

SINO-ITALIAN BILATERAL MEETING

Mediterranean Diet and Cantonese Cuisine for Human Health

Programme



ISTITUTO CONFUCIO
ALL'UNIVERSITÀ DI PADOVA
帕多瓦大学孔子学院



广州大学
GUANGZHOU UNIVERSITY



BRINDISI, ITALY - MARCH 11/14, 2025

DAY 1

TUESDAY, MARCH 11, 2025

Guest arrival in Brindisi and transfer to hotel

18:00 **Opening remarks**
Stefania Maggi (Mediterranean Diet Foundation, Italy),
Giorgio Picci (Confucius Institute at the University of Padova)

18:15 **Ceremony for Professor Gaetano Crepaldi Award**
Chairperson: *Stefania Maggi*

Lecture

The Use of Herbs in the traditional Mediterranean diet

Antonia Trichopoulou (Academy of Athens, Greece)

Recipient of the award

Dinner

ZOOM



DAY 2

WEDNESDAY, MARCH 12, 2025

MORNING SESSION

Session 1

Historical perspective and traditional food

Chairperson: *Roberto Volpe (CNR Rome, Italy)*

08:30 **Mediterranean diet**

Antonio Capurso (University of Bari Aldo Moro, Italy)

09:00 **Cantonese cuisine**

Wang Yong (Guangzhou Vocational School of Tourism & Business, China)

Session 2

Evidence of cardiovascular and metabolic benefits

09:30 **Mediterranean diet**

Roberto Volpe (CNR Rome, Italy)

10:00 **Cantonese cuisine**

Advantages and Disadvantages of Cantonese Cuisine in the prevention and management of metabolic diseases from the perspective of a healthy diet

Chen Xiaoyan (Guangzhou Medical University, China)

10:30 **Discussion**

11:00 **Coffee & Tea Break**

Session 3

Evidence of cancer prevention:

Chairperson: *Nicola Veronese (University of Saint Camillus Rome, Italy)*

11:15 **Mediterranean diet**

Vincenza Gianfredi (University of Milan, Italy)

DAY 2

WEDNESDAY, MARCH 12, 2025

11:45 **Cantonese cuisine**
Relations between daily food and cancer
*Zhang Xuhui (11^o Provincial People's Hospital
of Guangzhou, China)*

12:15 **Discussion**

12:30 **Lunch & Online Toast between Italy and China**

15:00 **AFTERNOON SESSION**
**DISCOVERY OF "EXTRA-VIRGIN OLIVE OIL
THE GREEN GOLD"**

**Visit to Oil Groves "Il Frantolio di D'Amico Pietro"
and its oil mill site**

**Guided olive oil tasting with an expert
from the National Research Council**
Massimiliano Magli (CNR Bologna, Italy)

Lecture

The health benefits of Extra Virgin olive oil
Stefano Pedrieri (CNR Bologna, Italy)

19:30 **Tea Wellness & Chinese Tea Tasting**

20:30 **Tasting of real Cantonese cuisine**
*Cooked by a cooking Master of Guangzhou Vocational
School of Tourism & Business, China*

DAY 3

THURSDAY, MARCH 13, 2025

MORNING SESSION

SPECIFIC COMPONENTS IN THE TWO CUISINES

Chairperson: *Vincenza Gianfredi (University of Milan, Italy)*

Session 1

Mediterranean cuisine

08:30 **Fruits and vegetables**
Nicola Veronese (University of Saint Camillus Rome, Italy)

09:00 **Whole grains**
Christelle Avart (International Whole grain initiative, Switzerland)

09:30 **Fermented dairy products**
Renè Rizzoli (University of Geneva, Switzerland)

10:00 **Discussion**

10:30 **Coffee & Tea Break**

Cantonese cuisine

10:45 **Food, medicine: homology**
Hu Min (Guangzhou Medical University, China)

11:15 **Cantonese herbal tea**
Liang Lei (Medical School of Jinan University, China)

FUNCTIONAL FOODS AND NEW TECHNOLOGIES

Chairperson: *Antonio Logrieco (CNR NutrAge & Xianghu Laboratory, Zhejiang & Agricultural Laboratory, Hangzhou)*

Session 2

11:45 **Mediterranean cuisine**
Angelo Santino (CNR- Lecce, Italy)

DAY 3

THURSDAY, MARCH 13, 2025

12:15 **Cantonese cuisine**

Functional foods in Cantonese cuisine (Cantonese soup)

Wu Juhua (Guangzhou Vocational School of Tourism & Business, China)

12:45 **Discussion**

13:00 **Transfer to Masseria Cuturi (Manduria)**

Light lunch

VISIT OF THE MASSERIA

16:30 **Transfer to Masseria Carrone**

Cheese Making Laboratory in collaboration with Lanzillotti's Caseificio

Lecture

Practical applications of culinary medicine

Daniele Nucci (Dietitian and professional chef, Health Unit - Department of Prevention and Nutrition, ATS Brescia, Italy)

