

Minutes from the DNSG General Assembly Varna, Bulgaria 2008-06-28

The meeting was opened by the Chairman at 15:30.

1. Meeting in Varna:

- a. During the meeting 12 lectures were presented including 2 sessions with Pro-Con argumentations and 27 free abstracts.
- b. TOPICS:
 - I. In particular the role of fibers, their types and mechanisms of action and their potential role in diabetes therapy were extensively discussed, both in plenary lectures and free presentations. The role of viscous fibers vs insoluble fibers, the role of sourdough fermentation and fiber processing, the immune regulation by fibers, the contradiction of epidemiological studies which associate benefits primarily with insoluble fibers, the lack of prospective studies demonstrating benefits of insoluble fibers and the lack of mechanisms of action were addressed. This discussion included the potential role of pre- and probiotics and the potential role of intestinal micro biota in fiber actions.
 - II. Glycaemic regulation, hyperglycemia, the role of intermittent and continuous glucose monitoring in relation to meal quality and quantity were an important topics. The role of fructose and its desirable quantity and consequences in diabetes, carbohydrate and lipid metabolism were discussed.
 - III. Several abstracts reported about progress in molecular understanding of mechanisms of action of nutrient components and their specific roles in diabetes.
 - IV. Herbal medicines and progress in the understanding of their effectiveness and mechanisms of action was reported.

2. Website

- a. Shift of site to EASD: The website of the DNSG will be run in future within the EASD website. Brian Carey (Brian.carey@easd.org) has been contacted and is the website responsible at the EASD office. Uploading of future DNSG meeting programs and further information about the activities of the DNSG will be possible via the EASD.
- b. Lectures from the meetings will be uploaded if the speakers agree and provide the files.

3. Future Meetings:

- a. The meeting 2009 will be in Potsdam, Germany from June 25 – 28.
- b. The DNSG meeting in Oslo 2010 will be organized by Ingrid L. Mostad. She proposed to change the date of the Meeting to the end of May which would allow associating the DNSG meeting to the Norwegian Diabetes Meeting. This proposal was criticised as many members might get into conflict with other meetings. Changing the date would discontinue the tradition of the DNSG

meeting since its existence, is the end of the week following the Midsummer weekend.

- c. The meeting 2011 will be in Rome and is organized by Gertude Mingrone.
- d. The meeting 2012 was discussed and will be held in Greece

4. New Members:

- a. The following new members applied for membership and were accepted and welcomed by the general assembly
 - I. Mette Axelsen, PhD, Sahlgrenska Academy, Univ Gothenburg
 - II. Tomasz Klupa MD, PhD, Jagiellonian University, Dept. of Metabolic Diseases, Krakow

5. Attraction of new DNSG participants

- a. The awareness of the DNSG still is moderate in the EASD and raising awareness among specialists continues to require activities. The members should consider introducing young coworkers to make them aware of the attractiveness of the meetings which provide outstanding opportunities for scientific discussion and social activities at a European level
- b. Invitation of active scientists in nutrition with potential interest in the group.
- c. Advertisement of the meeting in Diabetologia.

6. Nutritional recommendations:

- a. The DNSG guidelines are frequently cited and compared to other guidelines, especially those of the ADA. In view of current discussions about carbohydrate quantity and quality as well as protein contents of the diet they may need to be revised.
 - T2DM - carbohydrate quantity, protein quantity; T1DM – protein and insulin dosage adjustment, carbohydrate counting and glycemic index, second meal effects

7. Awards:

- a. The Young Investigator Award (Supported by NOVO Germany):
Jenni Lappi (Finland)
- b. Young Investigator Travel Award (supported by Nutricia, Danone Medical Nutrition):
John Sievenpiper (Canada)
Oezlem Goegebakan (Germany)

8. Treasurer's Report:

- a. The amount available of our account is exact € 8.300,00.

9. Meeting in Potsdam

- a. A preliminary program for the DNSG Meeting in Potsdam 2009 June 25 – 28 was provided. A flyer will be presented at EASD in Rome for invitation with the preliminary program.
- b. An announcement in Diabetologia via the EASD page will be submitted.

The meeting was closed at 16:30

Other activities of the DNSG in 2007 – 2008:

1. EU: *Council Directive 90/496/EEC on nutrition labelling for foodstuffs and Council Directive 2000/13/EEC on the approximation of the laws of the Member States relating to the labelling, presentation and advertising on foodstuffs*: The DNSG supported the Statement of the IDF on food labelling which requests detailed information on (a) energy value and the following nutrients: protein, carbohydrate, fat, of which saturated fat, fiber, sodium. Alcoholic beverages should contain alcohol content per 100 g or 100 ml and carbohydrate content.
2. Codex alimentarius of the International Food Standards Programme and Nutrition Claims has proposed a new definition of “dietary fibre”, which was commented by Jim Mann (who is also chairperson of the WHO/FAO Expert Scientific Group on Carbohydrates). The General Assembly of the DNSG in Kuopio 2007 had agreed to submit the following document via the EASD secretariat: *“The General Assembly of the DNSG of the EASD wishes to comment on the definition of “dietary fibre” proposed by CODEX ALIMENTARIUS. The General Assembly notes that many of the proposed benefits of “dietary fibre” relate to the prevention and treatment of diabetes. The General Assembly expresses grave concern regarding a definition of “dietary fibre” which includes all oligosaccharides and polysaccharides which are not digested in the small intestine and have some physiological effects. Some synthetic and extracted non-digestible carbohydrates which meet this definition have not been proven to have significant long-term benefits and may have adverse effects. The General Assembly suggests strongly that discussions be held with representative relevant scientific bodies before accepting a new definition for “dietary fibre”.* This document was submitted.