

Case History and Experiences from Mediterranean regions:

The Greek experience

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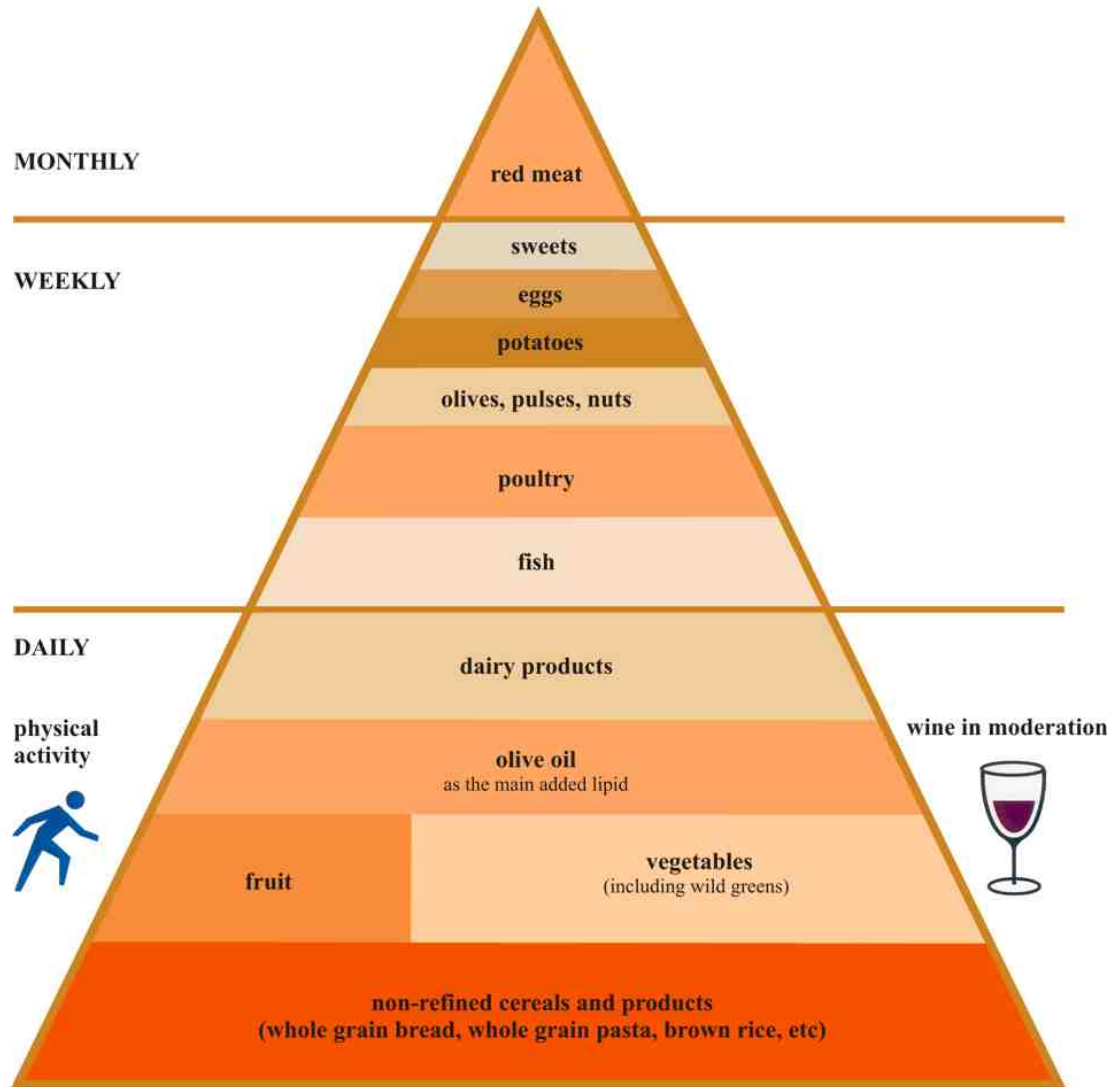
WHO Collaborating Centre for Nutrition
Medical School, University of Athens