20:00 **MEDITERRANEAN DINNER IN MASSERIA,
WITH TRADITIONAL MUSIC ENTERTAINMENT**



DAY 4

FRIDAY, MARCH 14, 2025

08:30 **STAKEHOLDERS ROUNDTABLE:**

PUBLIC HEALTH AND RESEARCH PERSPECTIVES

Chairperson: *Fiona Ecartot (SINERGIES, Université Marie et Louis Pasteur, Besançon, France)*

Senator and President of the Inter parliament Group on Health Promotion

Elena Murelli (video)

LUMEN School of Naturopathy

Milena Simeoni

FAO

Fatima Hachem

International Whole Grains Initiative

Christelle Avart

SALUS

Federico Palla

CNR NutrAge & Xianghu Laboratory, Zhejiang & Agricultural Laboratory, Hangzhou

Antonio Logrieco

European Society for Clinical Nutrition & Metabolism (ESPEN)

Michela Zanetti

National Institute of Health (Italy)

Marco Silano

Italian Sommelier Association (AIS) for China

Vinicio Eminentì

DAY 4

FRIDAY, MARCH 14, 2025

President of the Association for the Promotion of Food and Wine Culture and the Enhancement of Italian Restaurant Techniques in China (Promoltalia), Councilor of the CCIC with delegation to F&B

Cristina Corsini

Academy of Italian Cuisine, Guangdong delegate

Denis Bastieri

Closing remarks and future steps

Giorgio Picci

12:30 Lunch and departure



FACULTY

Christelle Avart, *International Whole grain initiative, Switzerland*

Denis Bastieri, *Academy of Italian Cuisine, Guangdong*

Antonio Capurso, *University of Bari Aldo Moro, Italy*

Cristina Corsini, *Association for the Promotion of Italian Food and Wine Culture and the Enhancement of Italian Restaurant Techniques in mainland China, CCIC with delegation to F&B*

Fiona Ecartot, *SINERGIES, Université Marie et Louis Pasteur, Besançon, France*

Vinicio Eminentì, *Sant'Anna School of Advanced Studies, Enology*

Vincenza Gianfredi, *University of Milan, Italy*

Fatima Hachem, *Food and Nutrition Division, FAO*

Wu Juhua, *Guangzhou Vocational School of Tourism & Business, China*

Liang Lei, *Medical School of Jinan University, China*

Antonio Logrieco, *CNR NutrAge & Xianghu Laboratory, Zhejiang & Agricultural Laboratory, Hangzhou*

Stefania Maggi, *Mediterranean Diet Foundation, Italy*

Massimiliano Magli, *CNR Bologna, Italy*

Hu Min, *Guangzhou Medical University, China*

Elena Murelli, *Inter parliament Group on Health Promotion*

FACULTY

Daniele Nucci, *Health Unit - Department of Prevention and Nutrition, ATS Brescia, Italy*

Federico Palla, *SALUS*

Stefano Pedrieri, *CNR Bologna, Italy*

Giorgio Picci, *Confucius Institute at the University of Padova*

Renè Rizzoli, *University of Geneva, Switzerland*

Angelo Santino, *CNR- Lecce, Italy*

Marco Silano, *National Institute of Health, Italy*

Milena Simeoni, *LUMEN School of Naturopathy, Italy*

Antonia Trichopoulou, *Academy of Athens, Greece*

Nicola Veronese, *University of Saint Camillus Rome, Italy*

Roberto Volpe, *CNR Rome, Italy*

Chen Xiaoyan, *Guangzhou Medical University, China*

Zhang Xuhui, *II° Provincial People's Hospital of Guangzhou, China*

Wang Yong, *Guangzhou Vocational School of Tourism & Business, China*

Michela Zanetti, *University of Trieste, Member of the Educational and Clinical Practice Committee - European Society of Enteral and Parenteral Nutrition (ESPEN)*

GENERAL INFORMATION

MEETING VENUE

Palazzo Granafei-Nervegna

Via Duomo, 20 · 72100 Brindisi · Italy

ORGANIZING COMMITTEE



FONDAZIONE
DIETA
MEDITERRANEA

Prof.ssa Stefania Maggi

President, Mediterranean Diet Foundation



ISTITUTO CONFUCIO
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Em. Prof. Giorgio Picci

Director of the Confucius Institute at the University of Padova

SCIENTIFIC COMMITTEE

Prof.ssa Stefania Maggi (*Mediterranean Diet Foundation*)

Dr. Domenico Rogoli (*Mediterranean Diet Foundation*)

Em. Prof. Giorgio Picci (*Confucius Institute at the University of Padova*)

MANAGED BY



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