# PROGRAM

**Wednesday 25th of April**

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<tr>
<td>08.15 – 09.00</td>
<td>Registration</td>
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<tr>
<td><strong>09.00 – 09.30</strong></td>
<td><strong>Opening</strong></td>
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<tr>
<td><strong>09.30 – 11.30</strong></td>
<td><strong>SESSION 1</strong></td>
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<tr>
<td>Coordinator</td>
<td>Antonia TRICHOPOULOU, National and Kapodistrian University of Athens, Greece</td>
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| 09.30 – 10.00 | Keynote Speech  
Existence of bioactive compounds with antiatherogenic properties in wines and musts: A new approach for the explanation of "French paradox".  
Elisabeth FRAGOPOULOU, Harokopio University, Greece |
| 10.00 – 10.30 | Keynote Speech  
Interactions between gene polymorphisms and response to diet in the Medi-Rivage study  
Denis LAIRON, INSERM Unit 476, France |
| 10.30 – 10.50 | Improvement of postprandial lipemia after nutritional intervention in Medi-RIVAGE study  
Catherine DEFOORT, Faculté de Médecine de la Timone, France |
| 10.50 – 11.10 | Mediterranean diet and cultural nutrition in the past, present and future  
Athanasios LABROPOULOS, Technological Educational Institute of Athens, Greece |
| 11.10 – 11.30 | Survival and evolution of the Mediterranean diet through local-food quality and authentication  
Georgios FRAGKIADAKIS, Technological Educational Institute of Crete, Greece |
| 11.30 – 12.00 | Coffee Break                                                       |
| **12.00 – 14.00** | **SESSION 2**                                                      |
| Coordinator   | Aicha LEMTOUNI, Institute for Language and Communication Studies, Morocco |
| 12.00 – 12.20 | The definition of traditional Foods  
Effie VASILOPOULOU, National and Kapodistrian University of Athens, Greece |
| 12.20 – 12.40 | The flavone, flavonol and flavan-3-ol content of the Greek traditional diet  
Vardis DILLIS, National and Kapodistrian University of Athens, Greece |
12.40 – 13.00 Carotenoids content of key Portuguese vegetables in the Mediterranean Diet
Maria GRACA DIAS, Instituto Nacional de Saude Dr Ricardo Jorge – INSA, Portugal

13.00 – 13.20 Physicochemical, microbiological and nutritional characteristics of traditional cheese Tyraki of Tinos
Theofilos MASSOURAS, Agricultural University of Athens, Greece

13.20 – 13.40 Mediterranean diet scoring of a one year portfolio eating plan study
Colleen JOICE, Almond Board of California, USA

13.40 – 14.00 Cholesterol content of Greek dairy products
Theofilos MASSOURAS, Agricultural University of Athens, Greece

14.00 – 15.00 Lunch Break

15.00 – 16.30 SESSION 3
Coordinator Paraskevas TOKOUZBALIDES, President of “Filaios”, Greece
15.00 – 15.10 Introduction by Dr Paraskevas Tokouzbalides
15.10 – 15.30 Wine and virgin olive oil: the parallel lives of the two noble liquids of the Mediterranean Diet
Maria TSIMIDOU, Aristotle University of Thessaloniki, Greece
15.30 – 15.50 Olive oil the main constituent of the Mediterranean diet: a functional lipid food
Apostolos KIRITSAKIS, Alexander Technological Institute of Thessaloniki, Greece
15.50 – 16.10 Fatty acids composition of worldwide olive oils and theirs deviations from International Standards limits.
Efi CHRISTOPOULOU, Ministry of Development, Greece
16.10 – 16.30 Endogenous amphiphiles of virgin olive oil: activity and structure
Aris XENAKIS, National Hellenic Research Foundation, Greece

16.30 – 17.00 Coffee Break

17.00 – 19.00 SESSION 4
Coordinator Dimitrios BOSCOU, Aristotle University of Athens, Greece
17.00 – 17.20 Towards an Israeli National Program for lifestyle and obesity prevention
Elliot BERRY, Hebrew University-Hadassah Medical School, Israel
17.20 – 17.40 Adherence to the cardioprotective Mediterranean diet in rural Greece
Stella VERDOS, James Madison University, USA
17.40 – 18.00 The Mediterranean diet: also a ‘gold standard’ for sun protection?
Niva SHAPIRA, Tel Aviv Univ. Ramat Aviv, Israel
18.00 – 18.20 Mediterranean diet, sunshine and coronary heart disease
Alfred WONG, Xymega Corporation, Canada
18.20 – 18.40 Optimum nutritional health & acid/alkaline body balance
Antonia MOUTAFI, On Earth, Greece

