



# Nutrition AND Health

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ITALIAN MEDITERRANEAN STYLE

October 23, 2018

A one-day symposium on one of the major exports of Italy: the culinary health and nutrition benefits of the Mediterranean Diet. The discovery of the benefits of Italian cuisine demonstrates how Italian global migration and the host country contribute to building identity via the interconnections of food and culture of the individual and the ethnic group. The presentations are by a distinguished panel of international medical physicians and nutrition specialists.

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John D. Calandra Italian American Institute  
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New York, NY 10036  
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## Symposium Committee

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ALESSANDRA MOIA

Coordinator

VINCENZO MILIONE

MARIO DE LORENZO

## MEDITERRANEAN DIET

The idea of the Mediterranean Diet comes from nutritionist Ancel Keys, who in 1945, in the wake of the US Fifth Army, landed in Southern Italy, where he observed one of the highest concentrations of centenarians in the world. He also noticed that cardiovascular diseases, widespread in the US, were less common there. In particular, among the Southern Italians, the prevalence of “wellness” diseases such as hypertension and diabetes mellitus was low, a circumstance that focused his attention on fat consumption. His research suggested that the main factor responsible for the low incidence of these ailments was the type of diet traditionally consumed among people living in the Mediterranean region: one low in animal fat, as opposed to the Anglo-Saxon diet. The link between serum cholesterol and coronary heart disease mortality was subsequently demonstrated by the Seven Countries Study. . . . Later the concept of the Mediterranean Diet was extended to a diet rich in fruits, vegetables, legumes, and whole grains, with fish and olive oil as the main source of lipids, and it is shared among people living in Spain, Greece, Southern Italy, and other countries in the Mediterranean basin.

— ANTONINO DE LORENZO, MD, PhD

MORNING:

## Health and Medical Assessment

**9:30 am**

Registration and Coffee

**10:00 am**

### Welcome

ANTHONY JULIAN TAMBURRI, Dean, John D. Calandra  
Italian American Institute

ALESSANDRA MOIA, PhD, Department of History,  
Cultural Heritage, Education, and Society, University of  
Rome "Tor Vergata"

DOMINIC MIGNONE, MD, Italian Hospital Society

**10:30 am**

### The Impact of Environment and Lifestyle in Human Disease

ANTONIO GIORDANO, MD, PhD, Director, Sbarro  
Health Research Organization, College of Science and  
Technology, Temple University, Philadelphia, PA

**11:00 am**

### The Italian Mediterranean Diet as a Model of Identity of a People with a Universal Good to Safeguard Health?

ANTONINO DE LORENZO, MD, PhD, Director, School of  
Specialization in Clinical Nutrition, University of Rome  
"Tor Vergata"

**11:30 am**

**Dietary Factors and Brain Aging**

YIAN GU, MD, PhD, Assistant Professor, Neurological Sciences (Neurology, Epidemiology and the Taub Institute), Columbia University, New York

**11:50 am**

Coffee Break

**12:15 pm**

**Environment and Health**

IRIS MARIA FORTE, MD, PhD, National Cancer Institute "Pascale" Foundation/IRCCS, Department of Research, Naples, Italy

**12:45 pm–2:00 pm**

Lunch

AFTERNOON:

## Nutrition, Culture, and Food Identity

**2:00 pm**

Italian Migration and Global Diaspora

VINCENZO MILIONE, PhD, Director, Demographics,  
Calandra Institute, City University of New York

**2:20 pm**

Mediterranean Diet, Intangible Heritage and  
Sustainable Tourism?

FABIO PARASECOLI, PhD, Professor, Department of  
Nutrition and Food Studies, New York University

**2:45 pm**

Italy as a Case Study: Increasing Students' Level of  
Awareness of the Historical, Cultural, Political, and  
Culinary Significance of Food

LISA SASSON, MS, Associate Professor, Department of  
Nutrition and Food Studies, New York University

**3:15 pm**

Pasta Arte: New Model of Circular Agricultural  
Economy—When an Innovated Tradition Takes Care of  
You and of the Environment

MASSIMO BORRELLI, CEO and Founder, Società  
Agricola A.R.T.E.

**3:30 pm**

Coffee Break

**3:45 pm**

The Promotion of Italian Authentic Food Products in  
the US Market

MAURIZIO FORTE, MS, Director, Italian Trade  
Commission, ICE New York

**4:15 pm**

Globalization/Authenticity: The Future of Italian  
Cuisine GIANFRANCO SORRENTINO, President, Gruppo  
Italiano; restaurateur Il Gattopardo Group, New York

**4:30 pm**

The Way of the Americas: Export of the Typical Product  
and Ethical Profit

MIKE RIENZI, Founder and CEO, Mike Rienzi & Sons

**4:45 pm**

Discussion

ANTONIO GIORDANO

**5:30 pm**

Closing Remarks

DOMENIC MIGNONE

## PRESENTER PROFILES

**MASSIMO BORRELLI**, MS, is an Agricultural Entrepreneur, Manager of the Italian Consortium for Biogas, and Delegate for the Bioeconomy National Department of Confagricoltura. He developed A.R.T.E. based on a model of agricultural circular economy, beginning and ending in the ground. He constructed the first biogas plant in the territory, creating a new way to approach agriculture, and investing in research and development, experimentation, and people.

**ANTONINO DE LORENZO**, MD, PhD, is Professor of Human Nutrition and Director of the Specialization School in Clinical Nutrition at the University of Rome "Tor Vergata." He is the Coordinator of the Specialization Schools in Food Science at the National University Council and Coordinator of the PhD School of Applied Medical-Surgical Sciences and the Director of UOSD Service of Clinical Nutrition, Parenteral Therapy, and Anorexia. He also serves as President of Istituto Nazionale per la Dieta Mediterranea e la Nutrigenomica.