Hellenic Health Foundation



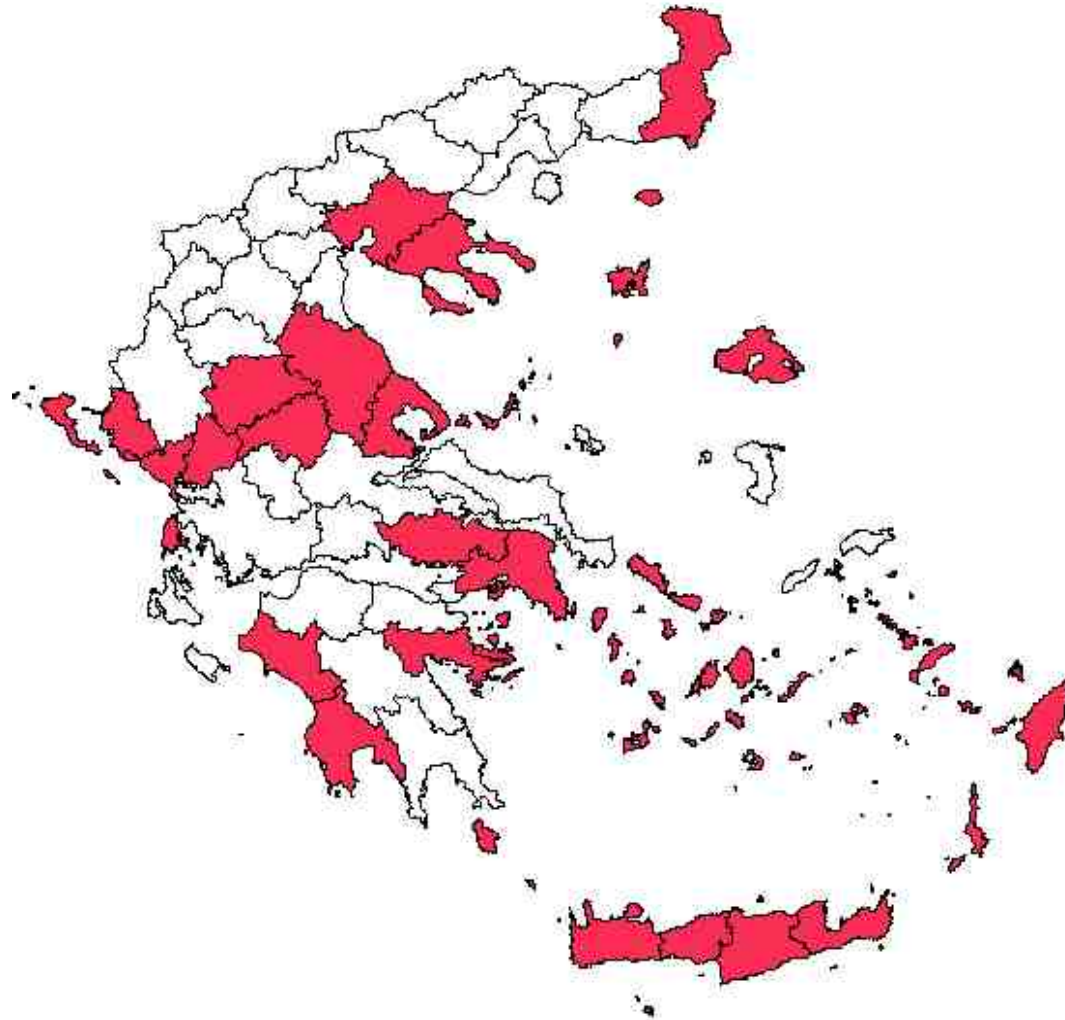
MEDITERRANEAN DIET



Also remember to:

