

25th - 28th
April 2023,
Sitia, Crete,
Greece



International Workshop

"The Cretan Diet as a way of life - Olive Oil"

Topics

- Cretan Diet: A journey from the Minoan era to an evidence-based therapeutic nutrition
- Nutritional epidemiology: The 7 countries study; the evolution and the perspectives of Med-Diet
- Functional food in Cretan-Med diet - Documented health benefits of olive oil
- Olive oil organoleptic attributes and usage in the kitchen - Preparing/cooking food the Cretan way
- Olive Oil Consumer Attitude & Usage – European Eating Habits
- Delaying rancidity: A scientific Look at the Health Effects of Traditional and Processed foods





What we call Cretan diet (CD) or Cretan-Mediterranean diet (CMD), is a combined lifestyle and nutrition pattern, associated with longevity and good health. Concerning nutrition, CD/CMD includes the consumption of olive oil as main fat; all bran cereals, including wheat and barley, many times as crushed seeds; legumes, especially lentils, chickpeas and broad beans, consumed as main dishes; a lot of edible wild greens, raw in salads, in pies, or cooked; yoghurt, chicken and low amounts of red meat and wine. Concerning elements of lifestyle: moderation as a virtue; socialization as a need and an ancient tradition; smart cooking; food biodiversity-seasonality; intense physical activity and proper rest were closely associated to CD/CMD. Approaching this healthy and sustainable lifestyle, Hellenic Mediterranean University (HMU) and Coventry University, organized a workshop entitled “The Cretan Diet as a way of life - Olive Oil”, with the participation of 19 UK and 11 Greek students, the period 25th-28th of April 2023, in the Department of Nutrition & Dietetics Sciences, HMU-facilities in Siteia, Crete, Greece. The topics included: Cretan Diet: A journey from the Minoan era to an evidence-based therapeutic nutrition; health benefits of olive oil; olive oil consumer attitude & usage – European eating habits, etc.



International Workshop on “The Cretan Diet as a way of life - Olive Oil”

25-28/4/2023, Sitia, Crete, Greece

Hellenic Mediterranean University (HMU), Greece

&

Coventry University, Faculty of Health and Life Sciences, Coventry, UK

Academic Personnel

Host Institution: Hellenic Mediterranean University (HMU), Department of Nutrition and Dietetics Sciences

- Georgios A. Fragkiadakis, Associate Professor of “Nutrition and Metabolism”
- Anastasia Markaki, Head of the Department and Associate Professor of “Clinical Nutrition”
- Theodora Mouratidou, Associate Professor of “Community Nutrition”
- Vasilios Raikos, Associate Professor of “Physical-Chemistry and Biochemistry of Food”
- Ioannis Sfendourakis MSc, PhD(c), Special Technical Laboratory Staff

Coventry University, Faculty of Health and Life Sciences, Jordan Well, Coventry, CV1 5RW, UK

- Robert Davies, BSc, MA, MSc, PgCAPHE, RD, FHEA, Lecturer in Dietetics
- Sarah Serjeant, BSc, RD, Assistant Lecturer in Dietetics



OVERALL AGENDA OF THE WORKSHOP

With the participation of 19 UK students, 10 Greek students and 1 student from Georgia

TUESDAY, 25th of APRIL 2023

Tuesday noon: 12:00 - First welcome (by I. Sfendourakis MSc) in Petras Beach + Optional - a tour in the farmers' market of Sitia

Tuesday afternoon

14:15 - 15:00 Welcome, in the facilities of HMU, Tripitos area (Dr. G. A. Fragkiadakis, Dr. V. Raikos)

15:15 - 15:45 Lecture and discussion on-line, HMU, Tripitos area (moderator Dr. V. Raikos)

- Cretan Diet: A journey from the Minoan era to an evidence-based therapeutic nutrition (Dr. Anastasia Markaki)

16:00 - 18:00 (pick the last downtown bus)

- Delaying rancidity: A scientific Look at the Health Effects of Traditional and Processed foods (Dr. Vasilios Raikos), in the facilities of HMU, Tripitos area
- Discussion



WENDSDAY, 26th of APRIL 2023

Wednesday morning-noon: 09:00 am (first bus), with intermediates, to 12:55 (bus for lunch) (moderator Dr. G. A. Fragkiadakis), in the facilities of HMU, Tripitos area

- What do we mean by the term “Cretan Diet”?
- Documented Health Benefits of Olive Oil
- The Olive Oil Usage in the Kitchen and Lifespan
- Discussion

Wednesday afternoon: 15:15 pm to 16:55 pm (moderator Dr. G. A. Fragkiadakis), in the facilities of HMU, Tripitos area

- Students: We are from UK/Greece – Introduction and Highlights
- Students: UK and Greek Education on Nutrition and Dietetics
- Exchange of Views and Opinions of the Students, on Nutrition; Education; their Future or other

Wednesday evening: 17:00 - 18:55 (pick the last downtown bus)

- Reception at the Department’s buildings - for all (students and teachers)



THURSDAY, 27th of APRIL 2023

Thursday morning-noon: 09:00 am (first bus), with intermediates, to 12:55 pm (bus for lunch) (moderator Dr. G. A. Fragkiadakis), in the facilities of HMU, Tripitos area

- Olive Oil Consumer Attitude & Usage – European Eating Habits
- Olive Oil Organoleptic Attributes
- Discussion

