



Italian Institute Of Culture Dublin
Director Angela Tangianu
in collaboration with
Italian Society of Nutritional Science
(S.I.S.A.)
President Pietro A. Migliaccio
present
Dublin 14th May, 2012



Dublin, 14th May, 2012



*“The Mediterranean Diet
in Italy and in the world.
The problem of overweight and obesity”*

Prof. Pietro Migliaccio
Doctor-Nutritionist
President of Italian Society of Nutritional Science
(S.I.S.A.)

With the collaboration of Dieticians
Martina Comuzzi and Silvana Nascimben

Scientific, didactic and educational activities by the
Italian Society of Nutritional Science (S.I.S.A.)

I'm very happy to be here with all of you, an Italian and Irish audience. Thank you for your invitation and for your warm welcome let me also thank the authorities, the Ambassador of Italy and his kind wife. Well known Professor Donal O'Shea, Paolo Tullio an appreciated writer and Michelin starred-chef and Luca Mazza Master Chef.

I'm here to talk about the Mediterranean diet and to learn about the Irish culture and way of eating. I will speak about overweight and obesity too.





THE MEDITERRANEAN DIET

On November 17, 2010, due to its well known international value, the traditional "Mediterranean Diet" has been recognized as

INTANGIBLE CULTURAL HERITAGE OF HUMANITY

UNESCO (United Nations Educational, Scientific and Cultural Organization)



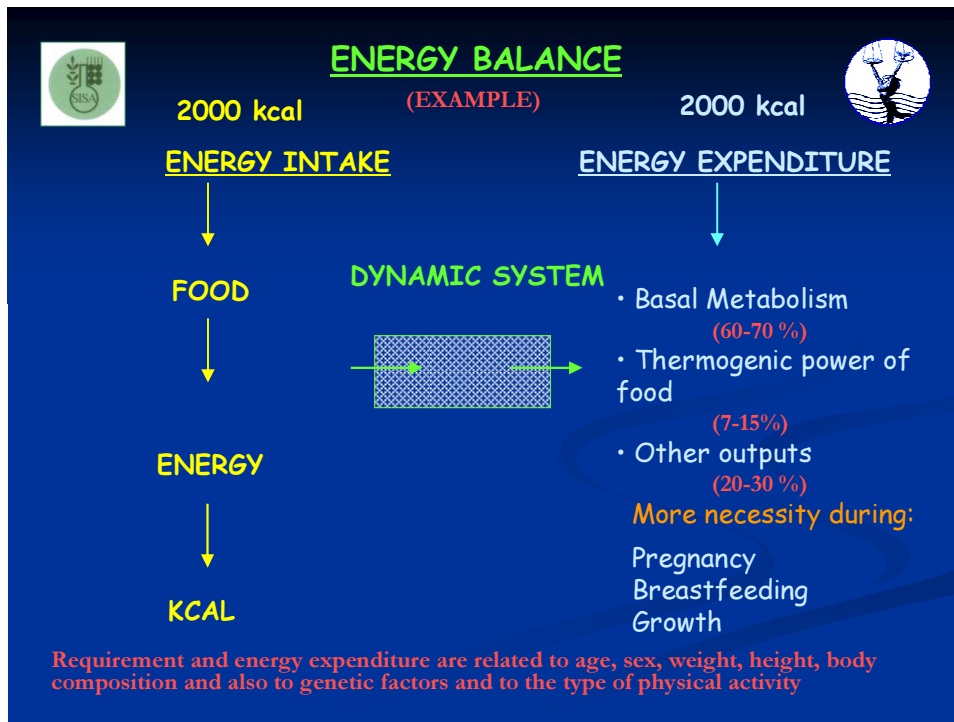
This acknowledgement is correct for several reasons among which an important role in chronic diseases prevention. Metanalysis of all studies performed since 1966 to date on the relationship between mediterranean diet, chronic diseases and mortality have demonstrated a strong association between adherence to this type of diet and improvement of health.

In particular, Mediterranean Diet has been found to be linked to 9% reduction of mortality due to cardiovascular disease, 6% to cancer, 13% decrease of incidence in Parkinson and Alzheimer diseases.

These results are very important for social health, and strongly suggest that the Mediterranean Diet could be used as tool for primary prevention for chronic diseases.

Sofi F. Adherence to Mediterranean Diet and health status: meta-analysis. BMJ 2008

But what is the energy balance? What happens in our body? Well, this is an example of energy balance. If you intake with food 2000 kcal, these are used for several functions. Our body is a dynamic system and so we have an intake and expenditure.



Food brings kcal but nutrients too; what are the nutrients?



