



**March 16<sup>th</sup>, 2022, at 3.30 pm CET**

Link to register:

<https://us02web.zoom.us/meeting/register/tZUpd-CgrJpHtIjkiUZm3kEa5U9xu1UKtBx>

5<sup>th</sup> Thematic Webinar

### **Mediterranean Diet: pattern and adherence**

The Mediterranean Diet, from the Greek *diáita* or lifestyle, is a social practice based on the set of skills, knowledge, practices, and traditions ranging from the landscape to the cuisine, which in the Mediterranean basin concern the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption. The health benefits of the Mediterranean Diet and its protective effect against chronic diseases has been well established by the scientific community. Adherence to the Mediterranean pattern is therefore important in improving overall health. In this webinar, our invited speakers will the advantages of the Mediterranean diet and dissect some of the reasons for our adherence to it.

### **AGENDA**

<b>3.30 pm</b>	<b>Welcome message and brief presentation of the speakers</b>
	Marcello Scalisi, Director of UNIMED Marta Laranjo, Senior Researcher at Universidade de Évora-MED
<b>3.35 pm</b>	<b>Lifestyle and adherence to Mediterranean diet: sleep and physical activity are also part of this equation</b>
	María Fernanda Zerón-Ruggerio, Post-Doctoral Researcher at Universidad de Barcelona, Spain
<b>3.55 pm</b>	<b>Adherence to Mediterranean Diet is influenced by taste perception: a case study in Portugal</b>
	Elsa Lamy, Auxiliary Researcher at Universidade de Évora-MED, Portugal
<b>4.15 pm</b>	<b>Debate/Time for questions</b>
	Moderated by Marta Laranjo
<b>4.45 pm</b>	<b>Webinar closure</b>

*All times is CET (Central European Time)*