

# THE CRACKER

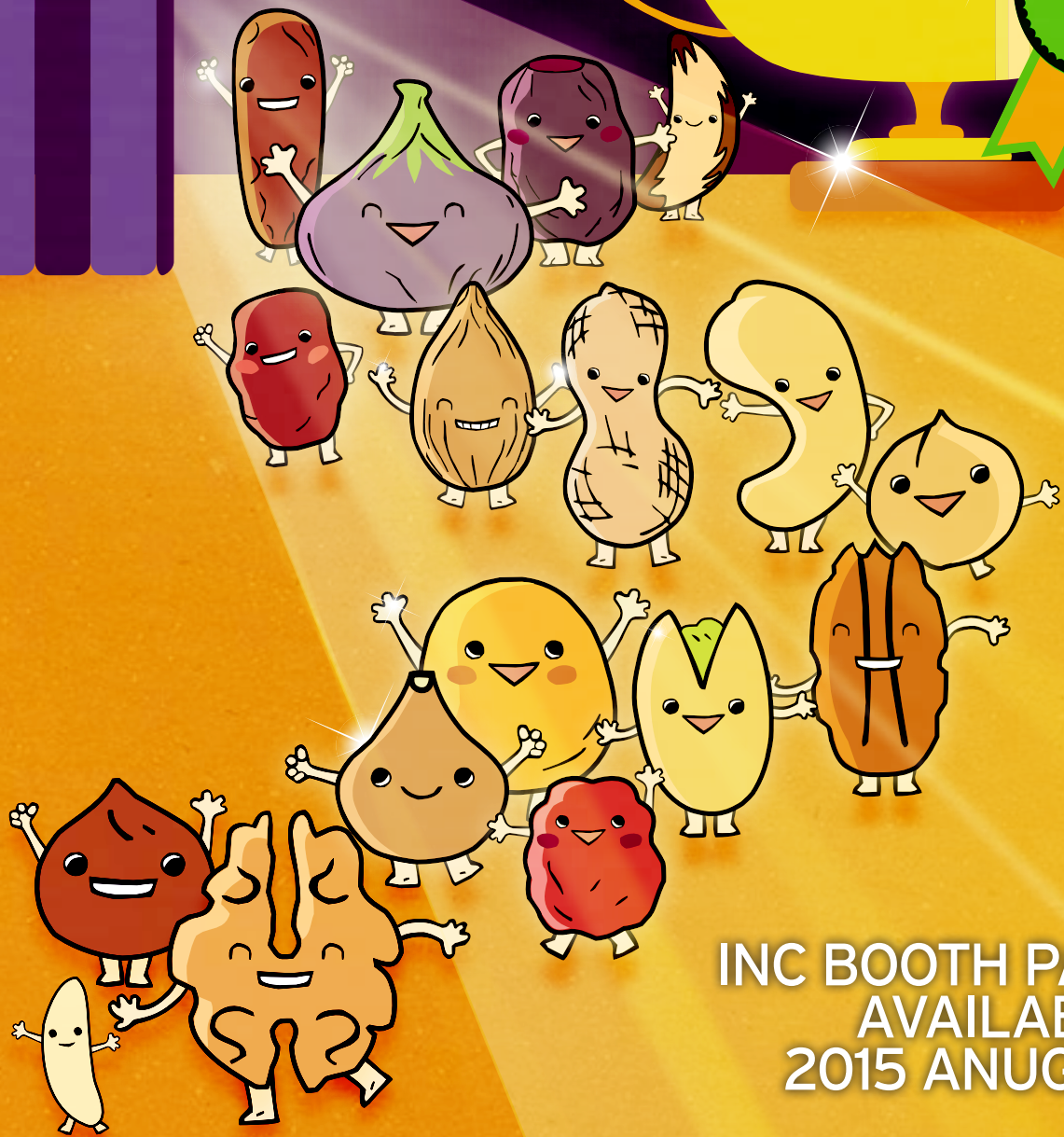
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The Official Voice of the International Nut and Dried Fruit Council Foundation for the World Nut and Dried Fruit Trade

