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programa Erasmus+
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Enriqueciendo vidas, abriendo mentes.

HELP-C

Healthy Eating Lifestyle and Prevention of Cancer
“From Beliefs to Evidences”



KA220VET

Erasmus Call: 22nd March 2023





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FINAL PARTNERS

Confirmed Partners:

- University of Granada. Faculty of Medicine. Departamento de Radiología y Medicina Física. Responsible researchers: Dr. Nicolás Olea Serrano ([Nicolás Olea Serrano | Universidad de Granada \(ugr.es\)](#)), Dra. Mariana Fátima Fernández Cabrera [Directorio de la Universidad de Granada > \(ugr.es\)](#) y José Expósito Hernandez [Directorio de la Universidad de Granada > \(ugr.es\)](#).
- University of Granada. Faculty of Pharmacy. Departamento de Nutrición y Bromatología. Responsible researcher: Maria Ester Molina Montes. [María Ester Molina Montes | Universidad de Granada \(ugr.es\)](#)
- Andalusian School of Public Health (EASP)
- International Partners:
 - CPIFP Hurtado de Mendoza. Spain
 - Lycee Pau Augier. Ecole hôtelière de l'excellence. Francia
 - Scuola professionale "Cesare Ritz". Italia
 - Anton Stifanica Porec. Croatia
 - Escola Profesional Vale do Tejo. Portugal
 - IPSSEOA "Giovanni Falcone". Italia
- Confirmed Associated Partners:
 - Asociación Española Contra el Cancer (AECC).
 - Provincial Federation of Hospitality and Tourism Businesses from Granada



Open Access Systematic Review

Evidence Update on the Relationship between Diet and the Most Common Cancers from the European Prospective Investigation into Cancer and Nutrition (EPIC) Study: A Systematic Review

by  Esther Ubago-Guisado^{1,2,3} ,  Miguel Rodríguez-Barranco^{1,2,3,*} ,  Ana Ching-López^{1,2,3} ,
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 María-José Sánchez^{1,2,3,13} 

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The European Prospective Investigation into Cancer and Nutrition (EPIC) is a multicentre prospective study conducted in 23 centres in 10 European countries. Here we review the findings from EPIC on the relationship between diet-related exposures and incidence or mortality from the four most frequent cancers in the European population: colorectal, breast, lung, and prostate cancer. We conducted a systematic review following PRISMA guidelines and identified 110 high-quality studies based on the EPIC cohort. Fruit and vegetable consumption had a protective effect against colorectal, breast, and lung cancer, whereas only fruit had a protective effect against prostate cancer. A higher consumption of fish and lower consumption of red and processed meat were related with a lower risk of colorectal cancer; and higher consumption of fatty fish with lower risk of breast cancer. Calcium and yogurt intake were found to protect against colorectal and prostate cancer. Alcohol consumption increased the risk for colorectal and breast cancer. Finally, adherence to the Mediterranean diet emerged as a protective factor for colorectal and breast cancer. The EPIC study results are in agreement with the latest evidence from leading authorities on cancer prevention and help to inform public prevention policies and strategies.

Ver texto completo



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SCHOOL PARTNERS

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Our experience

- <https://www.hurtadodemendoza.es/menus-oncosaludables/>





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Menús para pacientes con cáncer de próstata



Menús para pacientes con cáncer de pulmón





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WHY-JUSTIFY

- Erasmus+ Project Results (EPR)

- Cancer is a leading cause of death globally, accounting for over 18.1 million new cancer patients (2.7 million in Europe) and nearly 10 million cancer deaths (1.3 million in Europe) in 2020
- The World Cancer Research Fund (WCRF) Third Expert Report [2], based on evidence from multiple epidemiologic studies, concluded that diet, nutrition, alcohol intake, excessive body weight, and low physical activity are modifiable risk factors for developing several cancers.
- With regard to cancer incidence, a recent umbrella review concluded that there was sufficient evidence to conclude that several foods or nutrients were associated with cancer risk [3]. For instance, strong evidence was found for whole grains in relation to colorectal cancer risk. Other plant-based foods (vegetables, legumes, nuts and seeds, cereals, and vegetable oils), which are rich in fiber and other bioactive compounds, are also likely to play an inhibitory role in several carcinogenic mechanisms.
- There are many scientific studies that certify that the use of pesticides and chemical compounds in food encourage the appearance of cancer, as well as cardiovascular diseases, obesity, diabetes or hypertension, among others.



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WHY-JUSTIFY

- Food in the antropocene (The Lancet Summit) → There is substantial scientific evidence linking diets to human health and environmental sustainability. As stated in the EAT-Lancet commission report, global consumption of fruits, vegetables, nuts and legumes should double, and consumption of foods such as red meat and sugar should be reduced by more than 50%. In short, a diet rich in plant-based foods and with fewer animal-based foods confers good health and environmental benefits.



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Justification in terms of Law or Plans

- This project is framed in the line of Europe's Beating Cancer Plan – a main priority in the area of health of the von der Leyen Commission → Our project is aimed at both healthy people and survivors, i.e. people who have ever been diagnosed with cancer.
- **In Spain:** National Strategic Plan for the reduction of childhood obesity (2022-2030). Among the measures is: incorporating nutrition and gastronomy education in school curricula.
- In Italy: _____
- In Croatia: _____
- In Portugal: _____
- In France: _____



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Main Objectives

- Design, publish and disseminate a food recipe book to prevent cancer with typical dishes from each partner country.
- Strengthen the European framework of entrepreneurship skills of students through transnational meetings, both face-to-face and virtual, reinforcing ethical and sustainable thinking, as well as digital skills.
- Promote the internationalization of students in transnational meetings and raise awareness of the importance of applying good practices in the field of healthy eating, thus enhancing their softskills.
- Contribute to the achievement of Sustainable Development Goals by UNESCO linked to responsible production and consumption, promoting the development of organic and sustainable agriculture that contributes to environmental protection, animal welfare and rural development.



