

Ciiscam

Centro Interuniversitario
Internazionale di Studi sulle Culture
Alimentari Mediterranee



UNIVERSITÀ
DEGLI STUDI DELLA
Tuscia
Department of Ecology and Economic
Sustainable Development

Under the High Patronage of
The President of the Republic of Italy
ITALIAN OFFICIAL WORLD FOOD DAY CELEBRATIONS 2007
The Right to Food

Under the Patronage of
The City of Viterbo
The Province of Viterbo
The Agriculture Commission of the Region of Lazio
The Chair of the Council of the Lazio Region
The Ministry of Agriculture

**1° INTERNATIONAL
C.I.I.S.C.A.M. CONFERENCE**
INTERNATIONAL INTER-UNIVERSITY CENTRE
FOR MEDITERRANEAN FOOD CULTURE STUDIES

New Frontiers in the Mediterranean for Food Security

Mediterranean Diet and Well Being
Food Safety and Quality
Biodiversity and Nutrition

4-5 December 2007

Rector Hall, via Santa Maria in Gradi, 4 Viterbo

in cooperation with



National Institute for Research
on Food and Nutrition



Nutrition and Consumer
Protection Division



**Bioversity
International**

FORUM ON
MEDITERRANEAN
FOOD CULTURES



Italian Official Celebrations
WORLD FOOD DAY 2007

CIISCAM INTERUNIVERSITY INTERNATIONAL CENTRE FOR MEDITERRANEAN FOOD CULTURES STUDIES

The CIISCAM - Interuniversity International Centre for Mediterranean Food Cultures Studies - has been established on 25 July 2006 by the Sapienza University of Rome, the University of Calabria, the University of Gran Canaria, the University of Parma and the University of Tuscia. Its administrative office is at the Sapienza University of Rome.

The Centre has the scope to gather together a whole of different competences in the study of the Mediterranean diet, as an expression of a style of life in continue evolution, and to function as a stable link between the multiple facets of the Mediterranean food system.

The Centre will operate as a multidisciplinary and multicultural structure of liaison among participants with the purpose to develop an interuniversity international network open to collaborations with research institutes, the food system (production, transformation, distribution, etc.), and the international agencies of the United Nations.

The CIISCAM has the aim to study and to advance Mediterranean food cultures as a primary heritage for the food security in the Mediterranean and the achievement of a balanced nutritional well being.

OBJECTIVES:

- To promote, realize and coordinate researches in the field of food science, with particular regards to Mediterranean food cultures;
- To foster cooperation among participant universities and research institutes, consortiums and industries that work in this field, at national and international levels;
- To start initiatives of training, scientific dissemination and interdisciplinary collaboration;
- To set up collaboration agreements with other research groups.

CIISCAM intends to deepen the knowledge on the Mediterranean diet and its evolution throughout time in order to widen the dialogue among different cultures that have in food a common root.

SCIENTIFIC CONCIL CIISCAM

Director Carlo Cannella, Sapienza University of Rome

Davide Cassi, University of Parma

Luis Serra Majem, University of Las Palmas of Gran Canaria

Nicolò Merendino, University of Tuscia

Vito Teti, University of Calabria

Sandro Dernini, Forum on Mediterranean Food Cultures

1° INTERNATIONAL CIISCAM CONFERENCE

Within the Italian Official Celebration of the World Food Day 2007, the First International CIISCAM Conference will be held on December 4 - 5, 2007, at the University of Tuscia, Viterbo (Rome), Italy.

The conference is co-organized by the CIISCAM, and Department of Ecology and Economic Sustainable Development of the University of Tuscia, in cooperation with INRAN, Bioversity International, FAO Nutrition and Consumer Protection Division and Forum on Mediterranean Food Cultures.

CIISCAM puts forward the Mediterranean food culture - with its manifold variety - as a process of growth, dialogue and progress towards the achievement of a balanced 'nutritional well-being' in the entire Mediterranean region.

