Program Highlights
• Scientific overview of Mediterranean diet food components for the prevention of chronic diseases
• Hands-on experience with food preparation and tastings
• Experience Verona’s industrial and agricultural activities that are tied to food and nutrition, an important part of Mediterranean culture
• Located in beautiful Verona, awarded world heritage site status by UNESCO for its urban structure and architecture
• Visit olive oil, pasta, and Parmesan cheese processing facilities

Apply Online
studyabroad.arizona.edu

Application Deadline
February 1st

Financing Study Abroad
Information about program costs, financial aid and study abroad scholarships can be found on the Study Abroad website.
Program fees subject to change

Sponsored by
College of Agriculture and Life Sciences
Department of Nutritional Sciences
Study Abroad & Student Exchange

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Gianni Martin
Mediterranean Diet and Health
Program Description

Mediterranean Diet and Health provides an opportunity for students to learn 1) how dietary patterns and foods associated with the Mediterranean diet modify the risk of chronic diseases including obesity, diabetes and cancer; 2) the impact of foods in the Mediterranean diet on regulation of metabolic pathways; 3) how food industry, food preparation, and food processing characteristic of the Mediterranean diet contribute to the culture and health of people living in the region; and 4) how inclusion of Mediterranean foods in the Western diet can improve quality of life and reduce morbidity/mortality.

Students enrolled in this program will have the opportunity to learn about the approach to food preparation, agriculture, and community-based cultural activities characteristic to the Mediterranean region. The culture of the Verona area in Northern Italy dates back to thousands of years to when the area was developed under Roman rule and later under Venetian, French, and Austrian influence.

Courses Available

NSC 455 (6 units). This summer program, open to both UA and non-UA students, begins with one week in Tucson, then continues for three weeks in Verona, Italy.

Faculty

Dr. Donato Romagnolo is Professor in the College of Agriculture and Life Sciences’ Department of Nutritional Sciences at The University of Arizona. He is a member of the Arizona Cancer Center and the Toxicology Center, The BIOS Institute for Collaborative Research, and the Southwest Environmental Health Sciences Center at the UA. He has published book chapters, monographs, and original research in numerous cancer and nutrition scientific journals. In his current position he promotes research that deals with the role of bioactive food components as regulators of expression of genes involved in cancer and inflammation.

Additional participation of faculty and nutrition experts will be included as needed to address specific areas of knowledge.