- drink plenty of water
- avoid salt and replace it by herbs (e.g oreganon, basil, thyme, etc)

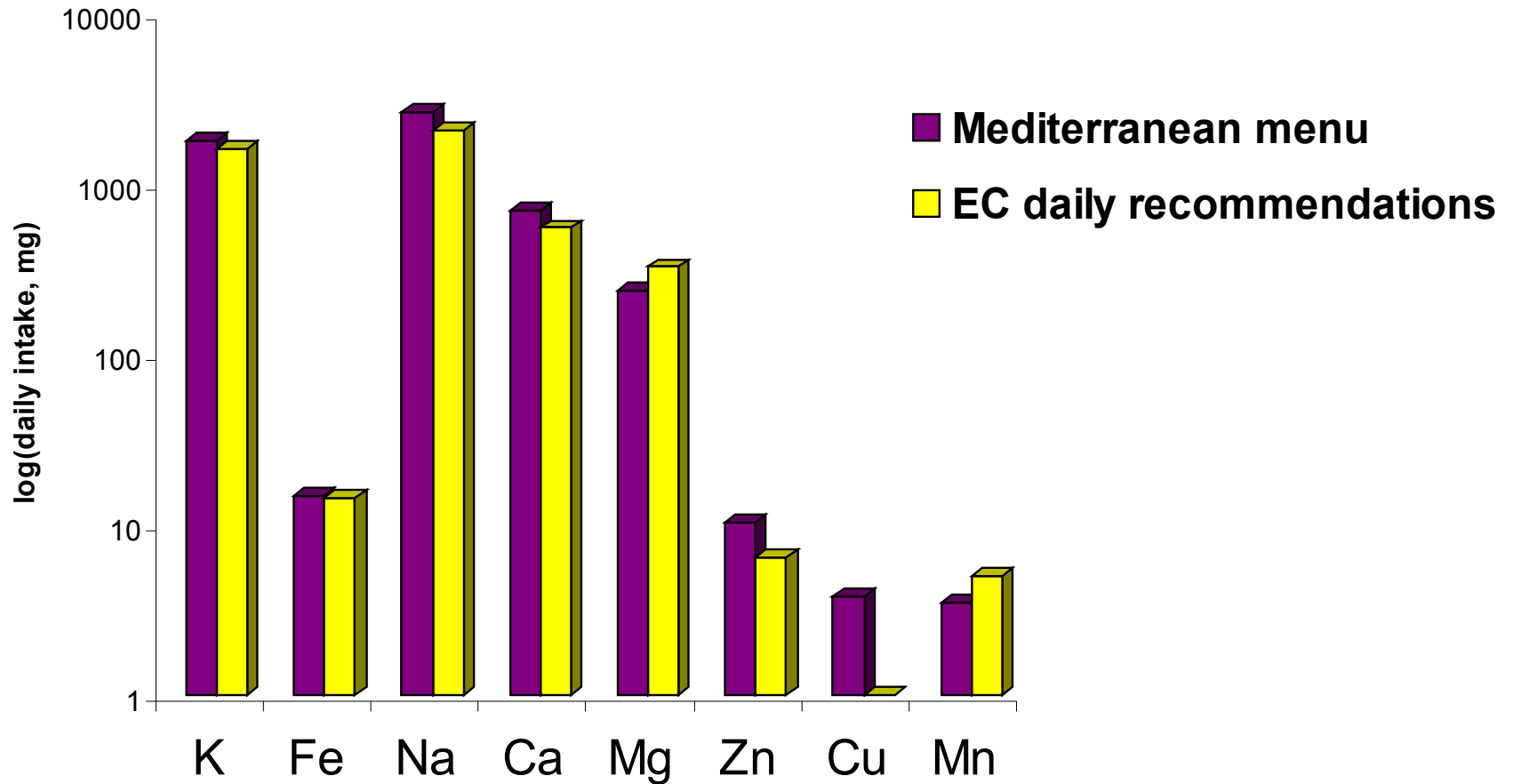
EPIC GREECE



**Rather than single foods or nutrients,
a global health dietary pattern could
exert protective effect**

**The combination of different types of
food with healthy characteristics
might be necessary to express their
protective potential**

