraskevas TOKOUSBALIDES, "Filaios" Assoc. of Friends of Olive Oil, Greece

10.00 – 11.00 SESSION 1 - INTRODUCTION
Chair Paraskevas TOKOUSBALIDES, "Filaios" Assoc. of Friends of Olive Oil, Greece

10.00 – 10.30 Introductory Keynote Speech
Mediterranean Diet and Health: Current Status and Problems
Antonia TRICHOPOULOU, National and Kapodistrian University of Athens, Greece

10.30 – 11.00 Keynote Speech
Hereditary Bondsmen: A Genial View of Transmittable Slavery
Connie PHILLIPSON, Institute of Paleonutrition, Greece

11.00 – 11.30 Coffee Break

11.30 – 13.30 SESSION 2 – EVOLUTION OF THE MEDITERRANEAN DIET & EXPERIENCE FROM OTHER DIETS
Chair Maria TSIMIDOU, Aristotle University of Thessaloniki, Greece

Dietary Change in Greece as Depicted through the Early Cookbooks
Alkistis PALLIDOU, Harokopio University of Athens, Greece

The Evolution of Dietary Models in Post-War Greece: From Mediterranean to the Industrial Diet
Yannis SOTIROPOULOS, University of Ioannina, Greece

The Barcelona Process and the Importance of the Mediterranean Diet
Sandro DERNINI, Forum on Mediterranean Cultures, Italy

Identification of Dietary Patterns in Four Mediterranean EU Members States and Monitoring Changes Over Time
Eleni OIKONOMOU, University of Athens, Greece

The Moroccan Diet: From Tradition to modernism!
Aicha LEMTOUNI, Institut Agronomique et Vétérinaire Hassan II, Morocco

Dietary Practice Change in Moroccan Sahraoui Ethnic Group
Rekia BELAHSEN, Chouaib Doukkali University, Morocco
Facilities to Develop Dietetic Foods with Low Protein and Low Carbohydrate Content
Erika ÁCS, Cereal Research Non-Profit Co., Hungary

13.30 – 14.30  Lunch Break

14.30 – 16.30  SESSION 3 – SPREAD OF MEDITERRANEAN DIET AMONG THE POPULATION & MEDITERRANEAN DIET IN OUR LIVES
Chair  Miguel A. MARTINEZ-GONZALEZ, University of Navarra, Spain

14.30 – 15.00  Keynote Speech
Positive Deviance as a Basis for Behavioral Change in the Management of Obesity and Compliance to the Mediterranean Lifestyle
Elliot BERRY, Hebrew University Hadassah Medical School, Israel

15.00 – 16.30  Oral Presentations
The Teenager’s Mediterranean Diet: Setting Healthy Eating Habits from an Early Age
Eleni LINOS, Oxford University, United Kingdom
Concred & Medocc: A Cultural and an Intercultural Intervention of the Greek Academy of Taste for the Re-Orientation of the Professional Cuisine of Crete and the Swift of the Alimentation Habits of the Young People Towards a Mediterranean Lifestyle
Antonis PANAYOTOPoulos, Greek Academy of Taste, Greece
Seafood Consumption and Mediterranean Diet
Sofronios PAPOUTSOGLOU, Agricultural University of Athens, Greece
The Mediterranean Diet Revisited: A comparison between Sardinia and Malta
Sophie TESSIER, INSERM-CRLC, France
The Defense of Traditional Artisan Campania’s Pizza and the First Certified Hand Made Genuine Neapolitan Pizza (UNI 10791:98 norm) in the World
Eugenio Luigi IORIO, Second University of Naples, Italy

16.30 – 17.00  Coffee Break

17.00 – 19.00  Round Table Discussion I – Mediterranean Diet in Contemporary Cuisine
Coordinator  Ilias MAMALAKIS
George HATZIYIANNAKIS, “Selene” Restaurant, Santorini
Othonas HRISTOULAKIS, Othonas Restaurant, Rethymno
Lefteris LAZAROU, “Varoulko” Restaurant, Athens
Timos PETRIDIS, “Kallisti” Restaurant, Athens
Tasos TOLIS, Chefs Club, Athens
Kostas TOULOUMTZIS, “Enoteca” Wine Restaurant, Athens

