



**Symposium on  
“HEALTHY LIVING:  
The traditional CRETAN DIET and LIFESTYLE unique in the Mediterranean”**

Thursday, December 5, 2013, 3:00-5:00 PM  
Conference Room 1, Conference Building  
United Nations, Manhattan, New York

Admission: Advance registration by December 3<sup>rd</sup> 10:00am and a Government issued photo ID (Driving license or passport) will be required to enter UN Building (entrance 47 str. & 1<sup>st</sup> avenue).

The Symposium, under the auspices of the Permanent Mission of Greece to the UN, will deal with the subject of *Cretan Nutrition/Diet* and its benefits to a healthier and better living.

The Cretan Diet and Nutrition has been in use, in the island of Crete for the last 5,000 years, but it came to the attention of the world medical community in 1960s, after 15 years of research, by **Ancel Keys** and his colleagues from the University of Minnesota, **the famous 7 countries research**. The study surprised the researchers with its astonishing revelations that Cretan Diet and Nutrition was far superior on healthy living, longevity and disease prevention, especially on heart attracts, than any other parts of land or countries in the study. These health benefits were attributed, not only to the excellent climate of Crete and the joyful way of life, but mainly to the Cretan Nutrition and Diet. *The Cretan Nutrition/Diet* is considered to be one of the healthiest in the world and is based mainly on olives, olive oil, vegetables, legumes, fish and plenty of fruits and less meat and unsaturated fats.

Greetings to the Symposium participants will be given, among others, by **the Hon. Dora Bakoyannis**, former Minister for Foreign Affairs and member of the Greek Parliament and **Hon. Stavros Arnaoutakis**, Governor of Crete.

The speakers of the Symposium and the topics they will address

**Ms. Artemis Simopoulos MD**, Founder of the Center Genetics, Nutrition and Health

“**What is so special about the traditional Diet of Crete: The Scientific Evidence**”

**Mr. Dean Kromhout MPH PhD**, Prof. in Wageningen Univ. Netherlands “**The traditional Cretan Mediterranean diet and heart health. Results of 50 years of research in Seven Countries Study**”

**Mr. John Nathenas MD**, Chairman of the UN Symposium and President of DIAS “**The Cretan Lifestyle with “Cretan Diet” is the secret of a healthier living, unique among Mediterranean**”

**Ms. Nikki Rose**, Culinary Seminar Director “**Crete: The Roots of the Mediterranean Diet,**”

**Mr. Aris Kefalogiannis**, President of GAIA Company “**The importance of extra virgin olive oil in the Cretan diet and tips how to recognize and appreciate high quality olive oil**”

**IMPORTANT:** Name should be the same as government issued photo ID.

**For more information and reservations  
please call Ms. Georgia Kokkinidou at 917-661-8072 or email: [ggokkinidou@thorntontomasetti.com](mailto:ggokkinidou@thorntontomasetti.com)  
**DEADLINE FOR REGISTRATION by December 3 till 10:00 AM****