

## **Various food practices in nutrition and health**

### **Session Description**

In this session the relation between different dietary patterns and health will be addressed using several examples, the western diet, traditional diets with the Mediterranean diet as an example, and vegetarian diets. Approaches will include the use of factor analysis and a priori dietary indices to characterize the dietary patterns, which are then examined in relation to disease incidence or mortality in epidemiologic studies.

### **Purpose**

Attendees should:

1. Understand various approaches to characterizing dietary patterns.
2. Understand the application of dietary pattern analysis in epidemiologic studies
3. Have some knowledge about the health implications of the Western, Mediterranean, and Vegetarian diets.

### **Session Chair & Co-chair:**

**Chair:** Dr. Walter Willett, USA

**Co-chair:** Dr. Maitree Suttajit, Thailand

### **Session Topics and Speakers:**

**Topic 1:** *Evidence-base nutrition for optimal health: the case of Western diets*

**Speaker:** Dr. Walter Willett, USA / 20 min for presentation

**Topic 2:** *Traditional foods: important insight into dietary patterns and health benefits.*

(Summary the outcome from the pre-congress workshop on the Traditional foods)

**Speaker:** Dr. Antonia Trichopoulou, Greece / 20 min for presentation

**Topic 3:** *Vegetarian diets: scientific evidence on health properties*

**Speaker:** Dr. Maitree Suttajit, Thailand / 20 min for presentation

**General discussion/Q&A:** 10 min

### **Short Sessions**