Inorganic constituents



The traditional Mediterranean diet is associated with longer survival

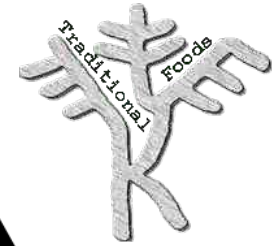
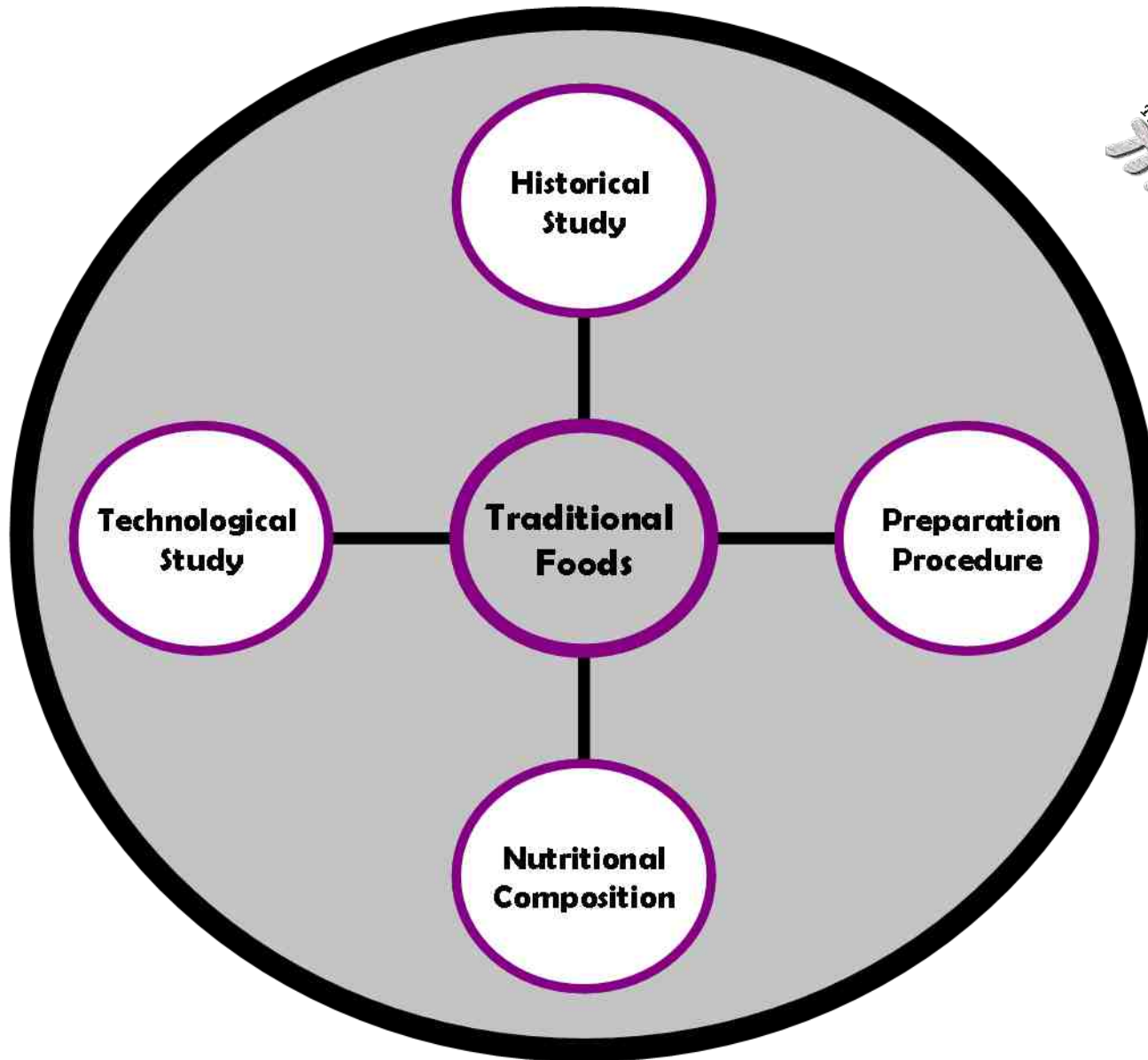
This could be partly attributed to Mediterranean traditional foods, which this diet implies