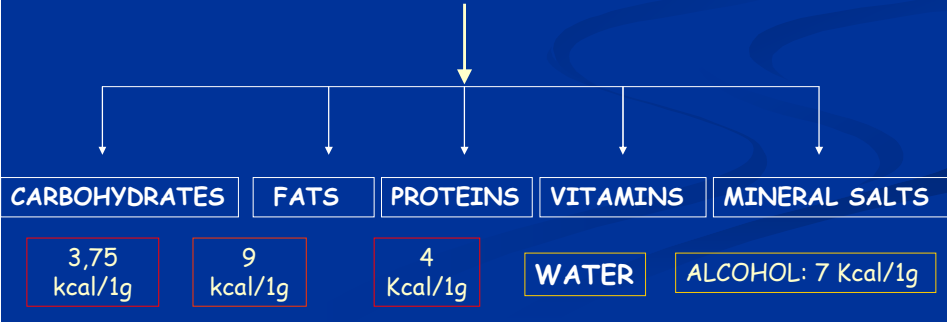
An E.U. directive states that from October 1, 2012 will be exclusively used the KJ (1 kcal= 4,184 kj)



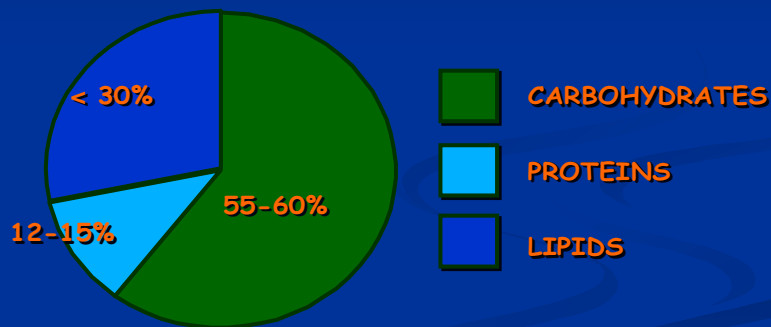
FOOD

NUTRIENTS

Substances with specific functions in the body which contribute to the maintenance of health



