SUMMER SCHOOL ON
MEDITERRANEAN DIET
2ND EDITION
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AN ITALIAN, POLISH AND JAPANESE SUMMER SCHOOL PROJECT

Promoted by

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University Medical School of Gdańsk

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Chairman

Giuseppe Falati

IoNet, Italian Obesity Network President

Scientific Director

Enrico Bertoli

Organising Secretariat

Via Angelo da Orvieto, 36 | 05018 Orvieto (TR) Italy
Tel. +39 0763 301539 | Fax +39 0763 344998
www.viva-voce.it | info@viva-voce

Topics

• Mediterranean Diet: the lesson of history
• Sustainable diets: The interaction between food industry, nutrition, health and the environment
• Vegetarian Diet
• Metabolic diseases
• New functional foods, nutraceutical products and microbiota
• Nutrigenetics and Nutrigenomics: Viewpoints on the Current Status and Applications in Nutrition Research and Practice
• Body composition
• Physical Activity and Health
• Diabetes Mellitus: definition, symptoms and treatment
• Obesity and Type 2 Diabetes: urban diseases and obesogenic environment
• Metabolic Surgery

Chairs

Mediterranean Diet: the lesson of history

Sustainable diets: The interaction between food industry, nutrition, health and the environment

Vegetarian Diet

Metabolic diseases

New functional foods, nutraceutical products and microbiota

Nutrigenetics and Nutrigenomics: Viewpoints on the Current Status and Applications in Nutrition Research and Practice