



INTERNATIONAL CONFERENCE ON MEDITERRANEAN DIET AND GASTRONOMY

Linking Innovation, Sustainability and Health

15-16 October, University of Évora

Book of Abstracts

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Introduction

The International Conference on Mediterranean Diet and Gastronomy: Linking Innovation, Sustainability and Health

The Mediterranean Diet is the theme that brings together in Évora many renown national and international experts on many different domains and research topics. UNESCO's classification as Intangible Cultural Heritage of Humanity attests the relevance of a nutritional model that remained "constant over time and space", but, more importantly, it asserts it as much more than a simple diet.

In order to grasp the true essence of this conference, one question stands in the foreground: what is the Mediterranean Diet?

It's tradition. The customs and practices of communities of the Mediterranean basin are the base for this diet and cement the identity of this territory. In this conference, we want to talk about the past, but also about the future. We wish to reflect on how, in a context of pervasive change, tradition and innovation can coexist and give origin to new products and services that transform the old into the new.

It's socialization. Beyond food, this diet is about a way of being and living. Based on the values of sharing and caring, the Mediterranean Diet tells us about the identity of people. In some respects, each person is like all other people, some other people, and no other people. In this continuum between personal identity and cultural belonging, there is a world of factors affecting feeding behaviour.

It's health. Characterized by diversity and balance, the Mediterranean Diet is a rich and harmonious conjugation of highly nutritious food. International research has been documenting its benefits for health promotion and for preventing some of the most widespread chronic diseases of the XXI century.


It's sustainability. Valuing endogenous products and respecting biodiversity and seasonal cycles of produce allow for a more efficient and clever use of natural resources. To that extent, one cannot talk about Mediterranean Diet without mentioning sustainability. In a time when preservation is one of the

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most pressing concerns of our collective conscience, sustainable practices of production and consumption are a necessary topic of discussion.

It's experience. The Greek root word "*diata*" means a way of life. Thus, we need not only to address the questions of "what", but also of "how": the act of eating. The experience with food is part of the essence of the Mediterranean Diet, making sensory science a necessary topic for this conference.

For all these reasons, we believe this conference is for you. From body to mind, from biology to culture, from history to innovation, from knowing to doing, there are multiple perspectives on eating.



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P15. Variability in consumption and knowledge about edible flowers according to country

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ABSTRACT

Food habits are deeply linked to tradition and therefore it is expected that country of living might influence the dietary patterns. Hence, the purpose of the present study was to compare the habits and knowledge related to the utilization of edible flowers (EF) in gastronomy among different countries, namely Brazil (in South America), Portugal (in the Iberian Peninsula) and Slovenia (in South Europe). For this, a questionnaire survey was applied to a sample of 559 participants, residing in the three countries listed above. The results showed that there were some significant differences in the form of consumption, as well as the types of EF consumed, with Slovenian participants consuming more frequently camomile, sunflower, marigold, pumpkin flower and rose. Regarding the reasons for eating EF, the Portuguese participants consider taste while those from Slovenia value more the decoration ability and the participants from Brazil value equally decoration and novelty. While in Portugal most of the participants eat EF cooked, in Slovenia and Brazil the trend is more towards eating them fresh. Regarding the risks associated to their consumption, the participants from Slovenia are those more aware of the risks, followed by Portugal and finally Brazil, where the participants are not conscientious of the possible problems that can derive from the ingestion of EF.

KEYWORDS: Edible flowers, Food security, Gourmet gastronomy, Questionnaire survey