The 1° International CIISCAM Conference intends to serve to re-launch THE 2005 ROME CALL FOR A

COMMON ACTION ON FOOD IN THE MEDITERRANEAN

in direction of the creation in the 2010 of the EuroMediterranean Free Trade Area. It has also the purpose to carry forward a set of common actions, in direction to the countdown of 2010

INTERNATIONAL YEAR OF BIODIVERSITY with the common aim to reduce the increasing erosion of the diversity of Mediterranean food cultures heritage. In the Exposition Hall of the Rectorate, it will be placed **THE ARK OF WELL BEING**, a pavilion curated by Plexus International. It will present the Act VII of its travelling event "**EROSIONS AND RENAISSANCE SHOW**", addressed to raise more international awareness on the increasing sea erosion of the Door of No Return of the House of the Slave of Goree, in Senegal, as symbol of the all forms of erosions that are dramatically increasing in the living planet.

MEDITERRANEAN DIET AND WELL BEING

The Mediterranean way of eating, typical of people living along the Mediterranean coasts during the early '60s, was represented by a moderate diet based on cereals, vegetables, legumes (beans), fruit, fish, low intake of animal fats and products, wine (usually drunk moderately during the meals) and virgin olive oil as the main source of added fats. In the same period in those regions, the adult populations displayed rates of chronic diseases that were among the lowest in the world and life expectancies among the highest (WHO, Keys). Such favourable health statistics are not easily explained by the social economic status or health care, rather low or poor in those regions in that period compared with those of more industrialized countries. Thus, the attention has focused on the diet as the explanatory factor and it was assumed that the diet is an important risk factor for chronic diseases.

Since after the Seven Countries Study (SCS) the Mediterranean eating pattern has been popularised as the "Mediterranean Diet" (MD) capable to prevent coronary heart disease (CHD) as well as to reduce the risk for some cancer (C), two of the most active killers for human beings.

The confirmation of this beneficial effect on the health

is given by the fact that the progressive giving up of this diet goes together with an increase of mortality for CHD and cancer in the Mediterranean population. On the other hand, it has been observed that an increasing consumption of fruits and vegetables, associated to a reduction of wine consumption (to moderate levels), results in a decrease of mortality for cerebrovascular disease (CVD).

Which are the healthy factors of the MD? The overall low-animal fat and high vegetables intakes that characterize the MD seem to be the main factors that act positively on the health. Among nutrients the most effective are the MUFA, i.e. oleic acid derived mostly from olive oil, which is recognized to reduce the mortality for the cited pathologies, and the dietary fibre present in cereals, beans and vegetables.

Successively, several bioactive molecules, with antioxidant capacity, have been discovered in foods largely present in the Mediterranean Diet, such as vegetables and fruits, wine and extra virgin olive oil. The activity of these molecules also play a relevant role in preventing CHD, Cancer and CVD.

FOOD SAFETY AND FOOD QUALITY

In the last decade, the role of nutrient and non nutrient compounds present in the diet in the prevention of diseases and on the other side, the role of toxic compounds that could lead to risks for human health, has emerged ever more clearly. In addition, a number of new approaches and several criteria to improve the traceability of food products and to regain consumers confidence in the food industry were developed.

Principles of food safety control should be good hygienic practices, HACCP principles, microbiological criteria, temperature limits. Essential point should be consumer education and information. Major challenges in the food safety area include risks from zoonoses, food-borne outbreaks and chemical risks. Scientific issues need to be contextualized within the daily cycle of farm to fork and a comprehensive analysis of the relationship between food consumption, food production and the emission of greenhouse gases is needed so as to promote food consumption patterns which are not only safe, of high quality but also with a low environmental impact. Food should be safe and have an adequate nutritional composition to be considered of high "quality"; this is an important requirement for human, economic and social growth and progress. The quality of food products is determined by their external characteristics such as size, shape, flavour, appearance and product

presentation, and by their internal characteristics such as taste, texture, nutritional composition values. A number of age-related human pathologies such as heart disease, cancer, inflammation are correlated to cellular damage by free radicals and the antioxidants ability to neutralize active oxygen species, dangerous for health, therefore appears of greatest importance. The distribution of bioactive molecules, typical of each species, is due to intrinsic factors (synthesis and regulation pathways controlled by a set of peculiar enzymes) and extrinsic factors (season, climate conditions, cultural practices, food processing). In the last decades, there has been a development of new agricultural practices, storage conditions of foods and technological processes. On the other hand, lifestyle and habitual food consumption are changing. Quality should be identified as the valorization of traditional agricultural patrimony, rural and mountain community, of peculiar cultivation, of incomparable typical products. It is essential, in fact, to obtain certified products and therefore to provide the consumer with quality, security and authenticity in particular with respect to the regional origin. Biodiversity has become an essential prerequisite for the preservation of ecosystems and species and for maintenance of food security and a correct nutritional plane.