## MELBOURNE SPEAKER DEFINES AG OUTLOOK IN 30 YEARS

### DR. E. ROS AWARDED EXCELLENCE IN RESEARCH



INC BOOTH PACKAGE  
AVAILABLE FOR  
2015 ANUGA KOLN



Chaired by  
Prof. Jordi  
Salas-Salvadó



## 2ND WORLD FORUM FOR NUTRITION RESEARCH CONFERENCE

### TRANSLATING THE PRINCIPLES OF THE MEDITERRANEAN DIET

*By Prof. Jordi Salas-Salvadó and Marta Guasch, Human Nutrition Unit, Faculty of Medicine and Health Sciences, Rovira i Virgili University, Reus, Spain.*

About one year after the 1st World Forum for Nutrition Research Conference was a great success in Reus, Spain, the 2nd World Forum for Nutrition Research Conference was held in Brisbane, Australia this 14th of May. It was a satellite meeting of the 31st National Conference of the Dietitians Association of Australia and it was supported by the Dietitians Association of Australia, in collaboration with the Nutrition Society of Australia and the Federation of Societies of Nutrition and Dietetics of Spain (FESNAD), and received sponsorship from INC and Nuts for Life®, Australia.

The second forum was an outstanding conference where dietitians, nutritionists, medical and scientific researchers; representatives of the food industry and journalists could participate on translating the principles of the Mediterranean Diet to other regions of the world. The conference was chaired and facilitated by Professor Linda Tapsell from the University of Wollongong, Australia. Dr Luis Serra-Majem, from the University of Las Palmas de Gran Canaria, opened the meeting, outlining the cultural heritage of the Mediterranean Diet and highlighting its recognition by UNESCO for representing Intangible Cultural Heritage. His comprehensive presentation outlined the broad context in which we can understand this diet, particularly from a social and environmental perspective.

Dr Emilio Ros from the landmark PREDIMED study, which demonstrated the effects of the Mediterranean Diet on the primary prevention of cardiovascular disease, gave a number of presentations from the study to explain several recent and interesting findings. Dr Ros discussed the work involved in designing such a large study, the costs involved, the need for sophisticated collaborative teams and the value of industry co-sponsorship. In addition, very recent results on the beneficial effects of the Mediterranean Diet on Metabolic Syndrome were presented. Marta Guasch-Ferré, a researcher from the PREDIMED study group, led by Dr

Jordi Salas-Salvadó, presented also new findings on the effect of different types of olive oil on mortality in the context of the PREDIMED Study.

The effects of migration and cultural integration on eating patterns of the Mediterranean Diet in Australia were discussed by local researchers. Dr Istiopoulos, from a Melbourne group, emphasized the role of dietitians on studies involving Greek migrants. Dr Karen Murphy, leader of a South Australian group, introduced and discussed methodological issues of defining a Mediterranean Diet, developing diet quality indices and assessing cognitive decline in this context. Other presentations focused on diet quality indices in weight loss, dietary patterns in hospitalised patients and the challenges behind capturing indigenous food patterns in remote Aboriginal communities.



Researchers from Australia and Spain presented findings and concepts of the Mediterranean Diet, from the range of food groups and nutrient profiles reported in the literature, to how the effects might be seen from single nutrients (such as fatty acids), whole foods (such as nuts and olive oil) or whole diets (seen through indices of diet quality or Mediterranean Diet adherence).

The conference was very interesting with a wide range of presenters that provided a deep overview of the Mediterranean Diet in different regions and its applicability on different populations. There were several discussions with a panel of experts, which included Professor Kerin O'Dea and the effects of indigenous dietary patterns on health in Australian Aboriginal communities. The final discussion was presented by Dr Serra-Majem who detailed how we can translate Mediterranean Diet into agricultural practices or developing inventories of traditional foods. We all have our own Mediterranean Diet. Understanding the principles behind this 'intangible cultural heritage' provides a useful starting point for further research and understanding.