

THE CRACKER

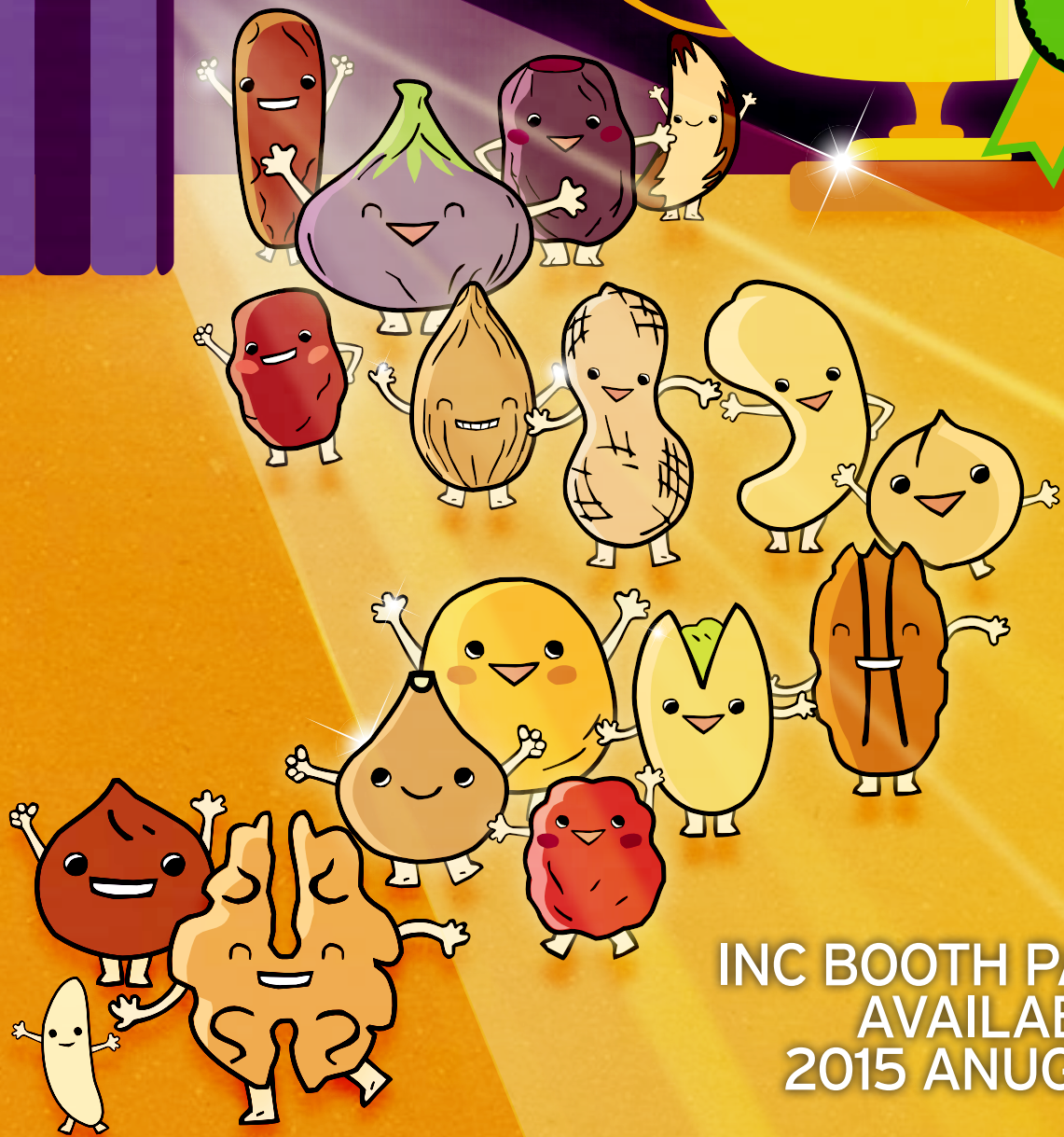
July 2014
Edition 62, No.2



The Official Voice of the International Nut and Dried Fruit Council Foundation for the World Nut and Dried Fruit Trade