BIODIVERSITY AND NUTRITION

The health of people depends upon a variety of factors, but first and foremost is a diverse and balanced diet. Biodiversity contributes to this at three levels-genes, species and ecosystems.

In the Mediterranean region, varietal differences - the level of the genes -- have long been appreciated. Research has shown significant within-species differences in nutrients and bioactive non-nutrients, and organoleptic characteristics. Consumers have an appreciation of the varietal differences in Mediterranean grapes and wine, olives and olive oil, citrus fruits, tomato cultivars, and more. In agriculture, information at the gene level can be used in breeding programs to enhance the nutrient content of more commonly used varieties, eliminating the need for transgenic modifications. In trade, specific food composition data is used in promotions, since most potential export markets for unique species and cultivars require or encourage nutrient composition data for food labels and point-of-purchase materials. And for the environment sector, knowledge of nutrients and other bioactive components helps to value neglected varieties and species, encouraging their sustainable use within unique ecosystems.

The traditional Mediterranean diet, as studied in the 1950s to 1960s in the South of Europe, is characterized by intakes that contain moderate energy, low animal fat, high olive oil, high cereals, high legumes, nuts, fruits and vegetables, and regular and moderate wine. While numerous epidemiological studies have supported the concept that adherence to the traditional Mediterranean diet is beneficial for health, and particularly protects against cardiovascular disease, more studies are needed to demonstrate additional benefits, e.g., on the immune system. More and better data on the composition of Mediterranean foods, their consumption in the contexts of ecosystems, will allow better evaluation of dietary intake studies and nutritional epidemiology research.

Biodiversity at all levels is fundamental to food as a human right. Quantity of food, and its quality, including nutritional quality and cultural acceptability, are explicit within that right. Food biodiversity serves many purposes and sectors, not just the health sector, but also agriculture, trade and the environment - and is a keystone to well-being in its broadest sense, both human and environmental.

2005 CALL OF ROME FOR A COMMON ACTION ON "FOOD" IN THE MEDITERRANEAN

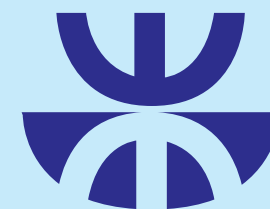


SAPIENZA UNIVERSITY OF ROME
RECTOR HALL



2005
YEAR OF THE MEDITERRANEAN

On the Decennial of the Barcelona Declaration



EUROMED
3° EURO-MEDITERRANEAN
FORUM

DIALOGUES BETWEEN
CIVILIZATIONS AND PEOPLE:
THE FOOD CULTURES
30 September - 1 October
2005, Rector Hall, Sapienza
University of Rome

By being conscious that in the Mediterranean there is a spread awareness of the social, cultural, health and economic interdependent dimensions of 'food', shared by all Mediterranean people, we strongly recommend :

1 To fully acknowledge "food" as a pivotal element in the

development of the future actions of the EuroMed Partnership, for its central and strategic cross-cutting dimension through the Declaration of Barcelona, with particular regard on the three social, cultural and human dimensions of the Euro-Mediterranean partnership;

2 To fully acknowledge "food" as a common ground in the Mediterranean to increase the intercultural and inter-religious dialogue between civilizations and people towards mutual understanding and social cohesion;

3) To fully acknowledge "food" as a vehicle for learning about diversity and transmitting knowledge of the other;

4 To fully acknowledge the right for everybody to eat according to their own beliefs;

5 To consider "food" as a "total social fact" as well as an important element to be account for the dialogue and social communication in the Mediterranean area and abroad;

