



# World Congress on Oils & Fats & ISF Lectureship Series in 2020

9-12 February 2020 | International Convention Centre | Sydney Australia



## Mediterranean Diet Symposium

### Mediterranean diet: from evidence to implementation

**Date:** Sunday 9 February 2020

**Time:** 9.00am – 3.10pm

**Venue:** ICC Sydney

**Room:** Meeting Room C2.2

**Workshop Cost:** AUD \$200.00 per person (Inc GST)

Registration includes entry to Kaufman memorial lecture and Welcome Reception to the WCOF20

**Convenors:** Dr Karen Murphy, Dr Cintia Dias (AAOCS), Prof Catherine Itsiopoulos (Murdoch University)

The Mediterranean diet is considered by many a 'cure-all' dietary pattern. People following this type of dietary pattern such as in Ikaria, Greece, one of the Blue Zones, experience healthy longevity compared with Western populations like Australia, the US and the UK. Besides living longer, the Mediterranean diet has been shown to reduce the risk of chronic diseases like heart disease, cancers, dementia and Alzheimer's disease, assist with weight loss and manage diabetes. The Mediterranean diet is a predominantly plant-based pattern, low in red meat and discretionary food, but rich in extra virgin olive oil, fruits, vegetables, nuts, legumes, wholegrains and oily fish with moderate amounts of dairy foods.

This workshop aims to provide the latest research findings relating to the Mediterranean diet and health outcomes, with a particular focus on implementing the pattern in



Western populations. We bring you successful strategies for adhering to dietary patterns for research and clinical practice and also strategies to establish successful behaviour change.

The program is likely of interest to researchers in the nutrition and food science field, health professionals, GPs, dietitians, nutritionists, public health professionals, food manufacturers, students and anyone interested in nutrition and health.

**Continuing Professional Development (CPD) Points**  
This workshop is developed and delivered by leading researchers in the area of nutrition and health. This workshop can be included as part of your CPD activity portfolio for Registered Nutritionists (Nutrition Society of Australia) and Accredited Practising Dietitians (Dietitians Association of Australia). For more information on points and learning goals, please refer to your individual society.

### Program

09:00 - 09:10	Welcome The Mediterranean diet: an introduction, definition, history and timeline <i>Dr Karen Murphy, University of South Australia</i>
09:10 - 10:00	Dietary patterns and cardiovascular health: The Mediterranean Way <i>Prof Anne-Marie Minihane, University of East Anglia</i>
10:00 - 10:30	The Anti-Inflammatory Potential of a Mediterranean Diet in Chronic Disease Management <i>Prof Catherine Itsiopoulos, Murdoch University</i>
<b>10:30 - 10:50</b>	<b>Coffee Break (20 Min)</b>
10:50 - 11:20	Does the Mediterranean diet reduce the risk of dementia and depression? <i>Dr Helen MacPherson, Deakin University</i>
11:20 - 11:50	Mediterranean diet effects on mood and cognition: who, when and why <i>Prof Andrew Scholey, Swinburn University of Technology</i>
11:50 - 12:20	Successful implementation of dietary patterns in research, what is in a dietitians toolbox? <i>Dr Karen Murphy, University of South Australia</i>
<b>12:20 - 13:00</b>	<b>Lunch (40 Min)</b>
13:00 - 13:30	Mediterranean diet and healthy cognitive ageing: Future directions for research in Australia <i>Prof Andrew Pipingas, Swinburne University of Technology</i>
13:30 - 14:00	Integrating the what and how to initiate and maintain diet and physical activity behaviour change: An MI-CBT approach to the MedDiet program <i>Dr Jeff Breckon, Sheffield Hallam University</i>
14:00- 15:00	Olive Sensory Workshop - learn about the sensory attributes of some of Australia's best olives and oils <i>Soumi Paul Mukhopadhyay, NSW Department of Industries</i>
15:00- 15:10	Closing Remarks <i>Prof Catherine Itsiopoulos, Murdoch University</i>