MELBOURNE SPEAKER DEFINES AG OUTLOOK IN 30 YEARS

DR. E. ROS AWARDED EXCELLENCE IN RESEARCH



INC BOOTH PACKAGE
AVAILABLE FOR
2015 ANUGA KOLN



Chaired by
Prof. Jordi
Salas-Salvadó



2ND WORLD FORUM FOR NUTRITION RESEARCH CONFERENCE

TRANSLATING THE PRINCIPLES OF THE MEDITERRANEAN DIET

By Prof. Jordi Salas-Salvadó and Marta Guasch, Human Nutrition Unit, Faculty of Medicine and Health Sciences, Rovira i Virgili University, Reus, Spain.

About one year after the 1st World Forum for Nutrition Research Conference was a great success in Reus, Spain, the 2nd World Forum for Nutrition Research Conference was held in Brisbane, Australia this 14th of May. It was a satellite meeting of the 31st National Conference of the Dietitians Association of Australia and it was supported by the Dietitians Association of Australia, in collaboration with the Nutrition Society of Australia and the Federation of Societies of Nutrition and Dietetics of Spain (FESNAD), and received sponsorship from INC and Nuts for Life®, Australia.

The second forum was an outstanding conference where dietitians, nutritionists, medical and scientific researchers; representatives of the food industry and journalists could participate on translating the principles of the Mediterranean Diet to other regions of the world. The conference was chaired and facilitated by Professor Linda Tapsell from the University of Wollongong, Australia. Dr Luis Serra-Majem, from the University of Las Palmas de Gran Canaria, opened the meeting, outlining the cultural heritage of the Mediterranean Diet and highlighting its recognition by UNESCO for representing Intangible Cultural Heritage. His comprehensive presentation outlined the broad context in which we can understand this diet, particularly from a social and environmental perspective.

Dr Emilio Ros from the landmark PREDIMED study, which demonstrated the effects of the Mediterranean Diet on the primary prevention of cardiovascular disease, gave a number of presentations from the study to explain several recent and interesting findings. Dr Ros discussed the work involved in designing such a large study, the costs involved, the need for sophisticated collaborative teams and the value of industry co-sponsorship. In addition, very recent results on the beneficial effects of the Mediterranean Diet on Metabolic Syndrome were presented. Marta Guasch-Ferré, a researcher from the PREDIMED study group, led by Dr

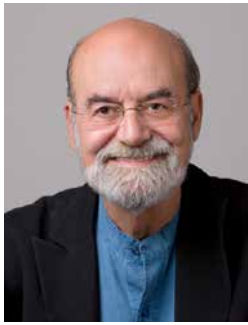
Jordi Salas-Salvadó, presented also new findings on the effect of different types of olive oil on mortality in the context of the PREDIMED Study.

The effects of migration and cultural integration on eating patterns of the Mediterranean Diet in Australia were discussed by local researchers. Dr Istiopoulos, from a Melbourne group, emphasized the role of dietitians on studies involving Greek migrants. Dr Karen Murphy, leader of a South Australian group, introduced and discussed methodological issues of defining a Mediterranean Diet, developing diet quality indices and assessing cognitive decline in this context. Other presentations focused on diet quality indices in weight loss, dietary patterns in hospitalised patients and the challenges behind capturing indigenous food patterns in remote Aboriginal communities.



Researchers from Australia and Spain presented findings and concepts of the Mediterranean Diet, from the range of food groups and nutrient profiles reported in the literature, to how the effects might be seen from single nutrients (such as fatty acids), whole foods (such as nuts and olive oil) or whole diets (seen through indices of diet quality or Mediterranean Diet adherence).

The conference was very interesting with a wide range of presenters that provided a deep overview of the Mediterranean Diet in different regions and its applicability on different populations. There were several discussions with a panel of experts, which included Professor Kerin O'Dea and the effects of indigenous dietary patterns on health in Australian Aboriginal communities. The final discussion was presented by Dr Serra-Majem who detailed how we can translate Mediterranean Diet into agricultural practices or developing inventories of traditional foods. We all have our own Mediterranean Diet. Understanding the principles behind this 'intangible cultural heritage' provides a useful starting point for further research and understanding.



