



A Joint Educational Event



## 3rd Cyprus Dietetic Association Conference

## 26th American Overseas Dietetic Association Conference

**Promoting Excellence in Nutrition Practice**

26 - 28 March 2004, Lefkosa - Cyprus

Much gratitude to our supporters:

**Cyprus Ministry of Health  
ADA, EFAD, ICDA,**

**Cyprus Registration Board for  
Dietitians**

Special thanks to our  
outstanding speakers

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**Translators**

**"The singing dietitian", Christina Christoudias**

## **Conclusions:**

- Dietitians can be leaders in their subject area
- Great Need to clarify the distinction between dietitian and nutritionist
- Treatment of obesity needs multi disciplinary intervention in order to be effective
  - Mediterranean Diet can/should be adjusted to cultural food habits & lifestyle of each country.
  - There are definite advantages in biotechnology-more research needed
  - The positive effects of phytosterols are now acknowledged
  - Sports and Nutrition can be defined as one of the specialty areas of dietetics/nutrition and nutrition can have a preventative role in eating disorders & improve the performance of athletes
  - Weight Management is a diverse subject due to psychological, physiological, cultural, and food-trends
  - Medical Nutrition Therapy and nutrient supplementation plays a significant role in the treatment of different diseases
  - Pediatric & Adolescent nutrition is significant for the outcome of a healthy adult