Abstract
This paper stems from the special lecture given by the author at 20th International Congress of Nutrition, held from 16 to 20 September 2013 in Granada (Spain), following for his appointment as “Living Legend” of the International Union of Nutritional Sciences (IUNS), in recognition of his outstanding contribution to research and development in nutritional science. The development of nutrition in Spain from the 1960s to the present, which the author had the opportunity to experience first hand, is described. The contribution covers an extensive period in the history of this science, and highlights the advances made in our knowledge of nutrition and several of the misunderstandings that existed and still exist in this science: 1) The Anglo-Saxon dietary pattern and the high incidence of death from myocardial infarction, and the subsequent recognition of the Mediterranean diet as a model of a varied and balanced and healthy eating. 2) The relationship between cardiovascular disease and the consumption of oily fish. Since the discovery of the synthesis of prostaglandins makes it clear that fish fat is heart-healthy. 3) The epidemic of prosperity, overweight and obesity and the appearance of miracle diets. However, there are not miracles, the only solution being a healthy lifestyle and a balanced hypocaloric diet. 4) In the field of nutrition, diet and health, the harmful effect of: “In my opinion”, a single allusion that undermines all science. The author also acknowledges all the researchers whose efforts, tenacity and enthusiasm have contributed to the advances made in nutrition science in Spain.

Keywords
Spanish nutrition researchers