DR. EMILIO ROS RECEIVES THE INC AWARD FOR EXCELLENCE IN RESEARCH

Dr. Emilio Ros, Director of the Lipid Clinic and Senior Consultant of the Endocrinology and Nutrition Service at Hospital Clinic of Barcelona, Spain, was born in Girona (Spain) in 1945 and graduated from the School of Medicine at the University of Barcelona in 1968. He did 6 years of postgraduate training in the United States of America (New York and Boston) in the years 1970 through 1976. In the US, he obtained the degrees of Specialist in Internal Medicine (American Board of Internal Medicine, New York 1972) and Gastroenterology (Id id, Boston 1974).

He has had a long-standing interest in nutrition in relation to cardiovascular risk and, in particular, on the effects of nut consumption on health outcomes. His research on nuts began in the decade of 1990 when, by chance as it often happens, he met Dr. Joan Sabaté (the first Golden Nut Award recipient) in Barcelona and, after discussing his landmark trial on the cholesterol-lowering effects of walnuts in healthy volunteers, published in 1993 in the prestigious medical journal *New England Journal of Medicine*, challenged him to confirm these findings in persons with elevated blood cholesterol in another study in Barcelona. Thus, with the support of the California Walnut Commission (CWC), began the Barcelona Walnut Trial (BWT), which results showed again a cholesterol-lowering effect of walnuts. The BWT was published in the year 2000 in another prestigious journal and had a great media impact, starting an upward trend in nut sales throughout the world as people became aware of the health effects of a natural and tasty food, completely devoid of the side effects of the drugs usually prescribed to lower blood cholesterol.

After publication of the BWT, further grants from the CWC allowed him to examine the effects of walnuts on vascular reactivity. The findings revealed that walnut intake had beneficial effects on the cardiovascular system beyond cholesterol lowering, namely that arteries dilated better to preserve blood flow under stressful conditions and that was demonstrated after both a walnut diet and a single fatty meal enriched with walnuts. The results were also published in top journals and received great media attention. Many more studies and publications of both original articles and reviews on the beneficial health effects of nuts followed, culminating with a review last year in a top Cardiology journal (*Circulation*, July 2013) on the multiple beneficial effects of seeds (among them, tree nuts and peanuts) on heart health and diabetes risk. The concept of “seeds” as support of a new life is critical to understanding both their



multidimensional nutrient composition and health effects. Seeds (nuts) are made of complex matrices in the outer layer and the germ, rich in minerals, vitamins, and bioactive phytochemicals that protect the plant's DNA from oxidative stress, thus facilitating the perpetuation of the species. On the other hand, the endosperm of seeds stores nutritive components to sustain the future seedling with a variable mixture of high-quality protein, complex carbohydrate, and unsaturated fat. In this sense seeds are like eggs, which also contain nutrients to sustain the growth of bird and reptile embryos. Tree nuts and peanuts provide a wide array of bioactive molecules likely to have significant health benefits. In this sense, they are natural health capsules with an optimal nutrient composition.

After PREDIMED, there is no excuse to skip delicious nuts available worldwide!

The beneficial health effects of nuts shown in epidemiological studies and small clinical trials like those carried out by the team of Dr. Ros in Barcelona have been definitively proven by the recent results of the landmark PREDIMED trial, in which he had the privilege to serve as chair of the nutritional intervention. PREDIMED showed that a Mediterranean diet supplemented with mixed nuts (30 g per day of walnuts, almonds and hazelnuts) implemented during 5 years in older persons at high cardiovascular risk resulted in an impressive 30% reduction in cardiovascular diseases (myocardial infarction, stroke or death from these causes), without any undue weight gain, in comparison to advice on a low-fat diet. This study was published also in the *New England Journal of Medicine* and has received more scientific and media attention than any other scientific development during 2013. Thus a loop is closed with the first publication from Dr. Sabaté on walnuts and cholesterol in this same prestigious journal. After PREDIMED, there is no excuse to skip delicious nuts available worldwide!