- 6** To act together to revitalize local capacities to reduce the increasing erosion of the diversity of Mediterranean food cultures heritage as well as to reinforce the sustainability of the agro-food systems of all Mediterranean countries and the food security in the entire region;
- 7** To make operative the commitment of the launching of the Euro-Mediterranean dialogue platform on rural sustainable development as well as the experience of the LEADER program in the Mediterranean towards resources conservation and valorisation;
- 8** To sustain research in the field of cultural processes and transformations;
- 9** To give more attention to the cultural and historical aspects of "food culture" and to their articulation in different geographical, environmental, historical, ecological, cultural, religious contexts, within a dynamic perspective of long term, and also from an actual perspective, including industrial promotion, biotechnology processes, etc.; to give more attention to the evolution of production, consumption and marketing of Mediterranean Diet products; to give more attention to cultural tourism and farm-holiday in each country and through twinning agreements;
- 10** To reinforce the joint creation of common Mediterranean cultural products (books, expositions, festivals, movies, events, etc.) to be used in Mediterranean territories and abroad as well as to support common scientific initiatives in the field of food cultures and Mediterranean Diet and the dissemination of their result;
- 11** To rediscover the "pleasure" of food and conviviality as a way to "be together" in a Mediterranean way;
- 12** To launch a food culture "re-education" project for an effective action in the schools of all Euro-Mediterranean Partnership countries with particular regards to gastronomic and convivial levels, and oriented not only to nutrition education;
- 13** To reinforce training activities specially for the trainers; to reinforce the exchange of experiences between students from different Mediterranean schools and universities; to reinforce the attention to young generations and to the evolution of their Mediterranean style of life, through media, schools, universities, and sport;
- 14** To sustain in the future of the EuroMed dialogue the creative process of the interaction of science, art and technology;
- 15** To have not a "mythical" consideration of the Mediterranean past, in which to transfer artificially the actual interests, building a kind of "Arcadia" and forgetting all difficulties about food achievement and transformation in the Mediterranean area;
- 16** To sustain the Mediterranean Diet as a resource and a possibility of renaissance in "acculturated" or economically agricultural depressed areas, taking part of the processes, and avoiding to become a simple "receptor" of globalized food manufactures;
- 17** To remember that the ancient Greek word "diaita" means equilibrium, lifestyle. Therefore, the traditional Mediterranean diet is more than just a diet; it is a whole lifestyle pattern with physical activity playing an important role;
- 18** To take into account the intense scientific activity of the last decades that has significantly contributed to the understanding of the relationship between nutrition and health. The health benefits of the dietary traditions of the Mediterranean populations have contributed to the acceptance of the Mediterranean Diet as a healthy dietary model, also for the prevention of non-communicable diseases and obesity;
- 19** To establish a common definition of the traditional Mediterranean Diet (equivalent to Mediterranean Food or Food Culture) as a priority, in order for all Mediterranean countries to present a common perspective and strategy. The definition should refer to the

traditional Mediterranean Diet preserving cultural inheritance. Main foods included in the common basket are: in high amounts olive oil and olives, fruits, vegetables, cereals (mostly unrefined), legumes, nuts and fish, moderate amounts in dairy products (preferably cheese and yogurt), and low quantities of meat and meat products. Wine in moderation is acceptable when is not contradictory by religious and social norms. But the idiosyncrasy of the pattern is not only a list of foods (some traditional) but also its sustainability (mostly fresh and seasonally and locally grown) and preparation according to traditional recipes and the way and context of eating them, that are also key components of the Mediterranean Diet. It is emphasized that Mediterranean Diet is complete and does not need any kind of supplement or enrichment unless recommended for health reasons;

20 To take into account that traditional Mediterranean Diet besides its health implications also has cultural and economic implications, therefore all Mediterranean countries need to agree and contribute to the process of preservation and promotion. To start the process of the recognition of the Mediterranean Diet Food Cultural Heritage behind the UNESCO, as an initial and shared common position to be coordinated from the Barcelona counterpart as an extension of the 1995 Barcelona Declaration, in collaboration with all the Mediterranean country representatives;

21 To consider that the global scenery in which is placed the complex reality of the Mediterranean, with its interdependent issues, requires an interdisciplinary and intercultural rethinking able to express a new paradigm of development for the Mediterranean;

22 To strengthen the initiative of the Euro-Mediterranean Forum on Food Cultures to continue to foster its interdisciplinary networking dialogue towards the envisaged road-map for the creation of the Free Trade Area by 2010. To support its effort to develop a thematic interdisciplinary network on "Agriculture, Food and Culture", with a joint "portal" website, to share experiences, researches and data;

23 To launch also a EuroMed PLAN D (Dialogue, Debate, Democracy) to strengthen, as done for the EU's future, the current debate about the Euro-Mediterranean Partnership and its future, in which "food", with its pivotal cross cutting role, through the three dimensions of the Plan D, could be fully acknowledged within the objective to build a new EuroMed political consensus towards the challenges of the 21st Century;

24 To take into high consideration that young people are becoming in Southern and Eastern Mediterranean countries the highest majority of the population.