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WP2: Kick Off Training

- Where: Granada, Spain
- October 2023
- Target: 3 teachers from every school.
- Contents by University of Granada/EASP/CPIFP Hurtado de Mendoza:
 - Concept of endocrine disruption and endocrine disruptors (EDCs) - Examples of human exposure to EDCs
 - Endocrine Disruptors contaminants in food, food packaging and food preparation
 - Current evidence on the relationship between diet and cancer
 - Culinary processes and their impact on cancer.
 - Culinary nutrition and dietetics for the prevention of cancer.
- CPIFP Hurtado de Mendoza: our experience
- **Among final recommendations:** organic and local produce (lower carbon footprint), no processed meat, small size fish, fruits, vegetables, nuts, legumes and food preparation



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WP3: Writing recipes and preparation

- Where: Every country
- Year 2024
- How many? 3 starters, 4 main dishes and 2 desserts / per partner school

Stages	Year 2024
1.First draft/writing of the recipes (in English)	January
2.Review 1 from scientific core of researchers: Faculty of Medicine, Faculty of Farmacy and EASP.	February
3.Second draft of the recipes	March
4.Review 2 from scientific core	April
5.Final writing of the recipes.	May
6.Elaboration of the recipes by the school's students and photos	May/June
7.Final writing with pictures by each school (in English and each country's language)	Sept/Oct
8.Edition of the recipe book by an external company	November
9.Final recipe book (printed out and web)	December



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WP4: Multinational Recipe Exchange

- From January 2025 to January 2026
- Duration of every exchange: 3-4 days
- Recipe sharing and video recording

Mobility Program

- Example for Italy (Merano):
 - Mobility of partner schools to Merano: 4 students and 2 teachers per international partner school. 1 or 2 mobilities for the core of researchers.
 - Program of the week:
 - ✓ Day 1. Introduction of the school and presentation of the recipes to be developed.
 - ✓ Day 2. Pre elaboration of the recipes
 - ✓ Day 3. Pre elaboration of the recipes.
 - ✓ Day 4. Preparation, recording of the recipes and gala lunch or dinner.



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WP4: Multinational Recipe Exchange

Day 4 (last day)

1. Conference where the following contents will be discussed:

- Idea of the project.
- Evidence cancer and diet.
- Exhibition of the recipe book of Italy (Merano).
- Techniques and culinary elaborations carried out.
- Round table discussion.

2. Gala lunch: 50-60 people

- Target: Not only partner students and teachers will be invited to the event, but also other groups of interest decided by each partner school (business association, association against cancer, public administrations...).



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WP5. FINAL CONGRESS

- Where: EASP Assembly Hall (For 400 people and 2 interpreters' booths, and can host an unlimited number of online participants)
- May 2026
- Target groups: partners (2 teachers and 4 students per partner) + other guests.
- Other guests: Vocational Studies Teachers and Students of Cooking and Gastronomy and Catering Services from main hospitality schools from every country, hospitality schools of excellence, different administration groups, hospitals, AECC and other main group of interest proposed by the partners.





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WP5. FINAL CONGRESS PROGRAM DRAFT

- **Day 1.** Opening of the Conference. Session 1. (President Technical Committee AECC-Granada). José Luis Lizancos Berrio (Director C.P.I.F.P. Hurtado de Mendoza). Presentation of the table of papers. Pablo Amate (Director of the course of Gastronomy, Enology and Nutrition of the UGR. Member of the Royal Spanish Academy of Gastronomy). Session 2. Evidence from epidemiological research. EPIC study. M^a. José Sánchez Pérez (Director of the Granada Cancer Registry. EASP). Coffee break Session 3. Evidence from basic research. Emilio Martínez de Victoria Muñoz. (Professor of Physiology. Director of the Institute of Nutrition and Food Technology "José Mataix Verdú" of the University of Granada. INYTA). Session 4. Exhibition of the elaborations made by the students of the Catering Schools C. Ritz Merano (Italy), E.P. Vale do Tejo (Portugal), Turisticko-ugostiteljska skola Antona Stifanica Porec (Croatia). Session 5. Round table and conclusions of day 1. Lunch: Offered by the three culinary schools from session 4 in the facilities of CPIFP Hurtado de Mendoza.
- **Day 2.** Session 1. Nutritional influences in the development of different types of cancer. Mariana F. Fernández Cabrera (Teacher and Researcher of the UGR in Environment and Health). Migration of toxicants to food and its consequences on health. Nicolás Olea (Professor of Medicine at the University of Granada and Research Coordinator of the Clinical Hospital of Granada). Break Exhibition of the elaborations made by the students of the Schools of Hotel Management IPSSEOA G. Falcone Giarre (Italy), Lycee Hotellerie Tourisme Paul Augier (France) and CPIFP Hurtado de Mendoza (Spain). Session 4. Conclusions, round table and resolution of doubts. Lunch: Offered by the three culinary schools from session 4 in the facilities of CPIFP Hurtado de Mendoza.



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FUNDING

- 250.000€
- WP 2, 4 & 5 → Most funded
- WP 3 → No funding for menus (Each school fund them)
- Each host country will arrange room and board for the rest of the partners. And each sending country will organize their own flights
- 1000€/ per teacher mobility
- 700-800€ per student mobility.



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Important questionnaire

- <https://forms.gle/1sKTUtdWjifCtVgCA>
- Deadline: 20th February 2023



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