



Mediterranean Diet & Health

A Nutritional Odyssey in Greece



Experiential Conference with American and Mediterranean Scholars
Sani Resort, October 16-20, 2017

Travel to Greece with the award-winning PBS television show, *The Cooking Odyssey*, leading international experts and Harvard University faculty for a hands-on, mouth-watering immersion course on the health benefits of the Mediterranean Diet, right where it was born. With world-renowned



scholars as your instructors and the Aegean Sea as your classroom, enjoy interactive learning combined with a once-in a lifetime experience of legendary Greek hospitality, healthy & delicious food and wine, warmed by the Greek autumn sun and surrounded by the famed sights, sounds and flavors of Greece, old and new.



The conference will feature three to four days filled with up-to-date academic findings and discussions with eminent global Mediterranean Diet experts, while visiting sites such as olive groves, organic feta cheese makers, farms and fabled wineries, and other extraordinary experiences.





Program Highlights



Scientific Program (final program subject to change)

History and Sources of the Mediterranean Diet— George Stamou.

A Multimedia presentation of the sights, sounds, and flavors of the Mediterranean as presented through clips from the award-winning PBS TV show the Cooking Odyssey to accompany our opening lunch.

Epidemiology of the Mediterranean Diet—Walter Willett (Prof. & Chair of Nutrition, Harvard Chan School of Public Health, Prof. Harvard Medical School)

presenting a summary of major epidemiologic evidence of the last decades proving the unique benefits of the Mediterranean Diet patterns and practical applications such as the offerings of the Sebastian's Café at Harvard

Fundamental Components of the Mediterranean Diet—Eric Rimm (Prof. of Nutrition, Harvard Chan School of Public Health, Prof. Harvard Medical School)

Biochemical-nutritional bases for the benefits of essential Mediterranean foods: olive oil, nuts, legumes, fresh fruits/vegetables, wine, Greek yogurt, etc.

Intervention Studies on the Mediterranean Diet—Frank Sacks (Prof. of Nutrition & Cardiovascular Prevention, Harvard Chan School of Public Health, Prof. Harvard Medical School).

Summary of dietary intervention studies providing further scientific support for the health benefits of Mediterranean Diet

Olive Oil as Medicine - Prokopis Magiatis (Assoc. Prof Pharmaceutics, Univ. Of Athens, Northeastern Univ)

How does olive oil and its natural phytochemicals work as a "nutraceutical" in our body as an anti-inflammatory and promoter of vascular health.

Extra Virgin Olive Oil: what do I buy for my family? - Eleni Melliou (Asst. Prof Pharmaceutics, Univ. Of Athens, Univ of California Davis Olive Center)

There are so many varieties of Extra Virgin Olive Oil on the market shelves, but they are not all equal. How science can guide the consumer looking for the healthiest oil.

Goat and Sheep Milk, Feta Cheese and Greek Yogurt- Dimitrios Kouretas (Professor, University of Thessaly)

What is different about Greek dairy products? A summary of studies examining various types of milk products.

A Randomized Cluster Trial of Mediterranean Diet in the US Fire Service- Kales.

Background and description of a US federally-

funded study to bring Mediterranean Diet to US firefighters struggling with obesity and sudden cardiac death as the number one on-duty killer.

si.mediterraneo! Barilla Mediterranean Lifestyle Program. Valeria Rapetti (Nutrition Senior Manager).

Description and success of Barilla's ground-breaking program to bring the Mediterranean Diet and lifestyle to its worldwide employees.

Running a Healthy Food Service: Menus of Change—Ken Toong (Director of the dining Service at the University of Massachusetts, Amherst)

Award-winning UMass Dining is the largest self-operated collegiate dining program in the nation, serving 45,000 meals/day. Creative approaches applying Mediterranean and other healthy eating principles have decreased soda consumption; increased consumption of fruits/vegetables and fish; and produced other beneficial changes.

Doctor, Heal thy Self: Adherence to Mediterranean Diet and Healthcare Providers' Health Status Nicholas H.E. Mezitis (Director UMA Diabetes Endocrine Care Center & Clinical Assoc. Prof of Specialty Medicine, Ohio University Heritage College of Osteopathic Medicine)

Report on the results of a survey of "Self-reported Consumption and Impact of the Mediterranean Diet" among practicing healthcare providers.

Greek Plants and Herbs: their Role in the Mediterranean Diet and as Natural Remedies-Eleni Maloupa (Curator of Balkan Botanic Garden, Kroussia, Greece)

Overview of the wealth of herbs and medicinal plants in Greece, their role in the traditional diet and potential as nutraceuticals.

Updates from PREDIMED and PREDIMED PLUS - Ramon Estruch (Senior Consultant, Internal Medicine, Hospital Clinic (Barcelona) and Professor, Univ. of Barcelona, President, Steering Cte of PREDIMED PLUS).

Background, current status and updates from the groundbreaking Spanish Clinical Trials of Mediterranean Diet as Primary Prevention.