**IRIS MARIA FORTE**, PhD, is an Oncology Researcher at the INT Fondazione "G. Pascale" of Naples, Italy. Her research interests include both molecular and translational cancer research. She has published twenty-one articles, mostly focused on understanding the molecular basis of human cancer. She worked on different kinds of human solid tumors, but her research principally focuses on pleural mesothelioma and on cell-cycle deregulation in cancer.

**MAURIZIO FORTE**, MS, has a degree in agriculture and a Master's in political science/international politics with honors. He began his career in 1984 at ITA/Italian Trade Commission Headquarters in Rome, where he served until 1996 in technical and promotional activities in the sectors of food, agriculture, and manufacturing. In 1996 he was posted to serve as the deputy trade commissioner at ITA's Shanghai office. In 2000 he returned to Rome to direct the Food and Agriculture Department. He subsequently directed the ITA office in Moscow for the Russian Federation. Since May 2015, he has served as Director for ITA/Italian Trade Commission in New York and the Executive Director for the ICE USA offices.

**ANTONIO GIORDANO**, MD, PhD, is Professor of Molecular Biology at Temple University in Philadelphia, PA. He is also Director and President of the Sbarro Institute for Cancer Research and Molecular Medicine. He is Professor of Pathology at the University of Siena, Italy. He has published more than five hundred articles, received more than forty awards for his contributions to cancer research, and holds seventeen patents. He has trained students, written various academic educational books, and book chapters. He has been an invited lecturer at hundreds of scientific meetings in the US and abroad.



**YIAN GU**, MD, PhD, trained in Epidemiology at Fudan University and New York University. Her current research is on the role of diet, physical activities, sleep, and other lifestyle factors in brain aging, cognitive aging, and neurodegenerative diseases. Her other research interests include nutritional epidemiology of cognitive decline and Alzheimer's disease among elderly, dietary factors in brain aging, and lifestyle factors in relation to cognitive and functional decline among elderly.

**DOMINICO MIGNONE**, MD, has been President of the Italian Hospital Society since 1996. The Italian Hospital Society, founded in 1937 in Manhattan, has been helping immigrants and Italians visiting the city for over seven decades. The society is presently developing a site on City Island for an Italian Home for the Aged. This \$50 million, not-for-profit senior housing facility will be the first of its kind in the New York metropolitan area and will house up to four hundred residents.

**VINCENZO MILIONE**, PhD, is Director of Demographic Studies at the John D. Calandra Italian American Institute, Queens College, City University of New York. He has conducted social science research on Italian Americans, including the population's educational and occupational achievements; Italian language studies at the elementary and secondary levels; high school noncompletion rates; and negative media portrayals of ethnic populations including migration studies and global diaspora.

**ALESSANDRA MOIA**, PhD, is Vice President for Institutional and International Relations of the Istituto Nazionale per la Dieta Mediterranea e la Nutrigenomica. She served as Director of Finance for the National Institute of Nutrition and managed relations with academic institutions to increase awareness and develops projects for the diffusion of the Mediterranean Diet in the United States. She is currently stationed at the Department of History, Cultural Heritage, Education and Society, Faculty of Humanities, University of Rome "Tor Vergata."

**FABIO PARASECOLI**, PhD, is a Professor in the Department of Nutrition and Food Studies at New York University. He has a doctorate in agricultural sciences from Hohenheim University, Stuttgart, Germany; an MA in political sciences from the Istituto Universitario Orientale, Naples, Italy; and a BA/MA in modern foreign languages and literature from the Università La Sapienza, Rome, Italy. His research explores the intersections among food, media, and politics. His most recent projects focus on food design and the synergies between food studies and design.

**MIKE RIENZI**, is Founder and CEO of Mike Rienzi & Sons. With forty years of experience as an importer of Italian quality products, Rienzi & Sons is positioned among the best Italian companies operating on the Eastern Coast of the United States with a wide range of food products. When Mike Rienzi first arrived in the United States in 1960 as a young man, he had a dream: to promote and foster in the New World true Italian tastes and flavors. Since then he has succeeded in bringing to American tables the best quality products from “il bel paese.”

**LISA SASSON**, MS, is Dietetic Internship Director and Clinical Associate Professor in the Food Studies Department at New York University. She has interests in dietetic education, weight and behavior management, and problem-based learning. She also is a private practice nutritionist with a focus on weight management. She is Co-Director of NYU’s Food, Culture, and Nutrition Program in Florence, Italy, and past President and Treasurer of the New York State Dietetic Association and the Greater New York Dietetic Association.

**GIANFRANCO SORRENTINO**, is Chairman and President of the Il Gattopardo Group and owner of Il Gattopardo restaurant. He has more than thirty years of experience in restaurant management, including at the Quisisana Hotel in Capri; the Dorchester Hotel in London; the Four Seasons Hotel in Tokyo; Bice Restaurant in New York; Sette MoMA Restaurant at the Museum of Modern Art; Union Bar and Grill in Great Barrington, MA; Mozzarella & Vino; and the Leopard at des Artistes.

**ANTHONY JULIAN TAMBURRI**, PhD, is Dean of the John D. Calandra Italian American Institute, Queens College, City University of New York, and Distinguished Professor of European Languages and Literatures. He is Co-Founder and Co-Director of Bordighera Press and past President of the Italian American Studies Association and of the American Association of Teachers of Italian. He is Executive Producer and host of the Calandra Institute’s TV program *Italics*, produced in collaboration with CUNY TV.



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