

SUMMER SCHOOL ON MEDITERRANEAN DIET

2ND EDITION

TERNI (ITALY) 9-15 SEPTEMBER 2018



AN ITALIAN, POLISH AND JAPANESE SUMMER SCHOOL PROJECT

PROMOTED BY



ADI ONLUS
Associazione Italiana
di Dietetica e Nutrizione Clinica



IN COOPERATION WITH



University Medical School
of Gdańsk



Academy of Physical Education
of Gdańsk

ORGANIZED BY

IO • net 
italian obesity network

UNDER THE PATRONAGE OF



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

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