



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 PAPOUTSOGLU, 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 De-
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**

12.00 – 12.30 Keynote Speech

Lluís 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 TOKOUSBALIDES, "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**
Efsthathios 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

Chair

SESSION 9 – TRADITIONAL FOOD PRODUCTS

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

Stavroula SKOULIKA, ETAT S.A., Greece

16.15 – 16.30

Coffee Break

16.30 – 18.30

Coordinator

Round Table Discussion III - Organic Products in the Mediterranean Diet

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

Chair

Closing Session - Awards

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 Antiatherogenic 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 Antiatherogenic 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