THE RATIO OF A CORRECT NUTRITION





BALANCED DIET



CARBOHYDRATES



55-60 % of total
daily intake



10 % SIMPLE SUGARS



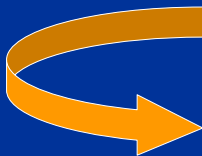
BALANCED DIET



PROTEINS



12-15 % of total
daily intake



50 %
VEGETABLE
PROTEINS



50 %
ANIMAL
PROTEINS



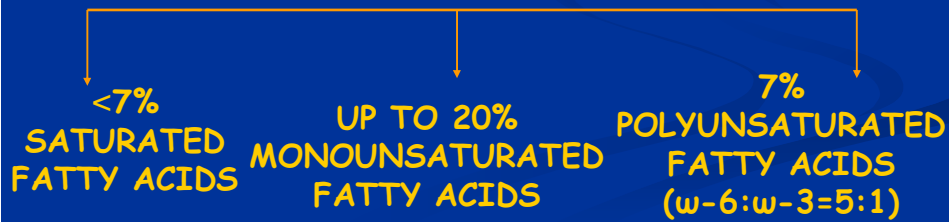
BALANCED DIET



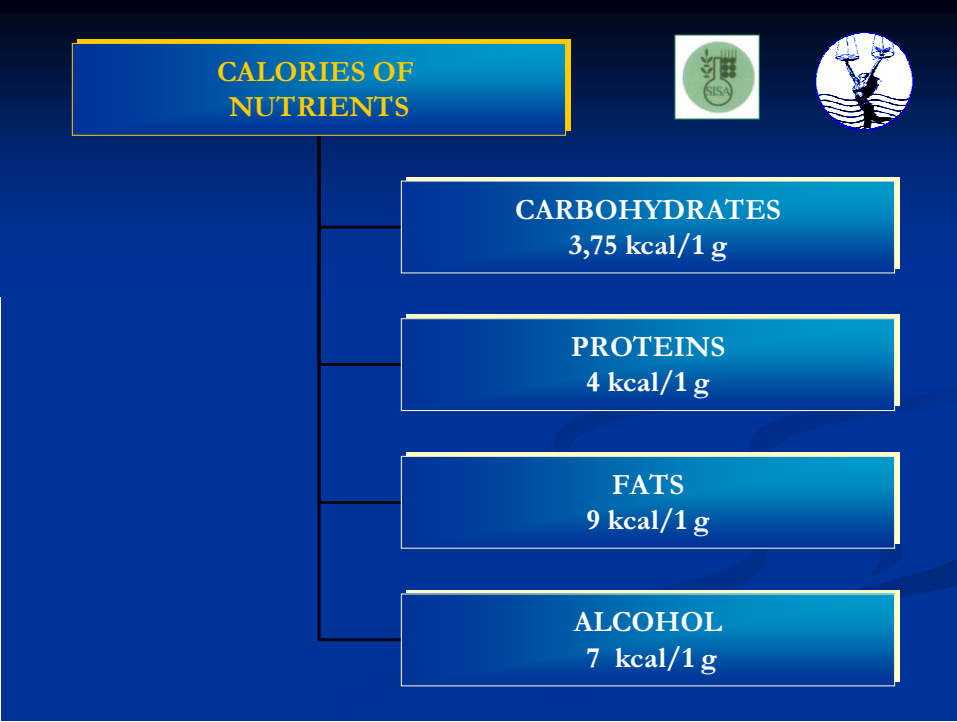
FATS



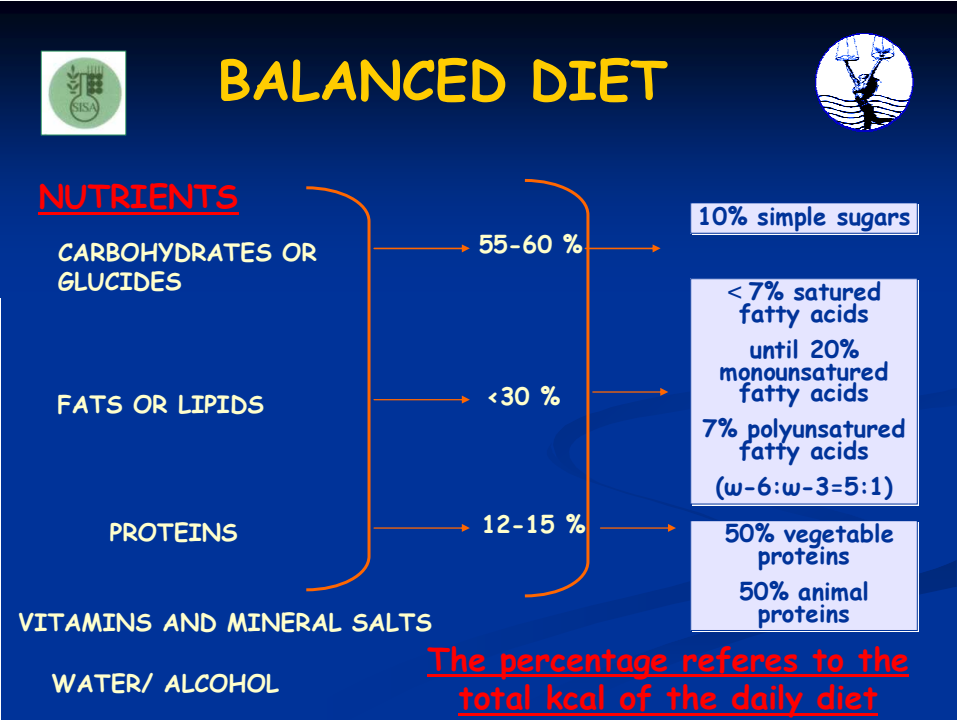
< 30 % of total
daily intake



I WOULD LIKE TO REMIND YOU THE ENERGY, IN TERMS OF KCAL, OF THE MACRONUTRIENTS AND OF ALCOHOL. I ALSO REMIND YOU THAT THE MEDITERRANEAN DIET OPTIMIZES VITAMINS AND MINERALS TOO.



In the next slide we can see the synthesis of a balanced diet.





MAIN POINTS OF THE MEDITERRANEAN DIET



LARGE INTAKE OF VEGETABLES (BREAD, PASTA, LEGUMES, VEGETABLES AND FRESH FRUITS)

LIMITED INTAKE OF ANIMAL ORIGIN FOOD AND CHEESE (PREFERABLY POULTRY AND FISH)

LIMITED INTAKE OF ALCOHOL (BETTER IF WINE AND BEER)

THE USE OF SINGLE-COURSE MEALS which contain all the nutrients of a first and second course, with the addition of fruit and/or vegetables

EXTRAVIRGIN OLIVE OIL



SINGLE-COURSE MEALS



LEGUMES

CEREALS

By "single-course meal" we mean a serving that is able to provide all the nutritional elements commonly furnished by the combination of a "first" and "second" course, replacing them effectively and economically with a single dish: for example pasta and legumes.

But I shall return to single-course meals later on; now I want to show you what we have done to teach the Italian population how to eat healthy.



**TO MAKE THE KNOWLEDGE OF
CORRECT NUTRITIONAL
INFORMATION EASIER,
FOOD HAS BEEN DIVIDED
IN 5 DIFFERENT GROUPS**



THE 5 GROUPS



	DESCRIPTION	NUTRIENTS
GROUP 1	Meat, fish, eggs, dry legumes	High value proteins, Vitamin B complex, Oligoelements (Zinc, Copper, Iron)
GROUP 2	Milk, yogurth, cheese	Calcium, High value proteins Vitamins (including B2 and A)
GROUP 3	Bread, pasta, rice, corn, oat, barley, emmer, potatoes	Carbohydrates, Vitamins B medium value proteins
GROUP 4	Vegetable oils (extravergin olive oil) and animal fats (butter, cream)	Essential unsaturated fats Liposoluble Viitamins (vit. A, D, E, K)
GROUP 5	Fruit, vegetables, fresh legumes	Fiber, Vitamins (Provitamin A, vit C, etc..), Minerals, Antioxidants



IF WE EAT FOOD OF THE 5 DIFFERENT GROUPS DAILY, WITH ALTERNATIVE CHOICES, WE WILL EAT IN A CORRECT AND BALANCED MANNER WITH THE MEDITERRANEAN DIET. LEGUMES CAN BE EATEN TWICE/WEEK OR MORE.



