

# International Carbohydrate Quality Consortium (ICQC) meeting



Toronto- June 9<sup>th</sup>, 2015

Intercontinental Toronto Yorkville Hotel  
220, Bloor St. West, Toronto

## Agenda

**9:00 Breakfast**

**9:30 Welcome note and update of ICQC activities** (David Jenkins, Cyril Kendall, Livia Augustin, Canada)

**Session 1 - 9:45 - 11:20 Update on glycemic index methodology, labelling and guidelines.**

- 9:45 Glycemic Index (GI), glycemic load (GL) and glycemic response (GR): Update on methodological issues (Tom Wolever, Canada)
- 10:05 Pilot GI test lab accreditation program (Alan Barclay, Australia)
- 10:25 Post-prandial glycemic claims: the Canadian perspective (Alfred Aziz, Health Canada)
- 10:45 Nutrition and health claims on post-prandial glycemic responses: EFSA's perspective (Silvia Valtuena Martinez, EFSA)
- 11:05 Discussion

**Coffee break: 11:20 – 11:30**

**Session 2 – 11:30 – 13:15 Where are we at with GI research? Any new evidence since Stresa 2013?**

- 11:30 OmniCarb Study and its interpretations (Frank Sacks, USA)
- 11:50 Progress on the PREVIEW study and new study proposal (Jennie Brand-Miller, Australia)
- 12:10 Latest findings from low GI studies in Toronto (David Jenkins, Canada)
- 12:30 Discussion
- 12:45 New GI measurements - some recent findings and remaining gaps (Anette Buyken, Germany)
- 13:00 Update on GI pasta studies in Italy (Furio Brighenti, Italy)

**Lunch: 13:15 – 14:30**

**Session 3 – 14:30 – 15:50 Where are we at with other healthy carbohydrates?**

- 14:30 Is there a role for high GI wholegrain foods in a healthy diet? (Gabriele Riccardi, Italy)
- 14:50 Effect of processing on post-prandial blood glucose response of lentils (Dan Ramdath, Agriculture Canada)
- 15:10 Update on fructose research (John Sievenpiper, Canada)
- 15:30 Is a gram of fiber a gram of fiber? (Vladimir Vuksan, Canada)

**Coffee break: 15:50 – 16:00**

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## Session 4 - 16:00 – 17:30 Industry perspective

- 16:00 The Consumer Carb Confusion: one industry response (Saul Katz, SoLo GI, Canada)
- 16:15 Slowly digestible carbohydrates: how do they work and can we design novel ones (Christine Pelkman, Ingredion, USA)
- 16:30 Starch digestibility and glycemic response: Mechanism and regulatory perspective (Nathan Matusheski, Mondelez, USA)
- 16:45 Lowering glycaemia – snapshots on recent findings for prebiotic fibres and novel carbohydrate ingredients (Stephan Theis, Beneo, Germany)
- 17:00 Supporting the GI message (Graham Liney, Agrico, Australia)
- 17:15 Discussion

## Session 5 - 17:30 - 18:30 Future of ICQC: where do we go from here?

- a. How should we move forward with carbohydrate research?
- b. Research collaborations – planning future studies.
- c. Is there a need to create ICQC reporting guidelines for GI/GL dietary assessments in epidemiological studies?
- d. What is the role of the ICQC?
- e. Should we also focus on translating the science into practical use as part of our objectives?
- f. Fundraising
- g. Planning our third meeting.
- h. Summary of ICQC meeting to be presented at the 33<sup>rd</sup> International Symposium on Diabetes and Nutrition (part of EASD) on June 12<sup>th</sup>, 2015 in Toronto.

Cocktail Reception: 19:00 – 21:00

**Toronto 3D**  
Knowledge Synthesis & Clinical Trials foundation



**GI Labs**

**GENERAL MILLS**

**beneo**  
institute  
connecting nutrition and health



**Ingredion**

**Kellogg's**

**Mondelez International**



**SunRain**  
POTATO VARIETIES

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### **International Carbohydrate Quality Consortium (ICQC)**

Chairs: David J.A. Jenkins and Walter C. Willett.

Members: Arne Astrup, Livia S. Augustin, Sara Baer-Sinnott, Alan W. Barclay, Inger Björck, Jennie C. Brand-Miller, Furio Brighenti, Anette E. Buyken, Antonio Ceriello, Cyril W.C. Kendall, Carlo La Vecchia, Geoffrey Livesey, Simin Liu, Andrea Poli, Gabriele Riccardi, Salwa W. Rizkalla, John L. Sievenpiper, Antonia Trichopoulou, Thomas M.S. Wolever.