



Diabetes and Nutrition Study Group

38TH INTERNATIONAL SYMPOSIUM ON DIABETES AND NUTRITION JUNE 21-24, 2021 (ONLINE)

MONDAY JUNE 21ST, 2021

15:00 – 15:10	OPENING CEREMONY
	Jordi Salas-Salvadó (University Rovira i Virgili, Spain)
	10 minutes to connect to the next session
15:20 – 16:45	SESSION 1: MEAL REPLACEMENTS FOR LONGTERM WEIGHT LOSS AND MAINTENANCE: THE WAY FORWARD FOR DIABETES PREVENTION AND REMISSION?
15:20 – 15:25	Chairs: A-M Aas (Norway) , Simin Liu (USA)
15:25 – 15:45	Is there a role for diabetes specific meal replacements in nutrition therapy for type 2 diabetes? Jeffrey Mechanick. The Mount Sinai School of Medicine, USA.
15:45 – 16:05	Meal replacements for weight related complications in type 2 diabetes: What is the state of the evidence? John Sievenpiper. University of Toronto, Canada.
16:05 – 16:25	Total diet replacement in the context of an intensive lifestyle intervention for remission of type 2 diabetes: Lessons learned from DIRECT. Mike Lean. University of Glasgow, United Kingdom.
16:25 – 16:30	Oral abstract 1 – Diabetes-specific formulas high in monounsaturated fatty acids and metabolic outcomes in patients with diabetes or hyperglycaemia: A systematic review and meta-analysis. Maria Camprubi Robles, Abbott
16:30 – 16:45	Panel discussion (All speakers)
	15 minutes BREAK
17:00 – 18:40	SESSION 2: CARBOHYDRATES AND DIABETES: THE IMPORTANCE OF QUALITY VERSUS QUANTITY
17:00 – 17:05	Chairs: C Kendall (Canada) , G Livesey (United Kingdom)
17:05 – 17:25	Dietary fibre (beta glucans) and health claims: is it time for a reassessment? Thomas Wolever. University of Toronto, Canada.
17:25 – 17:45	Defining a quality carbohydrate food: the importance of nutrient density and dietary patterns Adam Drenowski. University of Washington, USA.
17:45 – 18:05	Low-calorie ("Artificial") Sweeteners and health: Are a lack of research and reporting standards contributing to the confusion? Peter Rogers, University of Bristol, UK.
18:05 – 18:25	Glycemic Index and Load for cardiometabolic health: a matter of quality interaction. Simin Liu. Brown University, USA.
18:25 – 18:40	Panel discussion (All speakers)
	10 minutes to connect to the next session



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18:50 – 19:40	SESSION 3: “PLENARY LECTURE”
18:50 – 18:55	Chairs: U Schwab (Finland) , U Risérus (Sweden)
18:55 – 19:05	Historic overview of Type 2 Diabetes and Nutrition Guidelines. Jim Mann. University of Otago, New Zealand.
19:05 – 19:25	Presentation of the DNSG 2021 Dietary Guidelines for Type 2 Diabetes. Andreas F. H. Pfeiffer. Charité University Hospital, Germany
19:25 – 19:40	Panel discussion (All speakers)

TUESDAY JUNE 22ND, 2021

15:00 – 16:25	SESSION 4: T2D AND BRAIN DYSFUNCTION
15:00 – 15:05	Chairs: A Pfeiffer (Germany) , C Dimosthenopoulos (Greece)
15:05 – 15:25	Changes in food reward during weight management interventions. Graham Finlayson. University of Leeds, United Kingdom.
15:25 – 15:45	Diet on brain insulin resistance and cognitive impairment. Hubert Preissl. Institute for Diabetes Research and Metabolic Diseases, Helmholtz Center Munich and University of Tübingen, Germany.
15:45 – 16:05	Diet interactions with the microbiota and cognitive function. José M Fernandez-Real. Hospital Josep Trueta and IdibGi, Spain.
16:05 – 16:10	Oral abstract 2 –
16:10 – 16:25	Panel discussion (All speakers)
10 minutes to connect to the next session	
16:35 – 18:00	SESSION 5: DAIRY PRODUCT CONSUMPTION AND HEALTH
16:35 – 16:40	Chairs: S Gregersen (Denmark) , A Thanopoulou (Greece)
16:40 – 17:00	Yogurt, gut microbiota reshaping and human health. Kerstin Thriene. University Medical Center Freiburg, Germany.
17:00 – 17:20	Dairy Products in the Development of Type 2 Diabetes. André Marette. Laval University, Canada.
17:20 – 17:40	Dairy product and cardiovascular disease: low-fat type and fermented dairy are better options than full fat or non-fermented? Sabita Soedamah-Muthu. Tilburg University, The Netherlands.
17:40 – 17:45	Oral abstract 3 –
17:45 – 18:00	Panel discussion (All speakers)
15 minutes BREAK	
18:15 – 19:20	SESSION 6: FAT SOURCES, BODY WEIGHT AND DIABETES
18:15 – 18:20	Chairs: A Rivellesse (Italy) , D Rahelic (Croatia)
18:20 – 18:40	Olive oil in the risk of diabetes and associated complications. Gabriele Riccardi. University of Naples Federico II, Italy.
18:40 – 19:00	Animal and vegetable omega-3 fatty acids in diabetes and obesity prevention and management. Jaques Delarue. Université de Bretagne Occidentale, France.



