Atlantic Stakeholder Platform Conference - 20 January 2015, Porto

The Atlantic Diet: why include food from the sea in your diet.

The Atlantic Diet is plenty of sea food consumption. Participants will have the opportunity to explore this healthy way of eating and learn how to focus their food choices on sea products.

Organiser: Cluster Alimentario de Galicia

1. Roberto Alonso Ferro (Moderator)
2. Ángeles Romero Rodríguez
3. María Isabel Filipe de Oliveira Braga da Cruz Guimaraes
4. Rosaura Leis Trabazo
5 .Manuela Vaz Velho

1. Key messages

The Atlantic Diet reflects a way of eating that is traditional to the countries surrounding the Atlantic.

The health benefits of this way of eating are many, as well as its business opportunities.

Innovation in this area can be fostered by increasing collaboration and developing cooperative projects.

2. Summary

Mª Angeles Romero Rodríguez is Doctor of Pharmacy and University Professor of the Department of Food Technology at the University of Santiago de Compostela.

She lectures, has conducted research, published articles and books in different subjects related to food, such as: sensory analysis, consumer studies, food technology, etc. She is Chair of the Scientific Committee of the Atlantic Diet Foundation and member of its Board of Trustees.

Her presentation was focused on explaining the functioning of the *Fundación Dieta Atlántica*.that was created in 2007 with the support of the *Universidade de Santiago de Compostela* (USC). She also introduced the Atlantic Diet giving some specific data about its benefits.

Isabel Oliveira is head of the Knowledge Division at PortugalFoods, the Portuguese Agrofood Cluster. She is dealing with the improvement of the competitiveness of the food industry in Portugal. She is also founder and manager at Wedotech, what is a Biotechnology based company acting in the Biotechnology and Engineering areas.

Her presentation was about explaining the activities of PortugalFoods related to the Atlantic. These activities are based in knowledge and internationalization in order to foster innovation and competitiveness while supporting networking.

Rosaura Leis is the Coordinator of the Gastroenterology, Hepatology and Nutrition Pediatric Unit of the Hospital Clinico Universitario de Santiago and Professor of Pediatrics of the University of Santiago de Compostela (USC).

She participates in several research groups and projects being member of the the ISCiii SAMID network, of the Scientific Committee of the Atlantic Diet Foundation and President of the Society of Nutrition and Dietetics of Galicia. She has also published several articles and books.

In her presentation, Rosaura Leis, facilitated several research data that confirm the distinctive features and benefits of the Atlantic Diet. She paid special attention to the sea food and its bioactive components and micronutrients.

Manuela Vaz Velho is Director of the School of Technology and Management at the Polytechnic Institute of Viana do Castelo. She also holds a PhD in Biotechnology Specialty Science and Food Engineering. She has led several research on food and she has published a lot of articles about the Atlantic Diet.

Her presentation was focused on the Atlantic Diet. Specifically, she mentioned its benefits and how the Atlantic Diet is part of the Atlantic Cultural Heritage. Taking this into account, in her words a better communication strategy should be promoted in order to reach the consumers. She also spoke about the Centro Europeu da DietaAtlântica(CEDA) that was set up in 2003 by four institutions from Portugal and Spain: Instituto Politécnico de Viana do Castelo (IPVC), Universidade de Santiago de Compostela (USC), Fundación Española de la Nutrición(FEN) and Asociación Galega para o Estudo da Dieta Atlântica (ASGAEDA).

3. Questions and answers

No questions raised by participants.

4. Follow up

We are working on an Interreg proposal around this topic.

5. Next Atlantic Stakeholder Platform Conference

Yes