

# 1 INTERNATIONAL ST YALE GASTRONOMY & CULTURE SYMPOSIUM

A CELEBRATION AND RENEWAL OF CRETE'S  
FOOD | CULTURE | HERITAGE

HERAKLION  
3-4 MAY 2023

**SYMPOSIUM THEME:** A sustainable cornerstone  
of Mediterranean nutrition  
and well-being

**OBJECTIVE:**

To highlight, renew and encourage the adoption and augmentation of health, sustainability and cultural heritage attributes of the Cretan diet that gave rise to the Mediterranean Nutrition.

**CONCEPT:**

The symposium will facilitate the exposure to and immersion in the gastronomy of Crete by connecting centuries of culinary tradition(s) with the modern history and tradition(s) of the origins of "The Cretan diet". The cultural and environmental sustainability of Cretan gastronomy, from ancient to modern times, from land to sea will underscore the culinary and agronomical concepts in a health/research/nutrition context. At the same time, the symposium will honor the matriarchal and ancestral wisdom of food as medicine for the body, mind and spirit, transmitted through recipes, stories, archeological mysteries and traditions in Crete, especially as it pertains to the matriarch. To promote and preserve these culinary treasures, there will be opportunities for experiential engagement with culinarians who have experience in large-scale food production to gain a better understanding and explore pathways for of their implementation and scalability.

**ORGANIZING COMMITTEE**

**George Sisamakias**, Vice Mayor, Municipality of Heraklion  
**Irini Choudetsaki Giakoumaki**, Deputy Governor of Crete  
**Vasilis Vasiliou**, Ph.D, Yale School of Public Health  
**Tassos C. Kyriakides**, Ph.D, Yale School of Public Health  
**Despoina Dialyna**, Municipality of Heraklion  
**Aris Kefalogiannis**, Industry Disruptors Game Changers  
**Michalis Stangos**, Industry Disruptors Game Changers

**SECRETARIAT**

**Dora Marouli**, Industry Disruptors Game Changers

**SCIENTIFIC COMMITTEE**

**Antonia Trichopoulou**, Ph.D, Hellenic Health Foundation  
**Artemis Morris**, ND, L.Ac, Artemis Wellness  
**Michael Psilakis**, Chef, NYC  
**Mariana Kavroulaki**, Experimental Archaeologist- Food Historian  
**Rafi Taherian**, Yale Hospitality  
**Tassos C. Kyriakides**, Ph.D, Yale School of Public Health  
**Vasilis Vasiliou**, Ph.D, Yale School of Public Health



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**DAY 1** WEDNESDAY  
MAY 3, 2023

**16:00-16:15** OPENING CEREMONY

**16:15-17:00** PRESENTATIONS

**Giorgos Sisamakis** | Deputy Mayor of Development Planning–Digital Transformation and Integrated Rural Development and Tourism, City of Heraklion

**Irini Choudetsaki Giakoumaki** | Deputy Governor of Crete

**Evangelos Karamanes** | Research Director, Acting Director the Hellenic Folklore Research Centre (HFRC)

**Stavros Tzedakis** | Deputy Regional Governor of Transport and Communications & Agri-Food specialized to highlight Cretan nutrition, Cretan gastronomy and linking the agri-food sector with tourism

**17:00-17:30** KEYNOTE SPEECH

**The Mediterranean Diet and Cancer risk in Italian populations From Cretan lifestyle to the traditional Mediterranean Diet.**

**Theme:** How aspects of the Cretan lifestyle that stemmed from poverty and/or necessity laid the foundation for the unifying features of what we know as Mediterranean Diet.

Carlo La Vecchia, M.D.; Professor of Medical Statistics and Epidemiology, Dept. of Clinical Sciences and Community Health. Università degli Studi di Milano ("La Statale")

**17:30-19:00** AROUND THE TABLE 1

**Traditional and indigenous Cretan ingredients, herbs, spices, recipes and culinary practices: Food as Medicine. Use of olive oil and other food among Cretans in past centuries to present.**

**Theme:** Assess the link between ancient cuisine of Crete with traditional recipes in the context of surviving culinary practices and food as medicine