Study of Traditional Foods in Greece (1992 – Present)



- Health aspects
- Cultural aspects
- Standardization



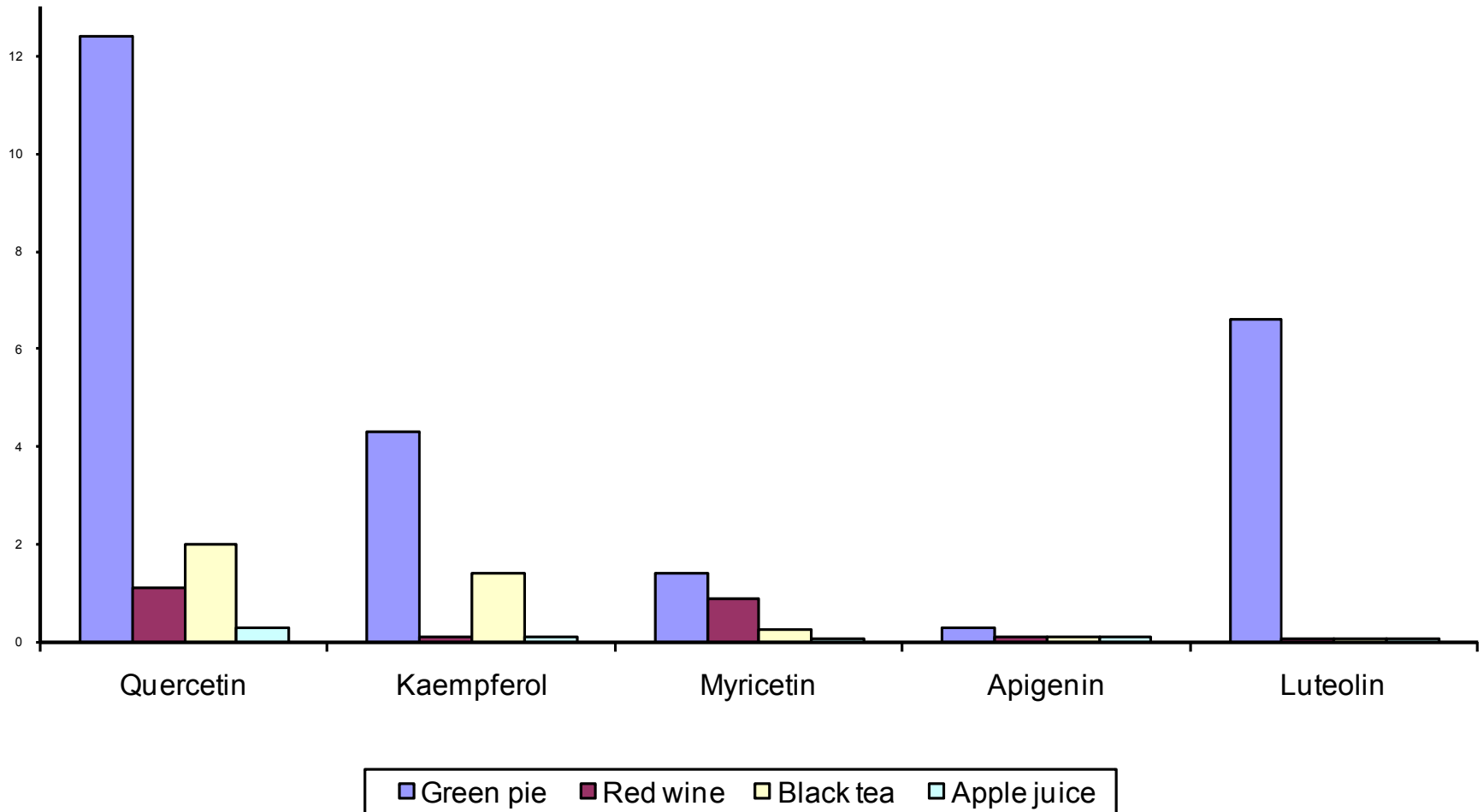


Systematic Investigation of Traditional Foods

The flavonol, flavone and flavan-3-ol content of a typical traditional serving of fava complemented with "caper in casserole" sauce



Flavonoid content of green pies (mg/100g) and selected beverages (mg/100ml)



The Mediterranean Diet – from the Greek word diaita, lifestyle – is a social practice based on the set of skills, knowledge, practices and traditions ranging from the landscape to the cuisine,

.....is also manifested through related festivals and celebrations.

These events become the receptacle of gestures of mutual recognition, hospitality, neighborliness, conviviality, intergenerational transmission and intercultural dialogue.

**Inscription on the List of the
Intangible Cultural Heritage of Humanity**



HECTOR

Eating Out: **Habits, Determinants, and **R**ecommendations for Consumers and the European Catering **S**ector**



The aim of the HECTOR project

platform for collaboration

*scientific community
catering enterprises
