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**The Traditional Diet of Greece in Health and
Economic Development**

**The Hellenic Presidency: A new beginning for
Growth based on Research and Innovation**

Athens, Greece

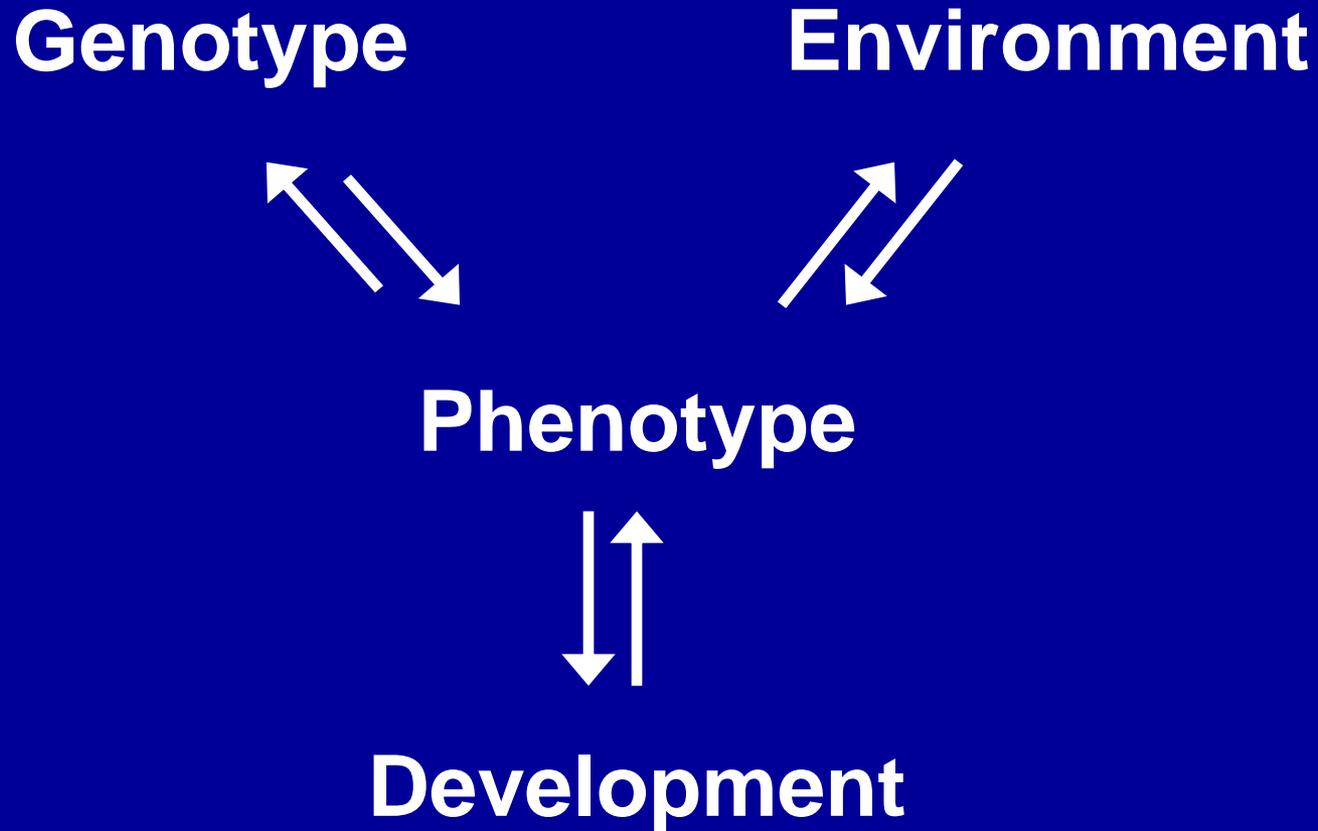
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The concept of positive health

Positive health requires a knowledge of man's primary constitution (what today we would call genetics) and of the powers of various foods, both those natural to them and those resulting from human skill (today's processed food). But eating alone is not enough for health. There must also be exercise, of which the effects must likewise be known. The combination of these two things makes regimen, when proper attention is given to the season of the year, the changes of the winds, the age of the individual and the situation of his home. If there is any deficiency in food or exercise the body will fall sick.