PRINCIPLES OF THE MEDITERRANEAN DIET AND NEW TRENDS

THIS IS A DYNAMIC AND NOT STATIC DIET THAT ALLOWS YOU TO INTRODUCE NEW FOOD IN THE TRADITION



PRINCIPLES OF THE MEDITERRANEAN DIET AND NEW TRENDS

THE MEDITERRANEAN DIET HAS INCORPORATED **NEW FOOD** THAT HAS SPECIFIC FUNCTIONS (FORTIFIED FOOD, FUNCTIONAL FOOD, ETC.) IN RELATION TO DIFFERENT NUTRITIONAL REQUIREMENTS FOR THE PREVENTION OF CERTAIN DISEASES (FOR EXAMPLE ANAEMIA, OSTEOPOROSIS, METABOLIC DISORDER, ETC.)

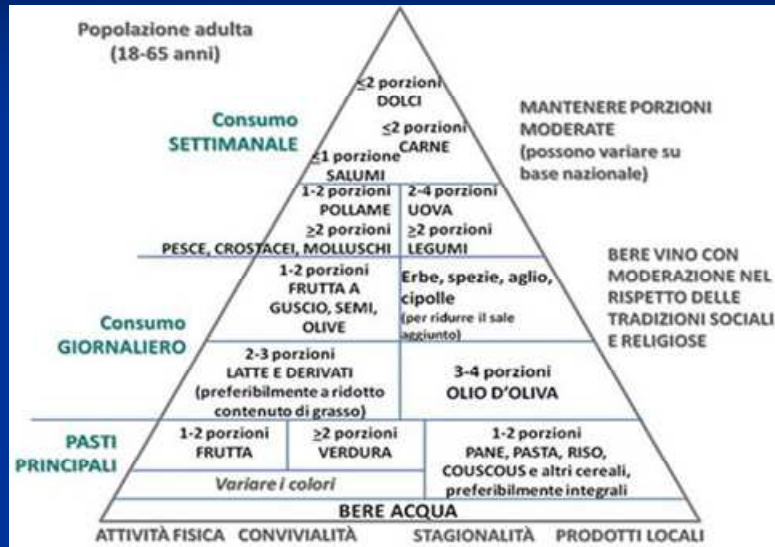


LAST BUT NOT LEAST IT HAS BEEN SHOWN THAT THE MEDITERANNEAN DIET HAS A LOWER (50%) IMPACT ON OUR ENVIRONMENT THAN THE OTHER TYPES OF DIETS AND IT DECREASES THE GREENHOUSE EFFECT.

In every country there are different ways of reminding people how to eat correctly; the most frequent is the Pyramid and so many countries in the world have their own food pyramids.



NEW ITALIAN DIET PYRAMID (INRAN 2009)



This is in Italian but I have translated the next slide in English.



NEW ITALIAN DIET PYRAMID (INRAN 2009)





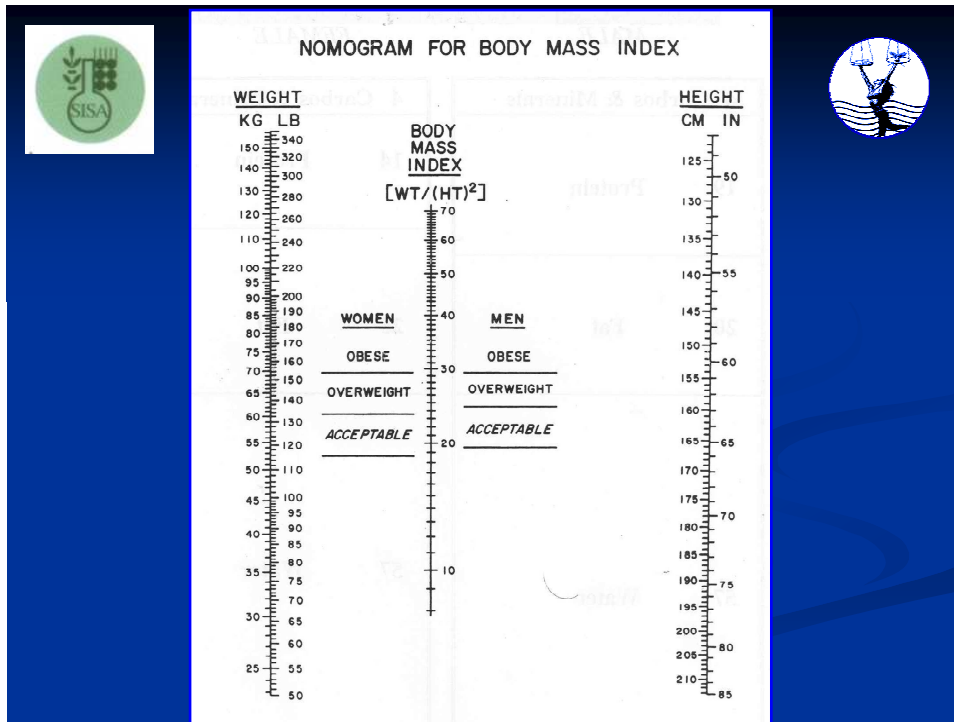
As you could see, there isn't a great difference between the various Pyramids. To teach how to eat the INRAN has made the following guidelines for a healthy Italian diet which you can see in the next slide.

