

CONGRESS VENUE



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# Nutrition, lifestyle and neurocognitive ageing: evidence and future perspectives

November 13/14, 2024  
San Servolo Island, Venice, Italy



Unrestricted Educational Grant:

**CONSORZIO DI RICERCA  
"LUIGI AMADUCCI"**



- 14.45 **Welcome** - S. Maggi
- 15.00 **Mediterranean diet and human health** - A. Trichopoulou
- “PROtein enriched MEDiterranean diet to combat undernutrition and promote healthy neuroCOgnitive ageing in older adults” (PROMED-COG) project**  
Chairperson: G. Sergi
- 15.30 **WP2: Undernutrition, cognitive decline and dementia** - C. Ceolin, A. Ravelli
- 16.00 **WP3: Mediterranean diet, physical activity and neurocognitive ageing** - F. Prinelli
- 16.30 Break
- 17.00 **WP3/WP4: Metabolome and neurocognitive outcomes** - L. Brennan
- 17.30 **WP4: Effect of a protein enriched MedDiet and exercise intervention on nutritional status and cognitive performance** - C. McEvoy
- 18.00 **General discussion**
- 20.00 Dinner

## **FACULTY**

**E. Azzini**, Italy  
**L. Brennan**, Ireland  
**C. Ceolin**, Italy  
**A. Christelle**, Switzerland  
**V. Gianfredi**, Italy  
**F. Limongi**, Italy  
**A. Logrieco**, Italy  
**S. Maggi**, Italy  
**C. McEvoy**, U.K.  
**M. Noale**, Italy

**D. Nucci**, Italy  
**S. Predieri**, Italy  
**F. Prinelli**, Italy  
**A. Ravelli**, Italy  
**A. Santino**, Italy  
**G. Sergi**, Italy  
**A. Trichopoulou**, Greece  
**Y. Vermeiren**, Netherlands  
**L. Weber**, Germany  
**M. Zanetti**, Italy

- RECENT ADVANCEMENT IN NUTRITION AND DEMENTIA**  
Chairperson: C. McEvoy
- 09.00 **ESPEN guideline on nutrition and hydration in dementia** - L. Weber
- 09.30 **Role of nutrition in preventing dementia** - Y. Vermeiren
- 10.00 **Association between Mediterranean diet and dementia and Alzheimer disease: a systematic review with meta-analysis** - V. Gianfredi
- 10.30 **Culinary Medicine: where are we now?** - D. Nucci
- 11.00 Break
- THE NUTRAGE PROJECT: AN INTERDISCIPLINARY ENTERPRISE OF THE CNR**  
Chairpersons: A. Logrieco, M. Noale
- 11.30 **Nutrage Project: objectives and main outcomes** - A. Santino
- 12.00 **Effect of an antioxidant-rich diet and a healthy lifestyle on the gut microbiota diversity and brain morphometric correlates: an exploratory analysis in older adults participating in the NutBrain study (Nutrage project, WP6, subtask 6.3.3)** - F. Prinelli
- 12.30 **Olive oil tasting** - S. Predieri
- 13.30 Lunch Break
- 14.30 **PROPOSAL FOR FUTURE ACTIVITIES AND ACTIONS FOR INCREASING AWARENESS AMONG SCIENTISTS AND GENERAL POPULATION IN THE FIELD OF NUTRITION FOR HEALTHY AGING**  
Chairpersons: S. Maggi, F. Limongi
- Elena Azzini, Council for Agricultural Research and economics – CREA
  - Antonio Logrieco, CNR
  - Michela Zanetti, ESPEN/SINPE
  - Antonia Trichopoulou, World Health Organization Centre of Nutrition
  - Avart Christelle, CH-Prill, Whole Grain Initiative
- 15.30 **Synthesis of the main scientific conclusions of the workshop**  
C. McEvoy