**Moderator: Tassos C. Kyriakides** | Assistant Professor, Yale School of Public Health

**Artemis Morris** | Artemis Wellness Center

**Maria Protopapas-Marneli** | Em. Researcher/ Research Centre on Greek Philosophy-Academy of Athens

**Ioannis M. Aslanides** | President of the Hellenic College of Ophthalmology, Clinical Director of Emmetropia Mediterranean Eye Institute, Assistant Professor of Ophthalmology, Weill Cornell, New York, USAA

**Fanis Zampetakis** | Interventionist Cardiologist, Medical Director, Asklipios Diagnosis – Diagnostic Medical Center

**DAY 2** THURSDAY  
MAY 4, 2023

**9:15-10:45** AROUND THE TABLE 2

**Health benefits from products beyond olive oil. Forgotten and neglected food items, traditional vs innovative foods and impact on human and planetary health.**

**Theme:** An in-depth assessment of the role and synergy of other products of a revisited Cretan agriculture e.g., wine and aromatics and their impact on human and planetary health

**Moderator: Panos Sarris** | Group Leader at IMBB – FORTH; Asst Prof. Univ. of Crete; Hon. Prof. Univ. of Exeter

**Stergios Pirintsos** | Professor of Systematic Botany and Plant Ecology, Department of Biology, University of Crete

**Elias Castanas** | Prof. Exp. Endocrinology, University of Crete, School of Medicine

**Nikos Psilakis** | Writer, journalist

**11:00-12:30** AROUND THE TABLE 3

**PLANETERRANEAN DIET. The Mediterraneanization of local food systems: adaptation to a 'locally produced, locally consumed' diet.**

**Theme:** How can an adapted Mediterranean nutrition paradigm outside geographical constraints extend beyond physical health benefits and impact social, financial, environmental determinants of health

**Moderator: Vasilis Vasiliou** | Professor, Yale School of Public Health

**Antonia Trichopoulou** | Academician, Professor Emeritus Medical School, University of Athens

**Prisco Piscitelli** | Epidemiologist at UNESCO Chair for Health Education and Sustainable Development, Federico II University, Naples (Italy)

**Jean-Claude Moubarac** | Professor, Public Health Nutrition. Departement de nutrition, Universite de Montreal

**Guansheng Ma** | Professor, Chair of Department of Nutrition and Food Hygiene, School of Public Health, Peking University (video presentation)

**Michalis Katharakis** | Vice President of the Regional Council of Research and Innovation in Crete, Greece

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## DAY 2 THURSDAY MAY 4, 2023

**12:40-14:40** LUNCH BREAK  
COURTYARD OF CONFERENCE CENTER

**14:40-15:00** HOW FAR WOULD YOU GO FOR FOOD?  
Story telling by Isabella Zampetaki

**15:00-16:30** AROUND THE TABLE 4  
From education to practice:  
**Adapting and scaling up of the Mediterranean nutrition paradigm.**  
**Theme:** Lessons learned from Crete and other locales about healthy nutrition education efforts and direction: Instilling the concept of "When you love your food, it loves you back!"  
**Moderator: Rafi Taherian** | Associate Vice President Yale Hospitality  
**Rick Smilow** | Chairman and CEO of the Institute of Culinary Education (ICE), New York City and Los Angeles  
**Fedon Alexander Lindberg** | Medical Doctor, Specialist in Internal Medicine and Nutrition, Health and Culinary Author, Medical Director of Fedon Health, Oslo, Norway  
**Bill Telepan** | Culinary Director The Metropolitan Museum of Art; Bon Appétit Management Company; Executive Chef Wellness in the Schools  
**Manolis Papoutsakis** | Chef and co-owner of Charoupi, Deka trapezia (Thessaloniki) and Pharaoh (Athens).  
**Konstantinos Triantafyllis** | Marketing & PR Director, Metaxas Hospitality Group

**16:30-18:00** AROUND THE TABLE 5  
**The role of women in Mediterranean nutrition.**  
**Theme:** Women's lives, storytelling and passing down recipes and culinary practices' promoting diversity, equity, inclusion, belonging and well-being  
**Moderator: Sevasti Chatzopoulou** | Associate Professor, Roskilde University  
**Mariana Kavroulaki** | Experimental archaeologist- Founder of the Symposia of Greek Gastronomy  
**Aylin Öney Tan** | Conservation architect, food writer/historian  
**Anastasia Tzigionaki** | Archaeologist, Director of the Ephorate of Antiquities of Rethymno

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