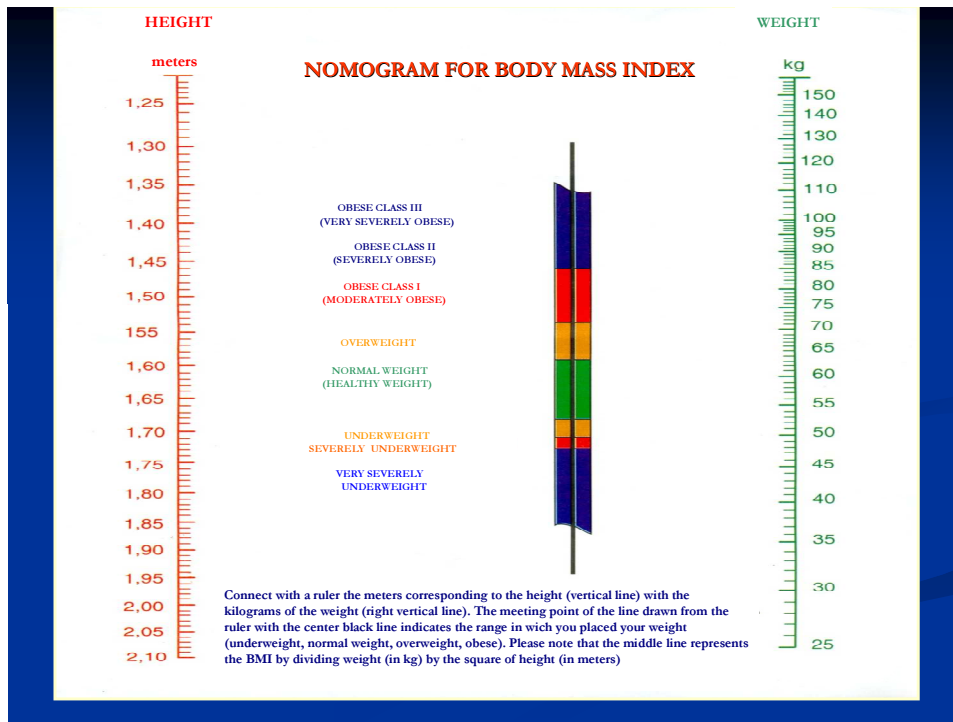


GUIDELINES FOR A HEALTHY ITALIAN DIET 2003, revision


1. Check your weight and keep yourself active
2. Eat more cereals, vegetables and fruit
3. Fats: choose the quality and limit your intake
4. Sugars, sweets and sugary drinks: just the right amounts
5. Drink plenty of water every day
6. Limit the use of salt
7. Alcoholic beverages: if so, only in controlled amounts
8. Vary your food choices as much as you can
9. Special tips for special people
10. The safety of your food also depends on you

But no matter what we do, obesity is increasing in the world. Well, it is important to define some criteria, as we can see in this slide. This is an old nomogram. Now we use the new nomogram that you can see in the next slide.






If you divide the weight by the square of the height you will obtain your BMI.