19.00 – 20.00  Welcome Reception
Thursday, 21st April 2005

09.00 – 11.00  SESSION 4 – MEDITERRANEAN DIET AND CHRONIC DEGENERATIVE DISEASES  
Chair  Aicha Lemtouni, Institut Agronomique et Vétérinaire Hassan II, Morocco  
09.00 – 09.30  Keynote Speech  
Alpha Omega Trial: Results from the Pilot Study  
Daan KROMHOUT, National Institute for Public Health and the Environment, The Netherlands  
09.30 – 11.00  Oral Presentations  
Olive Oil and the Prevention of Cancer  
Elias CASTANAS, University of Crete, Greece  
Mediterranean Dietary Pattern and Change in Weight and Body Mass Index in the Sun Study  
Almudena SANCHEZ-VILLEGAS, University of Las Palmas de Gran Canaria, Spain  
Proven to be Beneficial in the Prevention as well as the Management of Diabetes, the Mediterranean Diet is an Important Tool for the Diabetic and his Educator  
Despina VARAKLA, Athens Medical Group, Greece  
The ‘Israeli Gender Paradox’: Higher Women Risk Vs Mediterranean Diet  
Niva SHAPIRA, Tel-Aviv University, Israel  
Food Consumption in an Agricultural Community of Morocco: Comparison with the Traditional Mediterranean Diet  
Rekia BELAHSEN, Chouaib Doukkali University, Morocco  

11.00 – 11.30  Coffee break  
11.30 – 13.30  SESSION 5 – MEDITERRANEAN DIET AND CURRENT RESEARCH  
Chair  Elias CASTANAS, University of Crete, Greece  
11.30 – 12.00  Keynote Speech  
Scientific Evidence of Interventions on the Mediterranean Diet: A Systematic Review  
Lluis SERRA MAJEM, Foundation for the Advancement of the Mediterranean Diet, Spain  
12.00 – 12.30  Keynote Speech  
Lluis SERRA MAJEM, Foundation for the Advancement of the Mediterranean Diet, Spain  
12.30 – 13.30  Oral Presentations  
Food Quality and Safety under FP6: Towards the 4th Call. Topics and Support Networks for Researchers  
Gorgias GAROFALAKIS, ETAT S.A., Greece  
Greek Flora Derived Plant Extracts/Constituents Demonstrate Selective Estrogen Receptor Modulator (SERM) Like Properties  
Paraskevi MOUTSATSOU, University of Athens, Greece  
Quercetin Internalization in Breast and Hepatocellular Cancer Cells  
Artemissia-Phoebe NIFLI, University of Crete, Greece
Plasma Carotenoids in Elderly Men Aged 80 and Over: Differences between Crete and Zutphen (NL)
Brian BUIJSSE, National Institute for Public Health and the Environment, The Netherlands

The Use of Olive Leaf Extract in Naturopathic Medicine
Matina CHRONOPOULOU, Therapeutic Nutrition, Naturopathic Medicine, Greece

13.30 – 14.30 Lunch Break

14.30 – 16.00 SESSION 6 - MEDITERRANEAN DIET AND CURRENT RESEARCH (continued)
Chair
Antonia TRICHOPOULOU, National and Kapodistrian University of Athens, Greece

14.30 – 15.00 Keynote Speech
A Pilot Study of Mediterranean Diet in Primary Cardiovascular Prevention: The Predimed Trial
Miguel A. MARTINEZ-GONZALEZ, University of Navarra, Spain

15.00 – 16.00 Oral Presentations
The Nutrition Value and the Flavonoid Content of the Mediterranean Diet in Greece
Stavroula SOUKARA, University of Athens, Greece

Occurrence of Ochratoxin in Wines and its Behavior during the Winemaking Process
Yorgos KOTSERIDIS, Agricultural University of Athens, Greece

Olive oil, the Mediterranean diet, and Arterial Blood Pressure: The Greek European Prospective Investigation into Cancer and Nutrition (EPIC) Study
Theodora PSALTOPOULOU, Medical School, University of Athens, Greece