Polyphenols - Rosa Maria Lamuela (Director, Polyphenol Research Group and Assoc. Prof. Nutrition, Food Science & Gastronomy, Univ. of Barcelona).

Sources, bioavailability and human health effects of these important natural anti-oxidant, phytochemicals.





About our experiential conference



Featuring amazing beaches and natural reserves, the location of this conference overlooks the azure Aegean waters of Cape Sani in Greece's leading hotel complexes. Halkidiki is a region in northern Greece known for its jutting peninsulas and Mediterranean forests that give way to sandy beaches in sheltered bays where elegant resorts, spa and restaurants are nestled in such beauty. The region's notable archaeological sites include Stageira, Aristotle's birthplace, and Olynthus, known for its well-preserved mosaic floors.

The memorable activities secured for the conference's participants include hands-on experiences in wineries, educational walks

in luscious olive groves, visits to a cheesemaker and of course, visiting local wineries.. Many other surprises and exclusive events will be disclosed in the full program, available to registrants and confirmed sponsors.

Embark on a Grecian odyssey to explore the rich and authentic tastes and history of Greek cuisine! The Mediterranean diet has been a way of life for thousands of years throughout the Mediterranean, including Greece, Italy, Lebanon, Syria, Spain and Morocco. Most recently, the Mediterranean diet has become the focal point of the health industry worldwide.



CONTACT INFORMATION

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How to Register



Be part of this memorable, cutting edge conference!

To register:

Please visit our website to register! Visit

www.mediterraneanhealth.org

The conference will take place in Sani Resort, October 16-20, 2017! Indulge in one of the best beaches in the world while learning! Sani resort is luxurious destination, awarded "Best Family Resort" by TripAdvisor Choice Award 2016! The 1,000 acres estate offers endless golden beaches, framed by the crystal clear waters of the Aegean and the magnificent pine forests of the Kassandra peninsula.



ABOUT THE ORGANIZERS

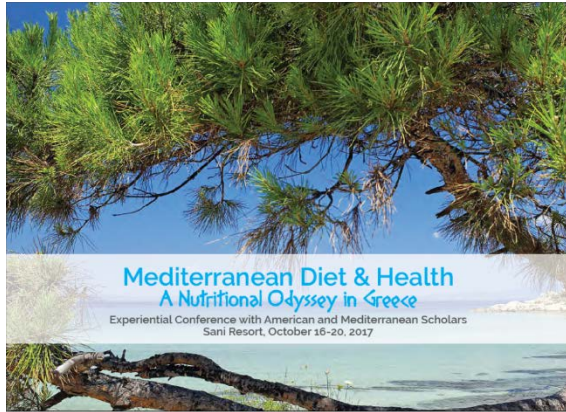
Prof. Stefanos N. Kales,
MD, MPH, FACP, FACOEM
Associate Professor, Harvard Medical School & Harvard
TH Chan School of Public Health
Director, Harvard Occupational Medicine Residency
Division Chief, Occupational Medicine,
Cambridge Health Alliance

George Stamou,
Producer of The Cooking Odyssey Show:
A PBS culinary television series that showcases the
wondrous sights, sounds, and tastes of Greece.



THIS CONFERENCE IS PRODUCED BY THE COOKING ODYSSEY IN
COLLABORATION WITH HARVARD'S INITIATIVE FOR PRODUCTIVITY AND HEALTH
AND IS A CONTINUATION OF MED DIET 2014 ORGANIZED AT HARVARD.





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To REGISTER:
www.mediterraneanhealth.org
Infoline: (908) 212 7846
Email: info@MediterraneanHealth.org



Young Investigators' Poster and Presentation Competition

The Scientific Organizing Committee of [Mediterranean Diet & Health](http://www.mediterraneanhealth.org) is pleased to announce the above competition and special discount pricing of a Euro250 registration for young investigators.

In order to qualify:

- 1. Young Investigators must be students, trainees or within 5 years of their terminal degree.**
- 2. Register for the conference by July 31 at the Preferred rate: Euro250 (more than a 50% discount).**
- 3. Send an abstract (<250 words) related to Mediterranean or Healthy Nutrition/Lifestyle on which they are a co-author for consideration by August 15, 2017 to: info@MediterraneanHealth.org**

All participants will be able to present their work in poster format during the conference. A selection committee of Conference Faculty will select the top five submissions prior to September 15, 2017. These top five papers will be awarded an opportunity to present their work to a panel of distinguished Faculty judges. Each oral presentation will be given 5 minutes, followed by brief questions from the faculty. The Faculty judges will select 3 prize winners: Third and Second place will receive Euro 250 and an award certificate; and First place will receive Euro 500 and an award plaque. All participants will have the opportunity to interact with world-class faculty, receive a certificate of participation and attendance, as well as receive healthy Greek gifts.

Our Conference is a unique opportunity to experience a hands-on immersion into the Mediterranean Diet, where it was born along with elite faculty from Harvard, PREDIMED and other select programs.

Space is limited. Register now: <http://mediterraneanhealth.org/>