

## The Renaissance of the Rice Diet in Umbria and Tuscany

By Kitty Rosati, MS, RD, LDN

This is the year we will be actualizing our dream of taking the first group of Ricers on an Italian tour! Why not enjoy this milestone by being one of the first 16 to commit to going with us? Many of you have already had the opportunity to experience Italian cities with their incredible art, architecture, music and literary traditions. This trip, based in the country, and visiting vineyards, farms and small towns, will be a chance to observe and absorb the healthy Mediterranean lifestyle we have been discussing at the Rice Diet for years. Our home base will be in a lovely, family-run locanda (inn) near Orvieto in Umbria. The trip will include our favorite "finds" from many years of exploring the Tuscan and Umbrian hillside. In addition to our base camp being one of the most caring and warm B&Bs we've enjoyed, it is perfectly positioned for us to offer adventures to the following unforgettable experiences:



- We will tour the oldest **wine cellars** in the area, dating back to 1000 A.D. Of course we will enjoy wine tastings as well!
- We will see fresh **olives pressed** in old stone mills, and enjoy olive oil tastings from olives picked by hand, fresh that day. Freshly pressed olive oil on salt-free Tuscan bread, with "new" wine, followed by an entrée of fresh

truffles and olive oil on pasta are health-promoting pleasures that one should not miss!

- Our host and hostess are leaders in the Slow Food movement, an international association that is committed to educating people on the health and environmental importance of eating whole foods. The **cooking classes** will be done with a "health conscious" focus, using ingredients grown on the property as much as is possible. Our hosts have also agreed to cook with our specifications, which are as low as possible

in added salt, and naturally, following their own tradition of low saturated fat.

- **Etruscan tours** will amaze you with the discovery of a very ancient and mysterious civilization.
- For those budding linguists, there are optional **Italian courses** offered by internationally known teachers.
- Another option you might enjoy is a day at one of the famous **hot spring spas**.
- **Shopping** in Orvieto and Assisi is fantastic. We have planned a trip to Deruta, which is considered the best and least expensive place to shop for Italian ceramics.

- Options for those who are more active include **horse back riding tours** in the Umbrian countryside, accompanied by an Orvieto Riding Club instructor or a botanical walk.

The **botanical walk** is among a collection of thousands of plants, where you can enjoy discovering perfumes and drink teas grown in the garden.

Except for the horse back riding and walking tours, the above activities can be enjoyed by mobile persons capable of walking ¼ mile. Most of the rooms require walking 1-2 flights of stairs. **Please call** Susan Levy at (919) 383-7276 ext. 226 to express your interest in our Rice Diet Renaissance Tour with the Rosatis! At this moment we have the first week of December booked at the B&B outside Orvieto. We plan a 10 day/9 night adventure. We need to hear from you by **April 1st** to insure that your spot is reserved.



Dr. Rosati (with Olive Oil) in Italy 2004

## Dr. Rosati in the News

In September of last year Dr. Rosati was honored as one of the founders of the Duke Databank for Cardiovascular Diseases.

When the databank was conceived in the '60s, it was envisioned as a database specific to patients treated at Duke. Since that time it has expanded to include other institutions and statistical methods to analyze follow-up data and look at the cost effectiveness of diagnostics and treatment strategies for cardiovascular disease. The databank currently includes information on over 160,000 patients (the largest in the world).

"I remember going to a meeting with Bob Rosati in the sixties and being laughed at because of our notion that computers could make a difference in medicine," said Rob Califf, M.D., director of the Duke Clinical Research Institute.

Comments or questions about the Rice Paper can be directed to Susan Levy at (919) 383-7276 ext. 226 or write to us at [ricepaper@ricediet.com](mailto:ricepaper@ricediet.com). Please send us an email if you would prefer to receive this newsletter electronically.



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