Effect of Mediterranean Diet Wild Green Plants on the Postprandial Platelet Activity of Patients with the Metabolic Syndrome
Tzortzis NOMIKOS, Harokopio University of Athens, Greece

16.00 – 16.30 Coffee Break

16.30 – 18.00 Round Table Discussion II - Marketing of the Mediterranean Diet Foods and Beverages
Coordinator
Paraskevas TOKOUBALIDES, “Filaios” Assoc. of Friends of Olive Oil, Greece

Vasilis ARGYRAKIS, Trofino, Greece Yiannis BOURAS, Minerva S.A., Greece
Alkiviadis KALABOKIS, Exporters’ Association of Crete, Greece
Denni KALLIVOKA, Food & Drink Editor, Greece

21.00 – 23.00 Conference Dinner
Friday, 22nd April 2005

09.00 – 11.00  SESSION 7 – OLIVE OIL AND HEALTH
Chair  Sandro DERNINI, Forum on Mediterranean Cultures, Italy

09.00 – 09.30  Keynote Speech
Dietary Fiber Intake and Risk Factors for Cardiovascular Disease in French Adults
Denis LAIRON, UMR 476INSERM/1260INRA, France

09.30 – 11.00  Oral Presentations
Omega-3 and Omega-6 Fatty Acids in Olive Oil
Paraskevas TOKOUSBALIDES, "Filaios" Assoc. of Friends of Olive Oil, Greece

Mediterranean Diet, Functional Lipids and Virgin Olive Oil
Maria TSIMIDOU, Aristotle University of Thessaloniki, Greece

Olive Oil Consumption and Weight Change: The SUN Prospective Cohort Study
Miguel A. MARTINEZ-GONZALEZ, University of Navarra, Spain

The Role of Olive Tree and Olive Oil in the Traditional Life of Cyprus
Evrosyni RIZOPOULOU-IGOUMENIDOU, University of Cyprus, Cyprus

Enzymatic Oxidation of Olive Oil Polyphenols: The Case of Oleuropein
Aris XENAKIS, National Hellenic Research Foundation, Greece

11.00 – 11.30  Coffee break

11.30 – 13.00  SESSION 8 – OLIVE OIL AND HEALTH (continued)
Chair  Paraskevas TOKOUSBALIDES, "Filaios" Assoc. of Friends of Olive Oil, Greece

Messinian Olive Oil, Excellent Quality through the Ages
Efstatios ANASTASSOPOULOS, University of Athens, Greece

The Antiatherogenic Properties of Lipid Olive Oil Microconstituents
Haralabos KARANTONIS, Harokopio University of Athens, Greece

Olive Oil Composition and its Health Impacts as a Basic Constituent of the Mediterranean Diet
A. KIRITSAKIS, Technological Institute of Thessaloniki, Greece

Quality Changes of Olive Oil and Other Selected Vegetable Oils During Frying
John TSAKNIS, Technological Education Institutions of Athens, Greece

13.00 – 13.30  Poster Session

13.30 – 14.30  Lunch Break
14.30 – 16.00  
**SESSION 9 - TRADITIONAL FOOD PRODUCTS**  
Chair Ioanna PETROCHILOU, Food Industrial Research and Technological Development Company (ETAT S.A.)

Table Olives as a Source of Natural Antioxidants  
Georgios BLEKAS, Aristotle University of Thessaloniki, Greece  

New Trend in Traditional Food: Causes Underlying the Popularity of Smith Cafes in Ankara and its Evaluation from a Nutritional Perspective  
Yasemin BEYHAN, Hacettepe University, Turkey  

Milk Fat Cholesterol Content Evolution During Cheese Making Process  
Theofilos MASSOURAS, Agricultural University of Athens, Greece  

Consumer Loyalty Behaviour Towards Typical Food Products, Analysis of French Consumer Panel Data  
Polymeros CHRYSOCHOU, Agricultural University of Athens, Greece  

