

## Scientific Programme

**37<sup>TH</sup> INTERNATIONAL SYMPOSIUM ON DIABETES AND NUTRITION**  
 ABBEY ROLDUC, KERKRADE, THE NETHERLANDS, JUNE 12-15, 2019

### WEDNESDAY JUNE 12<sup>TH</sup>, 2019

10:00	<b>Registration open:</b> Lobby-LOUNGE of the Abbey <b>Posters placement:</b> ZAAL 2
13:00 – 13:15	<b>OPENING CEREMONY:</b> AULA MINOR Ellen Blaak (The Netherlands) and Fred Brouns (The Netherlands)
13:15 – 13:45	<b>PLENARY LECTURE</b> <b>Chairs:</b> Ellen Blaak and Fred Brouns Current nutrition treatment guidelines in diabetes worldwide (Jim Mann, New Zealand)
13:45 – 15:45	<b>SESSION 1: IMPORTANCE OF CARBOHYDRATE QUALITY IN PREVENTION AND MANAGEMENT OF CARDIOMETABOLIC DISEASES</b> <b>Chairs:</b> John Sievenpiper (Canada) and Cyrill Kendall (Canada)
13:45 – 14:05	Carbohydrate quality scores and population health (Geoffrey Livesey, UK)
14:05 – 14:25	Glycemic index and load in diabetes prevention: Lessons learned from PREVIEW (Anne Raben, Denmark)
14:25 – 14:45	Beyond Porridge: Managing cardiometabolic risk with oats and barley (Vladimir Vuksan, Canada)
14:45 – 15:05	Lactose from dairy products and cardio-metabolic health (Fredrik Rosqvist, Sweden)
15:05 – 15:15	Replacing refined starch snacks with almonds on cardiometabolic health: New data from the ATTIS trial (Wendy Hall, United Kingdom)
15:15 – 15:25	Systematic review and network meta-analysis of non caloric sweetened beverages versus water and glycemic control (Néma McGlynn)
15:25 – 15:45	Panel discussion (all speakers and Tom Wolever)
15:45 – 16:15	<b>COFFEE BREAK, ZAAL 4, FOYER</b>
16:15 – 17:55	<b>SESSION 2: PROTEIN QUALITY AND QUANTITY AND DIABETES</b> <b>Chairs:</b> Ursula Schwab (Finland) and Hana Kahleova (Czech Republic)
16:15 – 16:35	Protein in the treatment of diabetes: animal versus plant-based (Andreas Pfeiffer, Germany)
16:35 – 16:55	Nutrition, diabetes and the anabolic resistance of aging (Luc van Loon, The Netherlands)
16:55 – 17:15	Dairy/protein intake and diabetes (Sabita Soedamah-Muthu, The Netherlands)
17:15 – 17:25	Whey protein combined with low fiber improves the lipid profile in abdominally obese subjects in a 12 week dietary intervention study: involvement of ApoB48, ApoB100 and adipose tissue LPL activity (Søren Gregersen, Denmark)



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17:25 – 17:35	Dairy products consumption in the prevention of metabolic syndrome: a systematic review and meta-analysis of prospective cohort studies. (Guillermo Mena-Sánchez)
17:35 – 17:55	Panel discussion (all speakers)
18:00 – 19:30	<b>SESSION 3: NETWORK POSTER SESSION WITH DRINKS AND BITES</b> Oral poster presentation and explanation session. Presenters have to stand with their poster.
20:00	<b>ALL PARTICIPANTS SOCIAL GATHERING, DINNER, DRINKS: GROTE EETZAAL</b>