~Hippocrates

Relationships between genes, environment, and development are dynamic

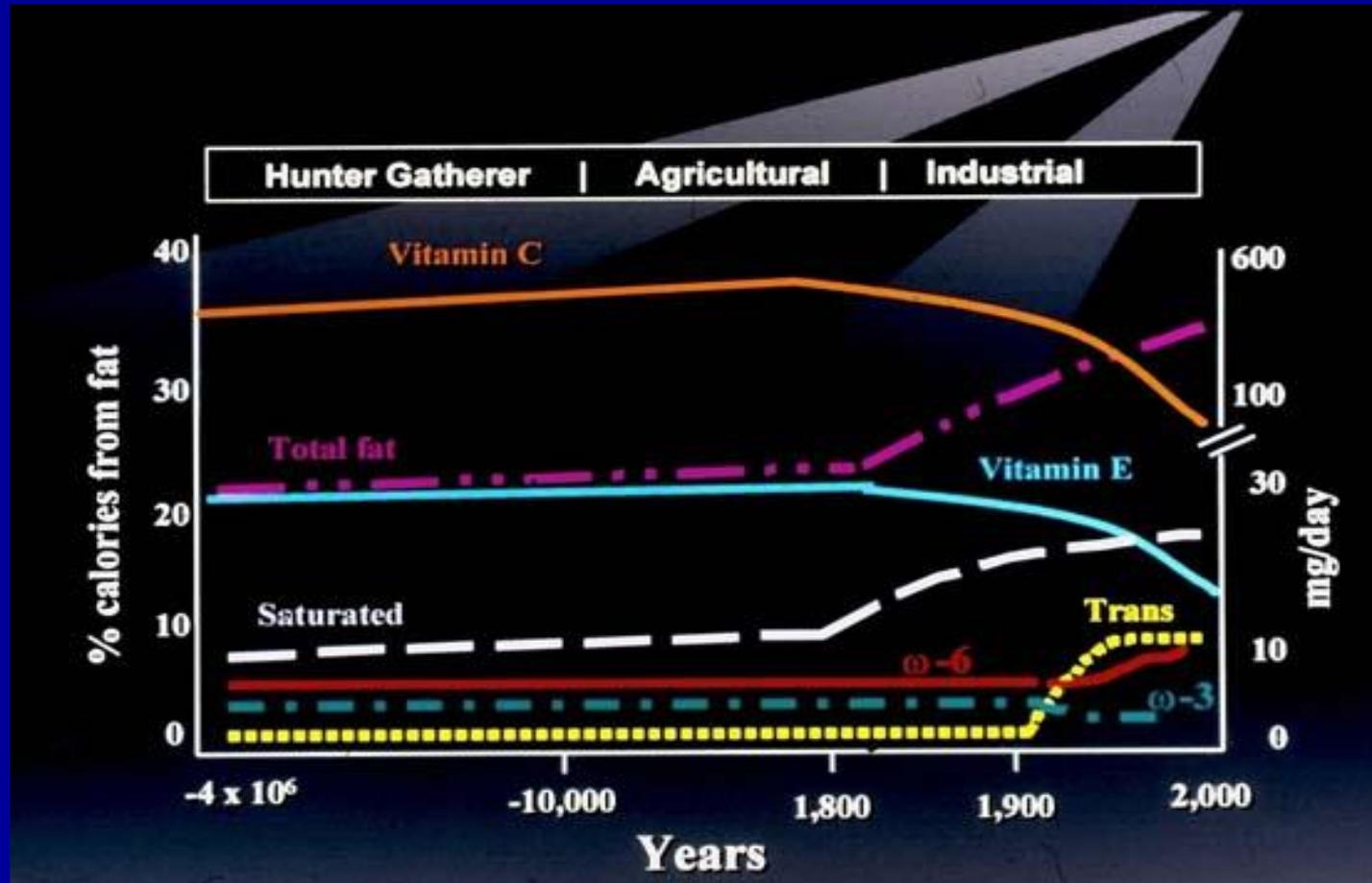


The Mediterranean Diets

Although Greece and the Mediterranean countries are usually considered to be areas of medium-high death rates (14.0-18.0 per 1000 inhabitants), death rates on the island of Crete have been below this level continuously since before 1930. No other area in the Mediterranean basin has had as low a death rate as Crete, according to data compiled by the United Nations in their demographic yearbook for 1948. It was 11.3-13.7 per 1000 inhabitants before World War II and about 10.6 in 1946-1948. Cancer and heart disease caused almost three times as many deaths proportionally in the United States as in Crete. The diet of Crete represents the traditional diet of Greece before 1960.

Reference: Allbaugh LG. Crete: A case study of an underdeveloped area. Princeton, NJ: Princeton University Press, 1953.

Hypothetical scheme of fat, fatty acid ($\omega 6$ and $\omega 3$, trans and total) intake (as percent of calories from fat) and intake of vitamins E and C (mg/d)



Simopoulos AP: Genetic variation and evolutionary aspects of diet. In: Antioxidant Status, Diet, Nutrition, and Health, Papas AM (Editor), CRC Press, Boca Raton, 1999, pp. 65-88.

Expand Research and Agro-biotechnology

Food as a Hormone:

- Dependent on its composition
- Nutrients influence gene expression
- Genetic Variation and Dietary Response
- Personalized Nutrition and Medicine

Economic Development

- Research to brand Greek foods  to increases in employment and economic development
- Healthier populations, better health  economic benefit and less medical expenses

The Mediterranean Basin: Greece, Italy and E.U.

The Mediterranean basin was and is a natural region: historically it has bequeathed major cultural legacies and has defined identities. One of those identities concerns what we eat. Never before has the Presidency of the European Union been held in the same year by the governments of Athens and Rome which creates a major opportunity to make 2014 “the year of the South.” E.U. then would shift agendas and take initiatives. Greece could advocate the establishment of a European Center or Foundation on its territory that connects Genetics, Nutrition and Fitness for Health as was originally developed by Hippocrates.