



# International Nutrition for Precision Health



**10.Jul 2024**

**Cod. W07-24**

**Mod.:**  
Streaming

**Edition**  
2024

**Activity type**  
Open activity

**Date**  
10.Jul 2024

**Location**  
Online

**Languages**  
English

**Academic Validity**  
10 hours

**Organising Committee**



## **Description**

In this Open Activity we will talk about the classic foods of the Mediterranean Diet (olive oil, nuts, fruits, vegetables and fish), addressing their composition, as well as their beneficial potential for health. In addition, the metabolic and physiological mechanisms that contribute to explain the health effects of the Mediterranean pattern will be discussed. A comparison of the Mediterranean Diet with other global dietary patterns will be made.

## **Objectives**

The objectives of the activity can be specified first of all by informing about the foods of the Mediterranean Diet and their metabolic benefits.

Promote the comparison of the Mediterranean Diet with other dietary patterns.

Promote Networking and international collaboration tasks in the field of nutrition.

## **In collaboration with**



# Program

**10-07-2024**

International nutrition (English) - Chairs J. Alfredo Martínez (IMDEA- UVa-SEÑ-RINN22) and Jacques Delarue (IUNS)

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14:15 - 14:30 Intervención del Rector de la Universidad de Valladolid Prof. Dr. Antonio Largo Cabrerizo (UVa)

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14:30 - 14:45 The Mediterranean diet as a healthy pattern Prof<sup>a</sup>. Dra. Barbara Vizmanos (UdeG - UVa - RINN22)

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14:45 - 15:00 Diabetes mellitus and Mediterranean Diet Prof. Dr. Jacques Delarue (IUNS - Francia)

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15:00 - 15:15 Inflammation and Mediterranean Diet Prof. Dr. Philip Calder (FENS - Reino Unido)

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15:15 - 15:30 Cardiovascular risk and red wine consumption Prof. Dr. Miguel Angel Martínez (UNAV)

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15:30 - 15:45 Physical exercise in the Mediterranean Diet Prof<sup>a</sup>. Dra. Marcela González-Gross (UPM - SEÑ)

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16:15 - 16:30 **Workshop - online session (English) Chairs J. Alfredo Martínez (IMDEA-UVa-SEÑ-RINN22) and Jacques Delarue (IUNS)**

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18:30 - 18:40 Dietary recommendations in Uganda Prof. Dr. Robert Fungo (FANUS - Uganda)

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18:40 - 18:50 Dietary recommendations in Nigeria Prof. Dra. Nnam Ngozzi (FANUS - Nigeria)

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18:50 - 19:00 Dietary recommendations in Ghana Prof. Dr. Francis Zotor (FANUS - Ghana)

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19:00 - 19:10 **Dietary recommendations in Algeria Prof. Dr. Fahd Beddar (UVa - CAUSO)**

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19:10 - 19:20 Dietary recommendations in the Balkans Prof<sup>a</sup>. Dra. Sladjana Sobajic (FENS - Serbia)

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19:20 - 19:30 Mediterranean Diet recommendations in Europe Prof. Dr. Jacques Delarue (IUNS - Francia)

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19:30 - 19:40 Dietary recommendations in the UK Prof. Dr. Philip Calder (FENS - Reino Unido)

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19:40 - 19:50 Dietary recommendations in Peru Prof<sup>a</sup>. Dra. Roxana Fernández-Condori (SOPENUT-Perú)

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19:50 - 20:00 Dietary recommendations in Latin America Prof. Dr. Luis Moreno (UNIZAR - SEÑ - FINUT)

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20:00 - 20:10 Dietary recommendations in Brazil Prof<sup>a</sup>. Dra. Karina Dos Santos (UNRIO - Brazil - RINN22)

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20:10 - 20:20 Dietary recommendations in Korea Prof<sup>a</sup>. Dra. Hyun-Sook-Kim (IUNS - Korea)

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20:20 - 20:30 Dietary recommendations in India Prof<sup>a</sup>. Dra. Sridevi Adivi (India)

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# Registration fees

REGISTRATION - LIVE ONLINE

UNTIL 10-07-2024

[Free registration](#)

0 EUR

**Place**

**Online**

Online