### THURSDAY JUNE 13<sup>TH</sup>, 2019

08:30 – 10:00	<b>SESSION 4: DIETARY FAT QUALITY AND QUANTITY AND CARDIOMETABOLIC HEALTH</b> <b>Chairs:</b> Ulf Riserus (Sweden) and Jordi Salas Salvado (Spain)
08:30 – 08:50	Quantity and quality of lipids in diabetes prevention (Ursula Schwab, Finland)
08:50 – 09:10	Diet and hepatic steatosis (Leanne Hodson, United Kingdom)
09:10 – 09:30	Dietary fat quality and beta-cell dysfunction (Miriam Cnop, Belgium)
09:30 – 09:40	The effects of two energy restricted diets differing in nutrient quality on metabolic health in obese men and women; a randomized controlled trial (Lydia Afman, The Netherlands)
09:40 – 10:00	Panel discussion (all speakers)
10:00–10:55	<b>SESSION 5: THE MICROBIOME AND DIABETES</b> <b>Chairs:</b> Anne Marie Aas (Norway) and Emanuel Canfora (The Netherlands)
10:00 – 10:20	Prebiotics and probiotics in metabolic health (Koen Venema, The Netherlands)
10:20 – 10:40	Diet, microbiome and metabolic health (Gary Frost, United Kingdom)
10:40 – 10:55	Panel Discussion (all speakers)
10:55 – 11:25	<b>COFFEE BREAK, ZAAL 4, FOYER</b>
11:25 – 12:55	<b>SESSION 6: FRUIT SOURCES IN DIABETES – FRIEND OR FOE?</b> <b>Chairs:</b> Cyril Kendall (Canada) and John Sievenpiper (Canada) and Monica Bullo (Spain)
11:25 – 11:45	Fruit sources and cardio-metabolic health in the PREDIMED study (Jordi Salas Salvado, Spain)
11:45 – 12:05	Dried fruit in diabetes (David Jenkins, Canada)
12:05 – 12:25	Fruit juices in diabetes – a cause for concern? (John Sievenpiper, Canada)
12:25 – 12:35	Relation of different fruit sources with incident cardiovascular outcomes: a systematic review and meta-analysis of prospective cohort studies (Andreea Zurbau, Canada)
12:35 – 12:55	Panel discussion (all speakers)
12:55 – 14:25	<b>LUNCH, GROTE EETZAAL</b>

14:25 – 15:35	<b>SESSION 7: NUTRITION, INSULIN RESISTANCE AND THE BRAIN</b>
	<b>Chairs:</b> Tanja Adam (The Netherlands) and <i>tbd</i>
14:25 – 14:45	Nutrients and the central control of metabolism (Mireille Serlie, The Netherlands)
14:45 – 15:05	Diet and cognitive function in diabetes (Louise Dye, United Kingdom)
15:05 – 15:15	Striatal activity decreases following the intragastric infusion of glucose and lipids in the brain (Katy van Galen, The Netherlands)
15:15 – 15:35	Panel discussion (all speakers)
15:35 – 16:05	<b>COFFEE BREAK, ZAAL 4, FOYER</b>
16:05 – 17:25	<b>SESSION 8: FOOD INTAKE &amp; CIRCADIAN RHYTHM AND METABOLIC HEALTH</b>
	<b>Chairs:</b> Simone Eussen (The Netherlands) and Dario Rahelic (Croatia)
16:05 – 16:25	Timing of food intake and circadian rhythm (Andries Kalsbeek, The Netherlands)
16:25 – 16:45	Intermittent fasting and metabolic health (Courtney M. Peterson, United States)
16:45 – 17:05	Breakfast skipping and glycemic control (James Betts, United Kingdom)
17:05 – 17:25	Panel discussion (all speakers)
17:25 - 18:05	<b>SESSION 9: SHORT TALKS</b>
	<b>Chairs:</b> Charilaos Dimosthenopoulos (Greece) and Geoffrey Livesey (UK)
17:25 – 17:35	Modulation of sweet taste intensity using heterogenous distribution of sugars in liquid foodstuffs and its impact on postprandial metabolic response (Sameer Kulkarni, Switzerland)
17:35 – 17:45	Does the risk variant of the obesity-associated gene FTO rs9939609 affect insulin sensitivity in adults with obesity class 2 and 3? (A de Soysa, Norway)
17:45 – 17:55	Eating behavior associates with diet in men with impaired glucose metabolism (K Malkki, Finland)
17:55 – 18:05	Is there a soft drink vs. alcohol seesaw? A cross-sectional analysis of dietary data in the Australian Health Survey 2011-12 (T Wong, Australia)
18:30	<b>ALL PARTICIPANTS BUS DEPARTURE FOR EXTERNAL TOUR, DINNER, DRINKS</b>

**FRIDAY JUNE 14<sup>TH</sup>, 2019**

08:30 – 09:30	<b>SESSION 10: NON-CALORIC SWEETENERS AND METABOLIC HEALTH: A DEBATE</b>
	<b>Chairs:</b> Per Bendix Jeppesen (Denmark) and Edith Feskens (The Netherlands)
08:30 – 08:50	Taking it personally: low calorie sweeteners, gut microbiome and metabolic health (Suez, Israel)
08:50 – 09:10	Low calorie sweeteners and metabolic health: evidence indicates benefits (John Sievenpiper, Canada)
09:10 – 09:30	Panel discussion (all speakers and Jennie Brand-Miller)



