



X International Conference  
**Mediterranean Diet**  
Barcelona, April 2-3, 2014

**PRELIMINARY PROGRAM**

**April 2<sup>nd</sup>**

- 10.00h Accreditation and issuing of documents
- 10:30h **CONFERENCE INAUGURATION**
- 10.45h **INAUGURAL KEYNOTE SPEECH**  
***Mediterranean Diet and cardiovascular disease: recent scientific evidences.***  
Dr. Ramón Estruch, Servicio de Medicina Interna, Hospital Clinic, IDIBAPS (Spain).
- 11.35h Mediterranean Break
- 12.00h **Session 1: MEDITERRANEAN FOODS**  
Chairperson: Dr. Emilio Ros, *Unidad de Lípidos, Servicio de Endocrinología, Hospital Clinic, IDIBAPS (Spain).*
- EFFECTS OF REFINED AND WHOLE GRAIN CEREALS ON HEALTH  
Dr. Miguel Angel Martínez González, *Departamento de Medicina Preventiva y Salud Pública, Facultad de Medicina-Clinica Universitaria, Universidad de Navarra (Spain).*
  - FRUITS AND VEGETABLES, KEY FOODS OF THE HEALTHY EFFECTS OF THE MEDITERRANEAN DIET  
Dr. Carlo La Vecchia, Department of Clinical Sciences and Community Health, University of Milan (Italy).
  - LATEST EVIDENCE FOR PROTECTIVE EFFECTS OF NUTS IN THE PREVENTION OF CARDIOVASCULAR DISEASE AND CANCER.  
Dr. Joan Sabate, Department of Nutrition, Loma Linda University, Loma Linda (USA).
- 13.30 **KEYNOTE SPEECH: *THE BEST WAY TO ENJOY- THE MEDITERRANEAN DIET***
- 14.00h Break

- 15.30h **KEYNOTE SPEECH: OLIVE OIL AS AN AXIS OF THE MEDITERRANEAN DIET**  
Chairperson: Dr. Montserrat Fito, *Hospital del Mar* Medical Research Institute (Spain).  
Dr. Francisco Pérez-Jiménez, Lipids and Atherosclerosis Unit, Department of Medicine, IMIBIC/Hospital Universitario Reina Sofia/Universidad de Cordoba (Spain).
- 16.30h **Session 2: Debate - ENPI MED DIET “Mediterranean Diet and enhancement of traditional foodstuff”**  
  
Chairperson: Ms. Diana Julià. Mediterranean Diet Foundation (Spain)  
Dr. Alaa Ezz, Confederation of Egyptian European Business Associations (Egypt)  
Mr. Andrea Zanlari, UNIONCAMERE, Chamber of Commerce of Italy (Italy)  
Mr. Anwar Zibaoui, ASCAME, Association of Mediterranean Chambers of Commerce and Industry (International)
- 18.00h Guided tour to vineyard

### **April 3rd**

- 10.00h **Session 3: DIETARY PATTERNS AND CHRONIC DISEASES**  
Chairperson: Dr. Dolores Corella, Facultad de Medicina, Universidad de Valencia (Spain).  
- THE MEDITERRANEAN DIET, THE FIRST STEP IN THE PREVENTION AND TREATMENT OF DIABETES MELLITUS  
Dr. Jordi Salas-Salvadó, Universitat Rovira i Virgili, Reus (Spain).  
- MEDITERRANEAN DIET AND COGNITIVE FUNCTION  
Dr. Nikolaos Scarmeas, Taub Institute for Research in Alzheimer’s Disease and the Aging Brain, Columbia University and National and Kapodistrian University of Athens (Greece)  
DIETARY PATTERN IN CANCER PREVENTION  
Dr. Carlos-Alberto González, Unit of Nutrition, Environment and Cancer, Cancer Epidemiology Research Program, Catalan Institute of Oncology (ICO-IDIBELL) (Spain)
- 11.30h Mediterranean Break

- 12.00h      **Session 4: WINE**  
 Chairperson: Dr. Rosa M Lamuela-Raventós, Faculty of Pharmacy, University of Barcelona (Spain)  
 - WINE, BEER AND ALCOHOL. EPIDEMIOLOGICAL EVIDENCES OF THEIR PROTECTIVE EFFECT AGAINST CARDIOVASCULAR DISEASE.  
 Dr. Eric B Rimm, Department of Epidemiology, Harvard School of Public Health (USA)  
 - THE 'FRENCH PARADOX', 20 YEARS LATER.  
 Dr. Michel de Lorgeril , Laboratoire Cœur et Nutrition, Faculté de Médecine de Grenoble, Université Joseph Fourier (France)  
 - WINE AND HEALTH EFFECTS OF MEDITERRANEAN DIET  
 Prof. Antonia Trichopoulou, University of Athens, Medical School (Greece)
- 13.30h      Mediterranean appetizer, wine and sparkling wine (cava) tasting.  
 Poster session.
- 14.00h      Break
- 15.30h      **Session 5: MEDITERRANEAN DIET AND SUSTAINABILITY**  
 Chairperson: Mr. Sandro Dernini, Forum on Mediterranean Food Cultures/ Food and Agriculture Organization of United Nations (Italy).  
 - ENVIRONMENTAL FOOTPRINTS OF MEDITERRANEAN DIET  
 Dr. Lluís Serra-Majem, Department of Clinical Sciences, University of Las Palmas de Gran Canaria (Spain).  
 - HEALTHY PROFILES OF ORGANIC FOOD CONSUMERS IN A LARGE SAMPLE OF FRENCH ADULTS  
 Dr. Denis Lairon, Universidad de Aix-Marseille ( France).  
 - SUSTAINABILITY IN THE WORLD OF THE VINEYARD  
 Mr. Miguel Torres, Bodegas Torres (Spain).
- 16.40h      **Session 6: AWARENESS CAMPAIGNS**  
 Chairperson: Mr. Fernando Burgaz, Ministerio de Agricultura, Alimentación y Medio Ambiente, campaña "Mediterraneamos" (Spain).  
 - Wine in Moderation\*  
 - Barça: som el que mengem\*  
 - Hábitos saludables\*
- 17.30h      Poster awards and conference closing

\*To be confirmed. The organization reserves the right to modify proceedings and speakers depending on unexpected events that may arise.

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