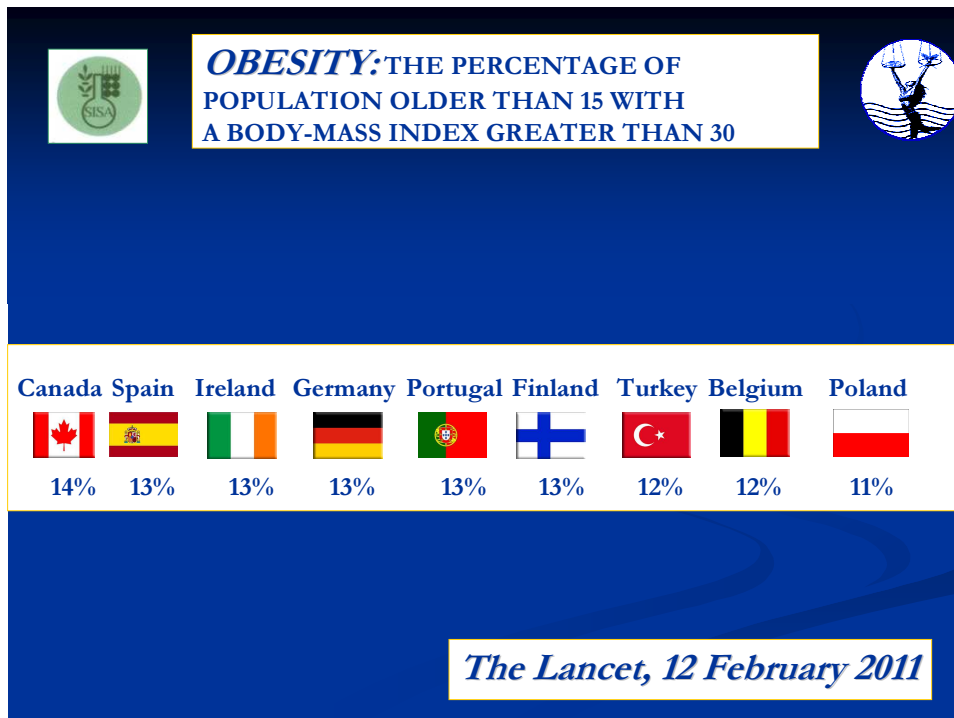
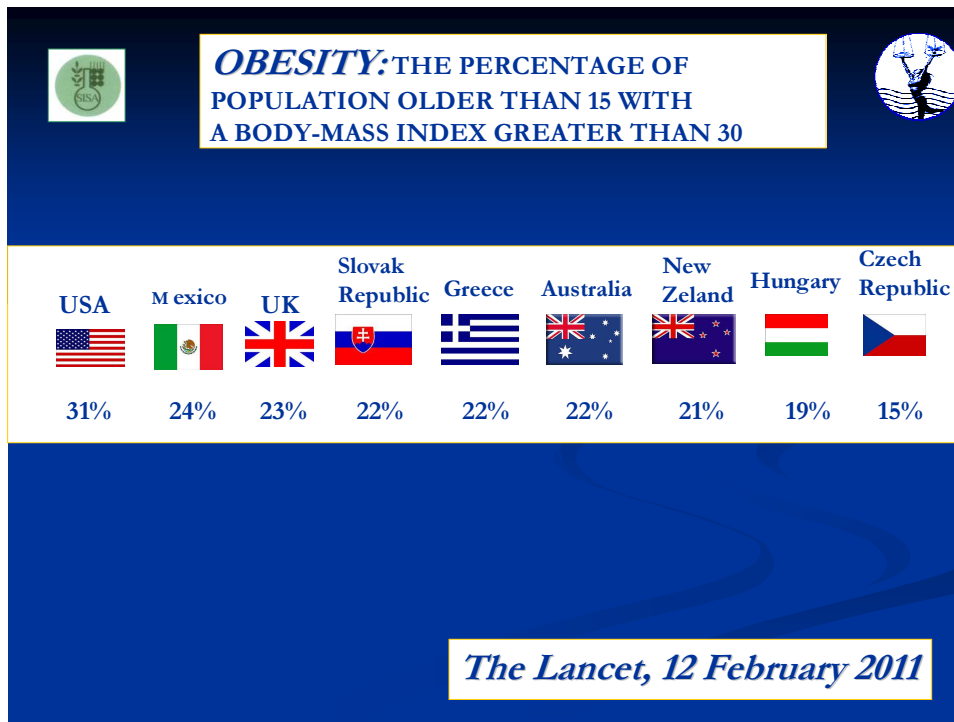


Classification of Body Weight according to Body Mass Index

BMI (kg/m ²)	Classification of body weight
< 18.5	Underweight
18.5-24.9	Normal weight
25-29.9	Overweight
30-34.9	Class I obesity
35-39.9	Class II obesity
> 40	Class III obesity



Now I would like to show you the percentages of obesity in some countries:
 First place: USA, second place: Mexico





OBESITY: THE PERCENTAGE OF
POPULATION OLDER THAN 15 WITH
A BODY-MASS INDEX GREATER THAN 30



Netherlands	Sweden	Denmark	France	Austria	Italy	Norway	Japan	Korea
10%	10%	10%	9%	9%	9%	8%	3%	3%