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19:00 – 19:05	Oral Abstract 4 –
19:05 – 19:20	Panel discussion (All speakers)

WEDNESDAY JUNE 23RD, 2021

15:00 – 16:25	SESSION 7: METABOLOMICS: A USEFUL TOOL IN NUTRITIONAL EPIDEMIOLOGY
15:00 – 15:05	Chairs: MA Martínez (Spain) , G Riccardi (Italy)
15:05 – 15:25	Metabolomics in nutritional epidemiology: current status and future opportunities. FB Hu, Harvard University, USA.
15:25 – 15:45	Progress in metabolomics of type 2 diabetes. Pablo Hernández Alonso, Rovira i Vigili University, Spain.
15:45 – 16:05	Food metabolome in nutrition research. Cristina Andrés-Lacueva. Barcelona University, Spain.
16:05 – 16:10	Oral abstract 5 –
16:10 – 16:25	Panel discussion (All speakers)
10 minutes to connect to the next session	
16:35 – 18:20	SESSION 8: FOODS, DIETARY PATTERNS, AND SUSTAINABILITY
16:35 – 16:40	Chairs: J Sievenpiper (Canada) ; H Kahleova (Czech Republic)
16:40 – 17:00	Glycemic index and sustainable foods. David Jenkins. University of Toronto, Canada.
17:00 – 17:20	The healthy, the eco-friendly, and the inexpensive: which dietary pattern to follow? Ujué Fresán. University of Navarra, Spain and Loma Linda University, USA.
17:20 - 17:40	Role of plant protein in healthy dietary patterns. Dan Ramdath. Agriculture and Agri-Food Canada (AAFC).
17:40 – 18:00	A clinician's food guide to sustainability. Joan Sabaté. Loma Linda University, USA.
18:00 – 18:05	Oral Abstract 6 –
18:05 – 18:20	Panel discussion (All speakers)
15 minutes BREAK	
18:35 – 19:35	SHORT ORAL COMMUNICATIONS
18:35 – 19:35	Chairs: P Bendix Jeppesen (Denmark) , Vladimir Vuksan (Canada)

THURSDAY JUNE 24TH, 2021

15:00 – 16:25	SESSION 9: NUTS, DIABETES AND METABOLIC SYNDROME
15:00 – 15:05	Chairs: C Kendall (Canada) , J Salas-Salvadó (Spain)
15:05 – 15:25	Nuts in the prevention of diabetes mellitus and metabolic syndrome. Zhaoping Li. University of California. USA.
15:25 – 15:45	Nuts in the management of diabetes. Anoop Misra. All India Institute of Medical Sciences, India.



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15:45 – 16:05	Nuts, gut microbiota and cognition. Crystal Haskell-Ramsay. Northumbria University, United Kingdom.
16:05 – 16:10	Oral Abstract 7 –
16:10 – 16:25	Panel discussion (All speakers)
10 minutes to connect to the next session	
16:35 – 17:35	SESSION 10: DIETARY PATTERNS AND TYPE 2 DIABETES
16:35 – 16:40	Chairs: J Sabaté (US) , D Jenkins (Canada)
16:40 – 17:00	Vegetarian/vegan diet in the prevention and management of T2D. Hana Kahleova. University of Prague, Czech Republic.
17:00 – 17:20	Mediterranean diet in the prevention and management of T2D. Jordi Salas-Salvadó. Rovira i Virgili University, Spain.
17:20 – 17:35	Panel discussion (All speakers)
15 minutes BREAK	
17:50 – 18:05	ANNOUNCEMENT NEXT DNSG MEETING
	Chair: Ursula Schwab (Finland)
	Invitation to the 39th International Symposium on Diabetes and Nutrition in Athens, Greece. Haris Dimosthenopoulos, Lead of EFAD's ESDN for Diabetes, Executive Committee member of the Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD).
18:05 – 18:10	CLOSURE OF THE SYMPOSIUM Jordi Salas-Salvadó (Spain)
10 minutes to connect to the next session	
18:20 – 19:20	GENERAL ASSEMBLY (URSULA SCHWAB, FINLAND)