



Course in Cancer and Nutrition

December 1st, 2018

CEUB - Bertinoro di Romagna (Italy)

Morning Session

10.00 – 10.10	Welcome speech
10.10 – 10.40	Integrated Mediterranean Cuisine and Cancer Therapies Elisabetta Sbisà, PhD <i>CNR - Consiglio Nazionale delle Ricerche, Bari, Italy</i>
10.40 – 11.10	Ketogenic diet as a complementary strategy in cancer therapy: overview, possibilities and limitations Barbara Kofler, PhD <i>Paracelsus Medical University, Salzburg, Austria</i>
10.50 – 11.20	Coffee break
11.20 – 11.50	Diet, Nutrition, Physical Activity and Cancer: the WCRF Recommendations for Cancer Prevention Ferdinando A. Giannone, PhD <i>Laboratori del benessere, Bologna, Italy</i>

Practical session

Elisa Brighenti, PhD and Ferdinando A. Giannone, PhD
Biologist and Researcher in Clinical Nutrition, Nutritional Trainer and Wellness Consultant, Bologna, Italy

11.50 – 12.20	Interactive tastings
- <i>Sugars:</i>	a) Sugar sweetened drinks (5%, 8%, 10%, 13%) b) Cookies (15%, 19%, 22%, 25%, 50%) c) Milk chocolate and dark chocolate (70%, 85% e 99%)
- <i>Carbohydrates:</i>	different types of Italian bread (Altamura, Lariano, Castelvetro, Toscano, etc.)
- <i>Fat:</i>	oleaginous seeds (peanuts, cashews, almonds, walnuts, hazelnuts, pumpkin, sesame seeds, etc.)
- <i>Legumes:</i>	typical Mediterranean snacks (lupins, dried fava beans, roasted chickpeas, etc.)

11.50 – 12.20	Interactive tastings
a) <i>Basic Recipes of MediterrAsian Diet</i>	
- How to cook wholegrains and legumes; legumes cream (hummus) and sautéed wholegrains (timbale)	
- Use of seasonal vegetables in healthy kitchen (sauté, blanched, raw, boiled, etc.)	
- The right toppings: oleaginous seeds, “taggiasca” olives, dried tomatoes, mackerel fish, tahin, capers, etc.	
b) <i>Quick, Healthy and Plant-Rich Menu based on MediterrAsian Diet</i>	
- Healthy, Plant-Rich and Seasonal “Buddha Bowl”	
- Wholegrains “Risotto” with legumes and seasonal vegetables	
- Low sugar “Cheesecake Dessert Cup” with yogurt, biscuits, oleaginous seeds and fruit	

14.20 – 15.00	Eating together in a social dining
Several studies have found a connection between eating a meal together and our physical and mental health.	