Upon these recommendations,

**IN THE YEAR OF THE MEDITERRANEAN,
WE INVITE YOU TO JOIN WITH US
IN THIS CALL FOR A COMMON ACTION
TO ACKNOWLEDGE THE PIVOTAL ROLE OF "FOOD"
IN THE ECONOMIC, SOCIAL AND CULTURAL SUSTAINABLE
DEVELOPMENT OF THE FUTURE ACTIONS
OF THE EURO-MEDITERRANEAN PARTNERSHIP**

Sapienza University of Rome, October 1, 2005

MARTEDÌ, 4 DICEMBRE, 2007

Ore 15.30 APERTURA DEI LAVORI

Marco Mancini, Rettore dell'Università della Tuscia

Giancarlo Gabbianelli, Sindaco di Viterbo

Alessandro Mazzoli, Presidente della Provincia di Viterbo

Daniela Valentini, Assessore all'Agricoltura della Regione Lazio

Ore 16.15 PRESENTAZIONE DEL C.I.I.S.C.A.M.- CENTRO INTERNAZIONALE INTERUNIVERSITARIO DI STUDI SULLE CULTURE ALIMENTARI MEDITERRANEE

Introduce

Nicolò Merendino, Università della Tuscia

Presenta

Carlo Cannella, Direttore CIISCAM, Sapienza Università di Roma; Presidente INRAN

Ore 17.00 DIETA MEDITERRANEA E BENESSERE

Introduce

Lluís Serra Majem, CIISCAM, Università di Las Palmas de Gran Canaria;

Presidente Fondazione Dieta Mediterranea, Barcellona

Intervengono

Alfonsina Bellio, CIISCAM, Università della Calabria

Maria-Manuel Valagão, INRB - Instituto Nacional de Recursos Biológicos, Lisbona

Rekia Belansen, Chouaib Doukkali University, El Jadida, Marocco

Denis Lairon, INSERM / INRA, Marsiglia

Alessandro Pinto, Sapienza Università di Roma

Ridha Mokni, National Institute of Nutrition and Technology, Tunisi

Amleto D'Amicis, INRAN, Roma

Davide Cassi, CIISCAM, Università di Parma

Ore 19.00 SALA ESPOSIZIONI - INAUGURAZIONE PADIGLIONE ESPOSITIVO EATING ART - L'ARCA DEL WELL BEING" a cura di PLEXUS INTERNATIONAL COCKTAIL con gelato all'azoto a cura dello chef Fabio Toso

MERCOLEDÌ, 5 DICEMBRE, 2007

Ore 9.00 SICUREZZA ALIMENTARE E QUALITÀ

Introducono

Gülden Pekcan, Hacettepe University, Ankara

Giuseppe Maiani, INRAN, Roma

Intervengono

Rosangela Marchelli, Università di Parma

Catherine Leclerq, INRAN, Roma

Lorenzo Maria Donini, Sapienza Università di Roma

Nicolò Merendino, Università della Tuscia

Paolo Sequi, CRA, Roma

Giuditta Perozzi, INRAN, Roma

Ore 11.00 BIODIVERSITÀ E NUTRIZIONE

Introduce

Barbara Burlingame, FAO

Intervengono

Enrico Porceddu, Università della Tuscia; Accademico dei Lincei

Pablo Eyzaguirre, Bioversity International

Michael Halewood, Bioversity International

Ore 12.15 LE NUOVE FRONTIERE PER LA SICUREZZA ALIMENTARE

Introduce

Sandro Dernini, CIISCAM, Forum sulle Culture Alimentari Mediterranee

Intervengono

Gianni Tomassi, Università della Tuscia

Fabrizio Oleari, Ministero della Salute

Maurizio Ceci, Ministero Politiche Agricole, Alimentari e Forestali

Ore 13.15 CONCLUSIONI

Carlo Cannella, Direttore CIISCAM, Sapienza Università di Roma; Presidente INRAN