Study of Physicochemical Composition and Nutrient Profile of Traditional Graviera of Paros  
Ioannis KANDARAKIS, Agricultural University of Athens, Greece  

Study of Physicochemical Composition and Nutrient Profile of Traditional «Arseniko» Cheese of Naxos  
Theofilos MASSOURAS, Agricultural University of Athens, Greece  

Research Initiatives Aiming at the Quality Improvement and the Industrialization of Greek Traditional Foods  
Stavroura SKOULIKA, ETAT S.A., Greece

16.15 – 16.30  
**Coffee Break**

16.30 – 18.30  
**Round Table Discussion III - Organic Products in the Mediterranean Diet**  
Coordinator Andreas LOUKAKIS, Biorama Magazine, Greece

Maria TRIVELA, Medical School, University of Athens  
Kostas BOUGIOURIS, Agriculturist  
Panos HATZIOTIS, Viotros S.A.  
Manolis KAMPOURAKIS, National Agricultural Research Foundation, Greece  
Panayiotis ATHANASOPOULOS, Agricultural University of Athens, Greece  
Nikos PSYLLAKIS, Union of Greek Biocultivators, Greece

18.30 – 19.00  
**Closing Session - Awards**  
Chair Connie Lambrou – Phillipson, Institute of Paleonutrition, Greece
Posters

Cereal-Based Functional Foods: From Traditional to Novel Products
Angel ANGELOV, University of Food Technologies, Bulgaria

Influence of Bread in the Hypocaloric Diet
Nastasia BELC, Institute of Food Bioresources, Romania

The Italian Food Pyramid
Carlo CANNELLA, University "La Sapienza", Italy

Consumption of Traditional Greek Mediterranean Meals Meduces the Sensitivity of Volunteer’s Platelets Against PAF. A Novel Approach on the Explanation of Mediterranean Diet Benefits.
Elizabeth FRAGOPOULOU, Harokopio University of Athens, Greece

Existence of Lipids with Antiatherogenic Properties in Wines and Musts: Implication of PAF in a Possible Explanation of “French paradox”
Elizabeth FRAGOPOULOU, Harokopio University of Athens, Greece

Biological Effects of Lipids from Olive Oil and Olive Pomace, in Early Atherosclerosis Development. Implication of Platelet Activating Factor (PAF)
Haralabos KARANTONIS, Harokopio University of Athens, Greece

Effects of Lipids from a Greek Quick Casual Mediterranean-Type Diet on Cardiovascular Disease. Implication of Platelet Activating Factor (PAF)
Haralabos KARANTONIS, Harokopio University of Athens, Greece

Food Consumption in West Algerian Chronic Renal Failure Patients, Treated by Peritoneal Dialysis
Mekki KHEDIDJA, Université d’Oran Es Sénia, Algeria

Comparison of Lipids with Antiatherogenetic Properties of Wild and Cultured Sea Bass (Dicentrarchus labrax) and Gilthead Sea Bream (Sparus aurata)
Constantina NASOPOULOU, National and Kapodistrian University of Athens, Greece

Biologically Active Lipid Fractions with Antiatherogenetic Properties from Fish and Cephalopods of the Mediterranean Diet
Constantina NASOPOULOU, National and Kapodistrian University of Athens, Greece

Saffron: Contemporary Aspects of an Ancient Spice and Future Perspectives
Stella ORDOUDI, Aristotle University of Thessaloniki, Greece

Traditional "Greek Salad-Dressing" (Plive Oil - Lemon Juice Emulsion). Stabilization with Food-Grade Hydrocolloids
Adamantini PARASKEVOPOULOU, Aristotle University of Thessaloniki, Greece

Traditional Italian Pizza, an Intercultural Food for Immigrants
Laura PIOMBO, University of Rome “La Sapienza”, Italy
Risk Factors for Metabolic Diseases in Greek Students
Eleni TYMPA-PSIRROPOULOU, Technological Educational Institute of Thessaloniki, Greece

Dietary intakes in Greek Students: Differences Between the Two Sexes
Eleni TYMPA-PSIRROPOULOU, Technological Educational Institute of Thessaloniki, Greece