



*INTERNATIONAL SCIENTIFIC COLLOQUIUM*

# PASTA

## AT THE HEART OF A HEALTHY MEAL

Rome - 25<sup>th</sup> October 2006

ST. REGIS GRAND HOTEL - SALONE RITZ  
VIA VITTORIO EMANUELE ORLANDO 3



SCIENTIFIC LITERATURE CONCLUDES THAT TRADITIONAL DIETS  
LIKE THE MEDITERRANEAN DIET AND THE LATIN AMERICAN DIET  
ARE THE “GOLD STANDARD” OF HEALTHY EATING PATTERNS.  
THE FOLLOWING PRESENTATIONS IN THIS INTERNATIONAL SCIENTIFIC COLLOQUIUM  
- CELEBRATING WORLD PASTA DAY -  
CONFIRM THAT THESE DIETS ARE INDEED THE GOLD STANDARD  
FOR HEALTHY EATING PATTERNS AND THAT PASTA, WITH ITS PARTNERS ON THE PLATE,  
IS THE HEART OF A HEALTHY MEAL.

## P R O G R A M M E

**16:00-16:30** Registration and Welcome Coffee

### Welcome and Introduction

- 16:30-16:35** K. Dun Gifford, JD, President, Oldways (USA)  
**16:35-16:40** Simon Nobile Olivo, President, International Pasta Organisation (Venezuela)  
**16:40-16:45** Ferdinando Romano, MD, President, INRAN (Italy)

### New Scientific Evidence: Healthfulness of the Mediterranean Diet

- 16:45-17:05** Antonia Trichopoulou, MD, University of Athens Medical School (Greece)  
**17:05-17:25** Giancarlo Logroscino, MD, Harvard School of Public Health (USA)

### Pasta's Place at the Heart of Traditional, Healthy Eating Patterns

- 17:25-17:45** Carlo Cannella, PhD, University “La Sapienza” of Rome (Italy)  
**17:45-18:05** Christine Pelkman, PhD, University of Buffalo (USA)  
**18:05-18:25** Denis Lairon, PhD, INSERM/INRA, University of Marseille (France)  
**18:25-18:35** Sara Baer-Sinnott, MA, Oldways (USA)

### Consumers, Pasta Meals and Traditional Diets: Communicating the Message

- 18:35-18:50** K. Dun Gifford, JD, Oldways (USA)

### Conclusions

- 18:50-19:00** Moderator: K. Dun Gifford