Thursday afternoon: 14:45 - 17:30

- Departure from Petras Beach at 14:45
- Visit to the Holy Monastery of Toplou - Presentation of Historical Exhibits that Reflect the Monastery's Role
- Olive Oil Tasting in Practice 16:00 - 17:00
- Departure from Toplou Monastery at 17:00, return to the hotel or downtown

Thursday evening: 20:30 - Teachers only (Coventry and HMU) meeting

- Becoming a Dietitian: The Coventry Way - Dinner, downtown



FRIDAY, 28th of APRIL 2023

Friday morning: 11:00 - 12:00

- Welcome by the Major of Sitia (Mr. G. Zervakis) and Discussion with the Students, downtown, in the Sitia City-Hall, Patriarch Bartholomew Street No 9, 723 00 Sitia, Crete, Greece
- Free Noon, Visits on Sitia Spots and Lunch

Friday evening: 19:00 - 20:00

- Stegi Vitsentzos Kornaros - Civic Non-Profit Company
Presentation "On the Poet V. Kornaros and the Culture of Sitia"
Vitsentzou Kornarou 97 & Kazantzaki Street, Sitia, Greece

SATURDAY, 29th of APRIL 2023

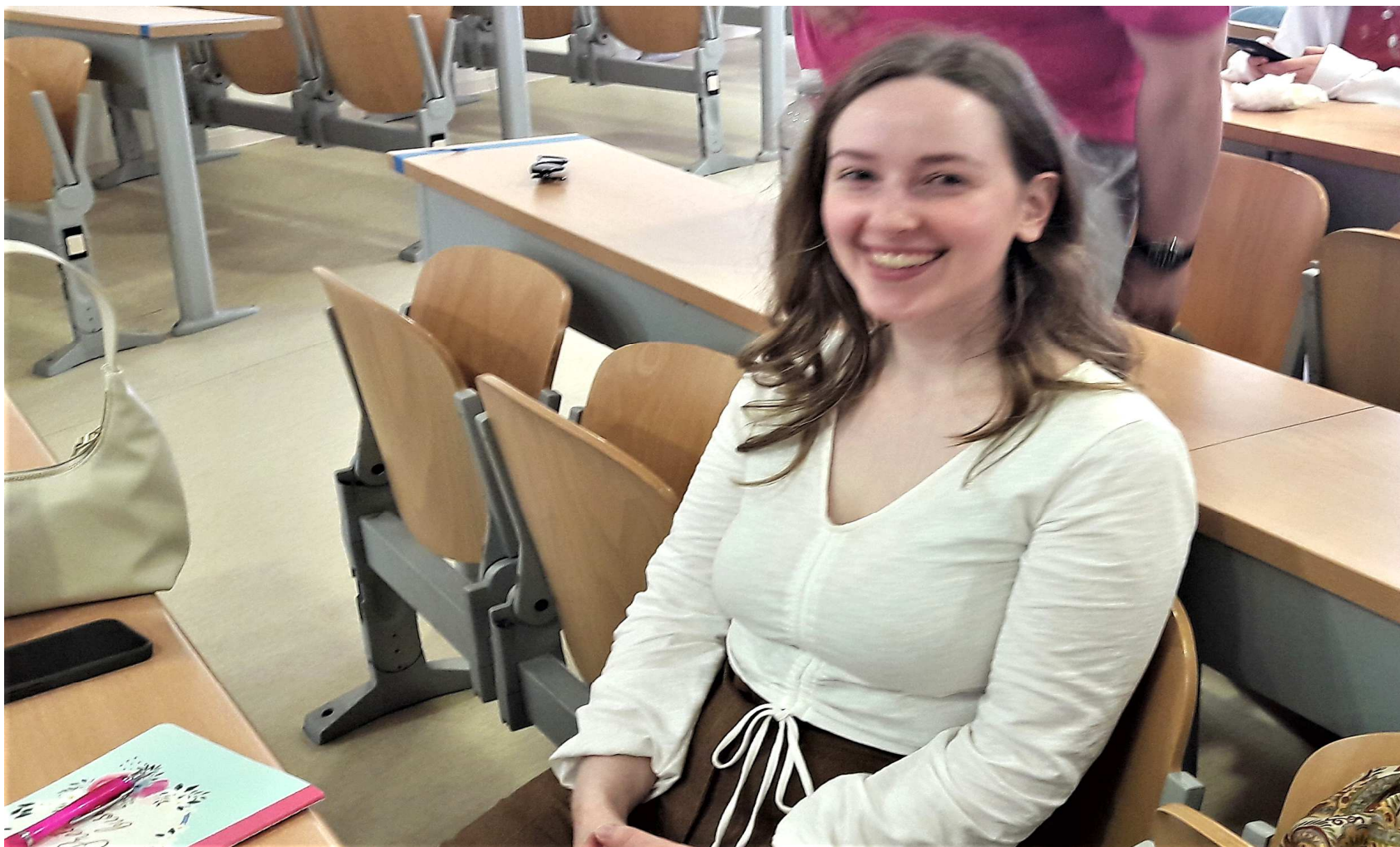
- Free time
- Departure of the visitors



Photos of the workshop



Lecturer Robert Davies and students



Assistant Lecturer Sarah Serjeant



Lecturers and students during the workshop



Toplou Monastery, Siteia, Crete, Greece



The group entering Toplou Monastery, Siteia, Crete, Greece



Olive-oil organoleptics, table-a



Olive-oil organoleptics, table-b

END