20.00 – 21.30 Welcome reception at the Parallel Exhibition, at metro station of Syntagma
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<td>09.00 – 10.30</td>
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<td>Yiorgos KOTSERIDIS, Agricultural University of Athens, Greece</td>
<td>Alcohol, wine and the prevention of cardiovascular disease and mortality: epidemiological evidences</td>
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<td>09.30 – 09.50</td>
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<td>Maria PETHO, University of Kodolany Janos, Hungary</td>
<td>Healthy nutrition with traditional meals and wines in Hungary</td>
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<td>09.50 – 10.10</td>
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<td>Stamatina KALLITHRAKA, National Agricultural Research Foundation, Greece</td>
<td>Polyphenolic composition of Greek young red wines</td>
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<td>10.10 – 10.30</td>
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<td>Maria – Ioanna SALACHA, National Agricultural Research Foundation, Greece</td>
<td>Evolution of antioxidant activity of Greek white and red wines with storage</td>
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<td>10.30 – 10.50</td>
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<td>Matina CHRONOPOULOU, Center of Natural Medicine, Greece</td>
<td>The Health benefits of grapes, red wine and wine polyphenols</td>
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<td>11.20 – 13.00</td>
<td>6</td>
<td>Elliot BERRY, Hebrew University-Hadassah Medical School, Israel</td>
<td>Eating habits of today and the Mediterranean diet</td>
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<td>11.40 – 12.00</td>
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<td>Maria – Despoina VARAKLA, Athens Medical Group, Greece</td>
<td>Adherence of the diet of institutionalized Greek children to dietary guidelines</td>
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<td>12.00 – 12.20</td>
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<td>Marianne GELEIJNSE, Wageningen University, The Netherlands</td>
<td>Fish intake and metabolic syndrome in elderly coronary patients</td>
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<td>12.20 – 12.40</td>
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<td>Arthur LIZLE, Bridgewater State College, USA</td>
<td>The Mediterranean diet in an age of slow food and organic tendencies</td>
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<td>12.40 – 13.00</td>
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<td>George PACHIADAKIS, Simeion, Germany</td>
<td>Promotion of Mediterranean diet – Thoughts on brand &amp; PR strategy</td>
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<td>14.00 – 16.00</td>
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<td>Maria TSIMIDOU, Aristotle University of Thessaloniki, Greece</td>
<td>Eco-Agritourism as a Means to Preserve Culture and the Environment</td>
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<td>14.00 – 14.20</td>
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<td>Nikki ROSE, Crete's Culinary Sanctuaries, Greece</td>
<td>The taste and the flavour of Chios island</td>
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<td>14.20 – 15.00</td>
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<td>Vasso KRITAKI, Prefecture of Chios, Greece</td>
<td>The Gastronomy of Chios island as an example of a balanced everyday life</td>
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<td>15.00 – 15.20</td>
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<td>Thomas KARAMOUSLIS, Researcher, Greece</td>
<td>The Cretan diet in the past and the present</td>
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<td>15.20 – 15.40</td>
<td><strong>The olive oil festival of Sellasia - Lakonia</strong>&lt;br&gt;Manousos MANOUSAKIS, Sellasia, Greece</td>
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<td>15.40 – 16.00</td>
<td><strong>Destination health: promoting the Mediterranean diet</strong>&lt;br&gt;Athina VORILLAS, The Athens Tourism and Economic Development Agency, Greece</td>
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<td>16.00</td>
<td><strong>Closing</strong></td>
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Poster Presentations

The influence of Polyphenols and other dietary components on iron absorption by intestinal cells
*Abd. Rashed ASWIR, University of Surrey, U.K.*

Lycopene assessment of tomato products commercially available in Greece
*Soumela CHATZIANTONIOU, Alexander Technological Institute of Thessaloniki, Greece*

The Mediterranean diet in Spain: adherence trends during the past two decades
*Anna BACH, Mediterranean Diet Foundation, Spain*

Evaluation of diet with Mediterranean diet score in relationship with body mass index among middle-aged women in north-Mediterranean area
*Olga CVIJANOVIC, University of Rijeka, Croatia*

Technological Education Institute students in Crete prefer to drink wine but they do not follow Mediterranean diet
*Georgios FRAGKIADAKIS, Technological Educational Institute of Crete, Greece*

Evaluation of free radical scavenging capacity of Xinomavro and Agiorgitiko Greek wines of different age
*Efimia HATZIDIMITRIOU, Aristotle University of Thessaloniki, Greece*

Methanol concentration in tsipouro produced at small-scale distilleries
*Maria KOLIATSOU, Technological Educational Institute of Athens, Greece*

Growth indices of infants and factors affecting it in mothers referring to health centers in south of Tehran
*Habibolah NAZEM, Payame Nour university, Iran*

Lupin: an ancient legume currently utilized in Europe and future prospects
*Evdoxia PAPALAMPROU, Aristotle University of Thessaloniki, Greece*

Mediterranean diet and traditional foods in Portugal
*Marianna SANTOS, Instituto Nacional de Saude Dr Ricardo Jorge – INSA, Portugal*

Ouzo in Mediterranean nutrition and culture
*Zoritsa STOGIANOVSKI, Technological Educational Institute of Athens, Greece*

Wine production in sirince and its contribution to the tourism industry
*Nuray TURKER, Zonguldak Karaelmas Universitesi Safranbolu Vocational College, Turkey*