The Lancet, 12 February 2011



YESTERDAY AND TODAY: UNDERWEIGHT, OVERWEIGHT AND OBESITY IN ITALY



In 1999 9% OF THE ITALIAN POPULATION WAS OBESE

IN 2010 10% OF THE ITALIAN POPULATION WAS OBESE

IN 1999 NEARLY 4 % OF THE ITALIAN POPULATION WAS
UNDERWEIGHT

IN 2007 ONLY 3% OF THE ITALIAN POPULATION WAS UNDERWEIGHT

Fonte dati: ISTAT



Body Mass Index (1999) among 100 people aged 18 and over (ISTAT)



	underweight	normal weight	overweight	obesity
MALES	1,1	47,9	41,8	9,1
FEMALES	6	59,2	25,7	9,1
TOTAL	3,6	53,8	33,4	9,1



Body Mass Index (2007) among 100 people aged 18 and over (ISTAT)



	underweight	normal weight	overweight	obesity
MALES	0,8	44,3	44,3	10,6
FEMALES	4,7	58,4	27,6	9,2
TOTAL	2,8	51,7	35,6	9,9



OVERWEIGHT AND OBESITY IN ITALY *Levels of overweight and obesity in adults*

<i>Geographic divisions</i>	<i>Overweight (%)</i>	<i>Obesity (%)</i>
North-western Italy	32,2	9,45
North Eastern Italy	35,5	9,9
Central Italy	35,2	9,9
Southern Italy	39,3	11,8
Italian islands	37,3	10,5
Italy	35,6	10,3

Data source: ISTAT 2010



Levels of overweight and obesity in adults Lazio region



Overweight → **34,9%**

Obesity → **10,5%**

Data source: ISTAT 2010

The little difference between the results reported in the Lancet 2011 and ours is due to several reasons, in particular because the Lancet data refer to people older than 15, while ours refer to people older than 18.

Nowadays everybody wants to follow a diet and the FeSIN made an obesity treatment Decalogue



ADI Associazione Italiana di Dietetica e Nutrizione Clinica
 SINPE Società Italiana di Nutrizione Artificiale e Metabolismo
 SINU Società Italiana di Nutrizione Umana
 SINUPE Società Italiana di Nutrizione Pediatrica
 SIO Società Italiana dell'Obesità
 SISA Società Italiana di Scienza dell'Alimentazione

Presidente **Segretario Nazionale**
Giuseppe Rotilio **Francesco Leonardi**

**OBESITY TREATMENT:
 Fe.S.I.N. DECALOGUE**

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**OBESITY TREATMENT:
 Fe.S.I.N. DECALOGUE**

Diet (δίαιτα) means: "a way of life", "a mode of living"

Follow a varied and well-balanced diet; be physically active

Avoid self-made diets

Alternating a restricted diet and eating excesses can cause weight gain

Don't follow your friends' or acquaintances' diets, cause they haven't been tailored to your specific nutritional and dietary needs

Remember that most often diets that are promoted by the mass media are not proven to be healthy or effective, and have no scientific basis

Avoid fasting and extreme diets that are imbalanced, restrictive, or limiting to certain food groups

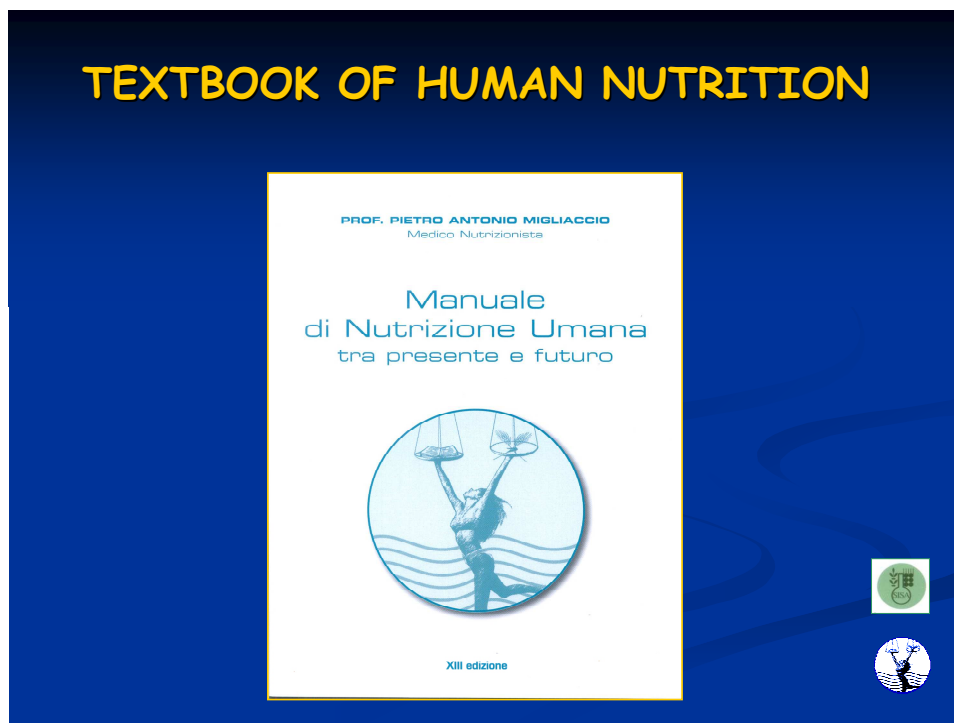
Make sure you undergo regular check-ups to evaluate your state of health before beginning any new diet

Always consult your doctor, nutritionist, or pharmacist before taking any nutritional supplements

Only resort to invasive or cosmetic procedures if prescribed by your doctor

Obesity surgery is only advisable for morbidly-obese subjects and it requires clinical and nutritional post-operative check-ups for a long period of time


You can find many things I said in my book of Nutrition. The first page is in the next slide.