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09:30 – 10:30	<b>SESSION 11: SHORT TALKS</b>
	<b>Chairs:</b> Anastasia Thanopoulou (Greece) and Suzanne Bowser (The Netherlands)
09:30 – 09:40	High dietary glycemic load is associated with higher concentrations of plasma and urinary advanced glycation endproducts: The CODAM Study (Kim Maasen, The Netherlands)
09:40 – 09:50	Changes in gut microbiota composition in response to a plant-based diet are related to changes in weight, body composition and insulin sensitivity (Hana Kahleova, USA)
09:50 – 10:00	Circulating but not fecal SCFA are related to GLP1 secretion, systemic lipolysis and insulin sensitivity (Mattea Müller, The Netherlands)
10:00 – 10:10	Effect of hydroxytyrosol administration, an olive oil phenolic compound on weight and fat loss: preliminary data from a randomized trial (Charilaos Dimosthenopoulos, Greece)
10:10 – 10:20	Dietary linoleate (18:2n-6) is not more readily oxidized than palmitate (16:0) but appears preferentially partitioned to phospholipids (Fredrik Rosqvist, United Kingdom)
10:20 – 10:30	A whole diet approach does not improve metabolic flexibility and insulin sensitivity but alters postprandial glucose profiles in overweight and obese adults (Eva Fechner, The Netherlands)
10:30 – 11:00	<b>COFFEE BREAK, ZAAL 4, FOYER (POSTERS - ZAAL 2)</b>
11:00 – 12:00	<b>SESSION 12: CARBOHYDRATE QUANTITY IN DIABETES PREVENTION: A DEBATE</b>
	<b>Chairs:</b> Jim Mann (New Zealand), Andreas Pfeiffer (Germany)
11:00 – 11:20	Role of carbohydrate restriction in the pathophysiology and management of type 2 diabetes (Hanno Pijl, The Netherlands)
11:20 – 11:40	Carbohydrate quantity in the dietary management of type 2 diabetes (Anne Marie Aas, Norway)
11:40 – 12:00	Panel discussion (all speakers and Fred Brouns)
12:00 – 13:00	<b>LUNCH: GROTE EETZAAL</b>
13:00 – 14:40	<b>SESSION 13: DOES ONE SIZE FIT ALL: PERSONALISED AND SUBGROUP-BASED NUTRITION</b>
	<b>Chairs:</b> Anne Raben (Denmark) and Gijs Goossens (The Netherlands)
13:00 – 13:20	Diet and gut microbiota interactions in personalised nutrition (Rikard Landberg, Sweden)
13:20 – 13:40	Personalised nutrition, glucose control and insulin sensitivity (Ellen Blaak, The Netherlands)
13:40 – 14:00	Personalised nutrition, inflammation and diabetes (Helen Roche, Ireland)
14:00 – 14:10	The impact of Personalised lifestyle advice as compared to regular care in newly diagnosed type 2 diabetics in Hellegom (Iris de Hoogh, The Netherlands)
14:10 – 14:20	Metabolic response to cereal fiber supplementation in subjects with prediabetes is depending on baseline glycemic and anthropometric status (OptiFIT) (Nina Meyer, Germany)
14:20 – 14:40	Panel discussion (all speakers and Jotham Suez)
14:40 – 15:10	<b>COFFEE BREAK, ZAAL 4, FOYER (POSTERS - ZAAL 2)</b>

15:10 – 15:35	<b>SESSION 14: DNSG PROGRAM AND ACTIVITIES UPDATES</b>
	<b>Chairs:</b> Ursula Schwab (Finland), Ulf Riserus (Sweden), Ellen Blaak (The Netherlands)
15:10 – 15:25	DNSG Clinical Practice Guidelines for Nutrition Therapy update (Andreas Pfeiffer, Germany)
15:25 – 15:35	36 <sup>th</sup> ISDN Opatija, Croatia Recap Video (Dario Rahelic, Croatia)
15:35 – 15:45	<b>ANNOUNCEMENT NEXT DNSG MEETING</b>
	<b>Chairs:</b> Ursula Schwab (Finland), Ellen Blaak (The Netherlands)
	Invitation to the 38th International Symposium on Diabetes and Nutrition in Spain (Jordi Salas-Salvado, Spain)
15:45 – 15:55	<b>CLOSURE OF SYMPOSIUM</b>
	Ellen Blaak (The Netherlands) and Fred Brouns (The Netherlands)
16:00 – 17:00	<b>GENERAL ASSEMBLY</b> (Ursula Schwab, Finland)
18:00 – LATE	<b>BUS DEPARTURE FOR SURPRISE TOUR AND DNSG AWARDS DINNER PARTY</b>