

**PROGRAM****Wednesday 25<sup>th</sup> of April**

08.15 – 09.00 Registration

**09.00 – 09.30 Opening****09.30 – 11.30 SESSION 1****Coordinator** *Antonia TRICHOPOULOU, National and Kapodistrian University of Athens, Greece*

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**

## Thursday 26<sup>th</sup> of April

- 09.00 – 10.50**      **SESSION 5**  
*Coordinator*      *Yiorgos KOTSERIDIS, Agricultural University of Athens, Greece*
- 09.00 – 09.30      **Alcohol, wine and the prevention of cardiovascular disease and mortality: epidemiological evidences**  
*Simona COSTANZO, Universita Cattolica, Italy*
- 09.30 – 09.50      **Healthy nutrition with traditional meals and wines in Hungary**  
*Maria PETHO, University of Kodolanyi Janos, Hungary*
- 09.50 – 10.10      **Polyphenolic composition of Greek young red wines**  
*Stamatina KALLITHRAKA, National Agricultural Research Foundation, Greece*
- 10.10 – 10.30      **Evolution of antioxidant activity of Greek white and red wines with storage**  
*Maria – Ioanna SALACHA, National Agricultural Research Foundation, Greece*
- 10.30 – 10.50      **The Health benefits of grapes, red wine and wine polyphenols**  
*Matina CHRONOPOULOU, Center of Natural Medicine, Greece*
- 10.50 – 11.20      Coffee break
- 11.20 – 13.00**      **SESSION 6**  
*Coordinator*      *Elliot BERRY, Hebrew University-Hadassah Medical School, Israel*
- 11.20 – 11.40      **Eating habits of today and the Mediterranean diet**  
*Maria – Despoina VARAKLA, Athens Medical Group, Greece*
- 11.40 – 12.00      **Adherence of the diet of institutionalized Greek children to dietary guidelines**  
*Eleni KAVOUSANO, Alexander Technological Institute of Thessaloniki, Greece*
- 12.00 – 12.20      **Fish intake and metabolic syndrome in elderly coronary patients**  
*Marianne GELEIJNSE, Wageningen University, The Netherlands*
- 12.20 – 12.40      **The Mediterranean diet in an age of slow food and organic tendencies**  
*Arthur LIZLE, Bridgewater State College, USA*
- 12.40 – 13.00      **Promotion of Mediterranean diet – Thoughts on brand & PR strategy**  
*George PACHIADAKIS, Simeion, Germany*
- 13.00 – 14.00      Lunch Break
- 14.00 – 16.00**      **SESSION 7**  
*Coordinator*      *Maria TSIMIDOU, Aristotle University of Thessaloniki, Greece*
- 14.00 – 14.20      **Eco-Agritourism as a Means to Preserve Culture and the Environment**  
*Nikki ROSE, Crete's Culinary Sanctuaries, Greece*
- 14.20 – 15.00      **Life, humor and gastronomy of Chios island**  
*The taste and the flavour of Chios island*  
*Vasso KRITAKI, Prefecture of Chios, Greece*  
*The Gastronomy of Chios island as an example of a balanced everyday life*  
*Thomas KARAMOUSLIS, Researcher, Greece*
- 15.00 – 15.20      **The Cretan diet in the past and the present**  
*Othonas CHRISTOULAKIS, Chamber of Rethymno, Greece*

- 15.20 – 15.40 **The olive oil festival of Sellasia - Lakonia**  
*Manousos MANOUSAKIS, Sellasia, Greece*
- 15.40 – 16.00 **Destination health: promoting the Mediterranean diet**  
*Athina VORILLAS, The Athens Tourism and Economic Development Agency, Greece*
- 16.00 **Closing**

## **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 STOGLIANOVSKI, Technological Educational Institute of Athens, Greece*

### **Wine production in sirince and its contribution to the tourism industry**

*Nuray TURKER, Zonguldak Karaelmas Uniersitesi Safranbolu Vocational College, Turkey*