Well, now I will introduce some recipes from the book “Losing weight with fantasy” by Maria Teresa Strumendo Migliaccio.



In the next slide I will speak about a single-course meal recipe with low calories, and about some other recipes for particular diseases such as coeliac disease, osteoporosis, hypercholesterolemia. It is possible to make correct and gratifying choices also in case of sickness.




Example Single-course Meal

Pappardelle al ragu' - kcal per portion: 449

Ingredients	kcal
Pappardelle g 80	293
Ground meat g 40	44
Tomato purée g 150	27
Extra virgin olive oil ½ tablespoon	45
Grated cheese One spoonful, g 10	40

Source: Dimagrire con fantasia –Dott.ssa M.T. Strumendo



Coeliac disease

Frittata di patate - kcal per portion: 318

Ingredients	kcal
Potatoes g 120 (1 little potato)	102
½ spring onion g 150	13
1 egg	68
Extra virgin olive oil 1 tablespoon and ½	135
A dash of paprika	-
salt	-

Source: Dimagrire con fantasia –Dott.ssa M.T. Strumendo



Hypercholesterolemia

Pollo con verdure croccanti: kcal per portion: 333

Ingredients	kcal	Cholesterol (mg)
1 chicken leg g 150	198	110
½ aubergine g 60	11	-
½ squash g 50	6	-
Pachino tomatoes g 50	10	-
½ carrot g 50	18	-
Extra virgin olive oil 1 tablespoon	90	-
gosh, celery, thyme, vegetable broth, salt	-	-

Source: Dimagrire con fantasia –Dott.ssa M.T. Strumendo



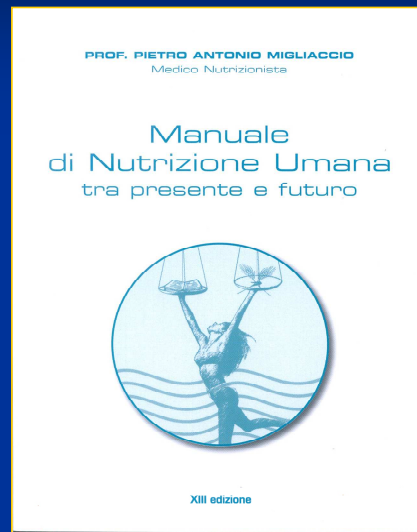
Osteoporosis

Spaghetti con calamari e gamberi: kcal per portion: 423



Ingredients	kcal	Calcium (mg)
Spaghetti g 70	247	15
Shrimps g 80	57	88
Squid g 80	54	115
Extra virgin olive oil ½ tablespoon	45	-
Tomatoes g 100	19	9
Parsley g 5	1	11
White wine 1 glass	-	-
salt	-	-


Source: Dimagrire con fantasia –Dott.ssa M.T. Strumendo


TEXTBOOK OF HUMAN NUTRITION





In the past years we made 3 workshops about the elder, the nutrition in disability and nutrition in oncology disease during the radio-chemotherapy and before and after surgery.


 **WORK-SHOP del 1/12/2003** 


Alimentazione edisabilità
L'importanza della comunicazione sociale per una migliore qualità della vita
A cura di Pietro Antonio Migliaccio
Rai  Eri



COMUNICAZIONE

 **WORK-SHOP del 19/02/2007** 

L'alimentazione e il bambino con patologia oncologica
A cura di Pietro Antonio Migliaccio
Rai  Eri



COMUNICAZIONE



Conclusion



Now I ask myself: is the Mediterranean Diet appropriate for all people and countries, and also suitable for health as well as sickness conditions? I think, I am almost sure, that it is appropriate for all people, because of its relationship between macronutrients and for its intake of vitamins, mineral salts, antioxidants. But it must be adapted to local traditions and cultures, to the specific needs of each population and each individual too.



Thank you for your attention.



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by the
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S.I.S.A.

The Italian Society of Nutritional Science
Via Bu Meliana, 12 - 00195 Roma



The Italian Society of Nutritional Science is
made up of dynamic young researchers
together with experts, doctors, nutritionists

The registration form can be downloaded
online from:

www.sisalimentazione.it



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