

# **Nutraceuticals in balancing redox status in ageing and age-related diseases**

**WGs Meeting of the NutRedOx COST Action CA16112  
Belgrade, March 2-3, 2020**



## **Book of Abstracts**

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## The word of welcome

*Dear colleagues,*

We would like to welcome you to the 3<sup>rd</sup> Group meeting within the NutRedOx CA16112 COST Action, which is entitled: “Nutraceuticals in balancing redox status in ageing and age-related diseases”. We hope that this gathering will enable us to shed more light on the healing nature of proper nutrition. Since ancient times, food was regarded as something more than a fuel for survival. The Greek doctor Hippocrates once said: “Let food be thy medicine and medicine be thy food.” Nutraceuticals or “nutritional medicines” could be the answer to difficulties encountered during aging, without neglect of official medications. In a society living longer than ever, health has become one of the most valuable assets. It would be comforting to know that in the near future old age is not associated with deteriorating quality of life.

This COST action was initiated in 2017, as a consortium of countries and scientists whose primary goal was to “focus on the impact of redox active compounds in food on healthy ageing, chemoprevention and redox control in the context of major age-related diseases”. By now, 34 COST participating countries and 6 Near Neighborhood Countries took part in this project, showing that there is great interest in this problem.

We are pleased that you have decided to take part in this mutual conversation, where many will present their recent work, through poster sessions, oral communications or simply by asking questions. One of the goals of this action is cooperation between laboratories by short term scientific missions, so we look forward hearing the results of these encounters. Although we are approaching the end of this joint venture, it is satisfying to know that participants are not yet tired, which is supported by the number of registrations and abstracts that will be presented. On this meeting 67 participants from 24 countries will take part.

Belgrade, an old city which is always young, embraced by two rivers, will be your host. We hope that you will enjoy its rugged charm and warm hospitality, its streets, restaurants and cultural heritage.

At the confluence of new ideas and experiences we again wish you a warm welcome.

*Your Local Organising Committee*

## **P15. OLIVE OIL CONSUMPTION AS AN INDICATOR OF MEDITERRANEAN DIET ADHERENCE IS NOT EDUCATION LEVEL-RELATED IN NORTH MACEDONIA**

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The consumption of olive oil is one of the hallmarks of the Mediterranean diet (MD). Being rich in polyphenols, olive oil is considered to underlie, at least in part, the much appreciated positive influence of MD on health preservation and longevity. The work to be presented is a part of a larger project, MeDiWeB (Mediterranean Diet and Wellbeing), conducted using an on-line questionnaire. One of the goals of MeDiWeB is to study the adherence to the MD among the citizens of North Macedonia, as a sub-Mediterranean country. The aim of the present work was to study the association between the education level of the participants and the amount of the consumed olive oil per day; therefore, only data obtained from these questions have been analyzed and will be presented. Our results demonstrate that in general, the citizens of North Macedonia do not use the olive oil as main cooking oil, and have a low amount of olive oil intake on a daily basis. This result was expected, since sunflower oil is used traditionally for cooking purposes. The results also demonstrate the lack of association between the level of participants' education and olive oil intake. It is expected that further analyses of the data collected with the MeDiWeB questionnaire will give a deeper understanding of the reasons for the low intake of olive oil in North Macedonia. In order to increase the olive oil intake, the general population should be better informed about the health benefits of regular olive oil consumption.