



## DESG WORKSHOP 2012

21-24 March 2012

### Do you know your food?

**"FROM THE TASTE OF  
WHOLESOME FOODS TO THE  
EDUCATION FOR HEALTHY EATING"**



Foresteria Valdese di Torre Pellice &  
Università di Scienze Gastronomiche Pollenzo, Torino

The increase of diabetes and of cardiovascular diseases has become an epidemics at the world level. Experts recognize that among the most important causes wrong nutritional habits are linked with the availability of low cost food, of high caloric content and poor nutritional value.

These observations imply that health care providers working in the field of diabetes and nutrition would develop new knowledge and skills in order to help their patients to improve their nutritional life style. It is not sufficient to prescribe a correct diet at the nutritional level. It is mandatory to accompany the patient and help him to select healthy food and, thanks to a reeducation of his taste, allow him to rediscover the importance of seasonal and local food (Short food chain).

Lecturers of the "Università di Scienze Gastronomiche" will animate the program of the workshop which will include main lectures, round table discussions and many group activities. This process should help participants to integrate and change progressively in their own practice the concept of "the diabetic diet" into a "Healthy and sustainable nutrition for persons with diabetes." All these changes will be presented in full accordance with Evidence Based Medicine.

President of the DESG: Line Kleinebreil, M.D.

Past President of the DESG: José-Manuel Boavida, M.D.

Scientific program: Luca Richiardi, M.D.

Scientific secretary : Giovanni Careddu, M.D.

Wednesday March 21, 2012

20,00 Welcome from the Authority and  
introduction to the workshop

20,15 Seminary presentation



Thursday March 22, 2012

10.00 Presentation of the University - Visit and Lecture.  
Mission and Methodology of the University (Faculty Dean)  
11.30 Lecture: nutrition and lifestyle : from individual benefits to environmental aspects  
13.00 Didactic Lunch  
14.30 Taste Workshops: guided experiences to Education of taste.  
16.30 Lecture : How Education taste may result in a stimulus and a guide for a healthy and correct feeding  
21.30 J. Ph. Assal interview Claudio Ronco cellist, performer, writer,  
Music and arts towards the sense of wellness



Friday March 23, 2012

9:30 Food Therapeutic Education must be performed in kitchen  
Group activities in the kitchen  
“The Mediterranean diet for all Europe? ”: a way of cooking which can be prepared everywhere.  
13.00 Didactic Lunch  
14.30 Glycaemic Index: exercises  
Glycaemic Index: effect of cooking: lecture  
16.00 Round table : “From the dietary prescription to the concept of healthy and sustainable diet: the role of education of taste.  
Take Home messages:  
How can I transfer to my practice what I have learned?  
(visualized discussion)



*It's a special way to look at the daily patient's problems for which we usually don't have enough time... The inspiration and fresh wind of newly born ideas, I hope, be realized practically.*

*Natalija Smetanina, Lithuania*



My deep congratulations for the enjoyable and interesting meeting in Torre Pellice. Creativity, sensitivity, nature, friendship, science, reflection, fun and a long etc, make our meetings different. I want to thank all of you for allowing me to feel that our clinical practice may become more human and more fruitful. I think that the DESG style belongs to the «SLOW MEDICINE».....

Adela Rovira, Spain

*It was a wonderful meeting and an opportunity to meet such amazing people and to reconnect with old friends.*

*Tanja Milenkovic and Ivica Smokovski, Macedonia*

*A heartfelt thanks for a most interesting meeting. It was very different than I had anticipated and I thoroughly enjoyed the innovative aspects as well as keeping the essence and philosophy of DESG.*

*The milieu of Torre Pellice was entirely conducive to promoting reflection, communication and collaboration.*

*Anne Felton UK*

*I congratulate my Italian colleagues-friends for the organisation and Luca Richiardi in particular for a very interesting and stimulating programme. I feel proud for them all, and wish to thank the DESG president Line Kleinebreil for having trusted such an innovative approach... so revolutionary in its conservatism of alimentary tradition. This can be for us all a stimulus of reflection upon the complexity of modern life and the sense of change, which may not always go in the direction we foretell.*

*Aldo Maldonato, Italy*

*The meeting was very instructive and inspiring. Specially I'd like to thank the Italian team of organisers, who gave their best for our comfort.*

*Camelia Panus, Romania*

*It was an excellent professional programme.*

*Marian Kiksak,*

*Hungary*

*Thank you very much for the excellent meeting in Torre Pellice. Special thanks to local organizing committee and to all friends and colleagues who participated in the meeting.*

*We in Palestine are looking forward to further our cooperation and participation in the DESG activities and the proposed projects.*

*Ahmad Abu al halaweh, Palestine*

**I would like to congratulate the Organizing Committee for this wonderful Meeting.**

**It was a great pleasure to meet all of you in one more workshop of the DESG and it is very good to see that the work of the DESG continues and it is in good hands.**

**I wish all the success for the DESG Projects and you can always count on my full support and collaboration.**

**JMBoavida, Portugal**

**...back home full of energy, full of inspiration working toward patient education!**

**Ana Luca, Albania**



*Thank you very much for everything.*

*It was a great time and great people.*

*Elena Shelestova, Georgia*

*I would like to take this opportunity to congratulate Line, Delphine and the Italian Organizing Committee for the wonderful experience in Turin and I look forward to contribute as much as possible to achieve DESG's goals.*

*Therese Piscopo, Malte*

*... enjoying the uniqueness that the DESG workshops usually carry. I would like to thank everyone who contributed to this 2012 workshop giving us all the opportunity, once again, to learn, discuss, express, and pass on our experience.*

*Despina Varakla, Greece*

*... It appears that this workshop will remain as a special one, with the capacity to touch deep personal feelings, inspire professional reflections and promote the desire of collaboration in DESG.*

*Line Kleinebreil, France*

*I am so impressed of the feelings emerged through this meeting.*

*Ina Stafie, Romania*

*Thank you very much for everything.*

*It was a great time and great people.*

*Elena Shelestova, Georgia*

**I would like to thank also for an extreme positive ENERGY and a lot of inspiration I got from all of you!**

**Agata Juruc, Poland**



*... now Susan expects me to start cooking suppers :) Oh! The unintended consequences.*

*Robert Anderson USA*