consumer associations*

Food types and quantities provided

Characteristics and determinants of out-of-home dietary patterns

Practices of European catering enterprises



- **Healthy eating present business opportunities for the catering sector**

since

- **healthy eating is a current societal trend paralleled with an increased demand for traditional, local and seasonal foods.**

- ❖ **The focus could be on**
- ❖ **seasonal foods,**
- ❖ **traditional options,**
- ❖ **alternative dishes**
- ❖ **local products.**

Βύσσινο					●	●	●				
Γκρέιπ φρουτ	●	●								●	●
Δαμάσκηνο						●	●	●			
Ελιά	●	●							●	●	●
Καρότο	●	●	●	●	●	●	●	●	●	●	●
Καρπούζι					●	●	●	●			
Καρύδι								●	●	●	
Κάστανο								●	●	●	
Κεράσι					●	●	●				
Κλημεντίνη	●	●								●	●
Κολοκύθα						●	●	●	●	●	
Κολοκυθάκι				●	●	●	●	●			
Κουκί				●	●	●					
Κουνουπίδι	●	●	●	●					●	●	●
Κρεμμυδάκι φρέσκο	●	●	●	●	●	●	●	●	●	●	●
Κρεμμύδι ξερό				●	●	●	●	●			
Λαχανάκι Βρυξελλών	●	●	●	●					●	●	●
Λάχανο	●	●	●	●	●				●	●	●
Λεμόνι	●	●	●						●	●	●
Λωτός									●	●	●
Μαϊντανός	●	●	●	●	●	●	●	●	●	●	●
Μανταρίνι	●	●	●						●	●	●
Μαρούλι	●	●	●	●	●	●	●	●	●	●	●
Μελιτζάνα				●	●	●	●	●			

Πορτοκάλι	●	●	●	●	●					●	●	●
Πράσο	●	●	●	●						●	●	●
Ραδίκι	●	●	●	●	●	●	●	●	●	●	●	●
Ραπανάκι				●	●	●	●	●	●	●	●	
Ράπα	●	●								●	●	●
Ροδάκινο							●	●	●	●	●	
Ρόδι										●	●	●
Ρόκα						●	●	●	●	●	●	
Πράσινα φυλλώδη (Σαλάτες)	●	●	●	●	●	●	●	●	●	●	●	●
Σέλινο	●	●	●	●	●	●	●	●	●	●	●	●
Σκόρδο							●	●	●			
Σπανάκι	●	●	●	●	●	●				●	●	●
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Σταφύλι										●	●	●
Σύκο										●	●	●
Τομάτα								●	●	●	●	●
Φασολάκι							●	●	●	●	●	●
Φασόλι										●	●	●
Φινόκιο	●	●	●	●	●	●				●	●	●
Φιστίκι										●	●	
Φουντούκι										●	●	
Φραγκόσυκο										●	●	●
Φράουλα							●	●	●	●		
Ρεβίθι									●	●		
Φακή									●	●		

2010

Handy tips for Healthy Catering

www.nutrition.gofhector.com

Healthy eating out can be easy and the choice is up to you... here are a few helpful tips to give you food for thought:

Go full steam ahead with vegetables
... keep to salads, as main or side dishes

Mix and Match
... make your meal colourful by picking a mix of different kinds of vegetables and fruit
Fresh fruit and vegetables are better

...for meat
Instead of high fat processed meats, bacon, sausages, salami why not try lean meats, poultry or fish
Remember to trim the fat and leave behind the skin

...for dairy products
Look for low-fat dairy products

...something sweet... nice doesn't have to be naughty
How about delicious fruit?
And why not share your dessert...

Want to learn more?
www.nutrition.gofhector.com

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EAT OUT, EAT HEALTHY

Be wise and check which cooking method is being used...
Instead of fried foods why not try grilling, baked, steamed or boiled
Go easy on fatty/creamy sauces

Taste it first...
Try not to automatically add table salt
Cut back on adding sugar or honey to food and beverages (e.g. milk, tea, yogurt, coffee, ...)
Choose olive oil... or other vegetable oils, low fat sauces and yogurt for saucing

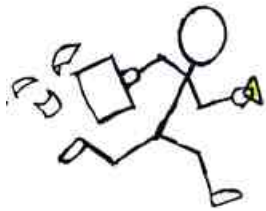
What about a snack?
Scale down your salt... cut back on salty snack foods (e.g. crisps, salad nuts...)

Drink anyone?
Order plenty of water

Want to learn more?
www.nutrition.gofhector.com

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www.nut.uoa.gr/hector



Definition of traditional foods

**The term “traditional”
is not**

**adequately defined or protected
at a legislative level,**

therefore

**it is often intentionally
or unintentionally misused**

“Traditional Food” definition – EuroFIR

Traditional means conforming to established practice or specifications prior to the Second World War. Traditional food is a food of a specific feature or features, which distinguish it clearly from other similar products of the same category, in terms of the use of “traditional ingredients” (raw materials or primary products) or “traditional composition” or “traditional type of production and/or processing method” as defined below:

TWENTY-SIXTH FAO REGIONAL CONFERENCE FOR EUROPE

June 2008

**PROMOTION OF TRADITIONAL REGIONAL
AGRICULTURAL PRODUCTS AND FOOD:**

**A FURTHER STEP TOWARDS SUSTAINABLE
RURAL DEVELOPMENT**

**Mechanisms for labelling
and
promotion of the food products
are essential**

- **Promotion**

- **Quality**

- Need for an internationally acceptable definition for “traditional foods” (TF)
- Need to safeguard or reintroduce TF
- Need to preserve food biodiversity and sustainable ecosystems
- Nutrition sector to engage a range of potential stakeholders from the environmental community to culinary leaders

How can we preserve this knowledge for the future generations?

Are we doing enough to support traditional Mediterranean diet rather than continuously stating how good this diet is.

Children and the culture of food

How can we save this knowledge for the future generation?

Is science doing enough to support them

rather than

continuously asking the question
how we shall prove their value?

Thank you for your attention



Clay statuette of a woman teaching her daughter how to cook.
Boston Museum of Fine Arts 5th century BC.