



Spring Symposium 2012

Finnish Society for Nutrition Research

Nordic diet - Evidence Towards Updated Nutrition Recommendations

March 30th 2012, Biomedicum Helsinki, Lecture hall 2, Haartmaninkatu 8, Helsinki, Finland

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FINNISH
SOCIETY
FOR
NUTRITION
RESEARCH

- 8:45-9:30 The annual meeting of Finnish Society for Nutrition Research
- 9:30-10:00 Registration, *coffee/tea and sandwich*
- 10:00 **Opening words**
Prof Riitta Korpela, University of Helsinki
- 10:15 **Dietary Components of a Healthy Nordic Diet: Prevention of Insulin Resistance and Cardiometabolic diseases**
Assoc Prof Ulf Risérus, University of Uppsala
- 11:00 **Saturated Fat and Cardiovascular Disease Risk Reduction: What Do The Data Support?**
Prof Alice Lichtenstein, JM USDA Human Research Center on Aging at University of Tufts
- 11:45 *Lunch break*
- 12:30 **Diet, Body Composition and Glucose and Lipid Metabolism in Children - the PANIC Study**
Aino-Maija Eloranta, MSc, University of Eastern Finland
- 12:45 **Diet and Cancer: Experiences from the Malmö Diet and Cancer cohort**
Prof Elisabet Wirfält, University of Lund
- 13:30 **Experimental Evidence on the Role of Diet in Cancer Prevention and Treatment**
Adj Prof Anne-Maria Pajari, University of Helsinki
- 14:00 **Plant Sterols in an Experimental Model for Colon Cancer**
Maija Martinen, MSc, University of Helsinki
- 14:15 *Coffee/tea break*
- 14:45 **Revision of Nordic Nutrition Recommendations - an update**
Prof Wulf Becker, University of Uppsala
- 15:30 **Panel discussion: Implementation of Nutrition Recommendations (in Finnish)**
Reijo Laatikainen, MSc, BoostOn Ltd, moderator
Dr Taru Pilvi, Valio Ltd
Dr Johanna Varjonen, National Consumer Research Centre
Prof Timo Strandberg, University of Oulu
Raija Kara, MSc, Secretary general of National Nutrition Council
Päivi Repo, journalist, Helsingin Sanomat
Janne Huovila, MSc, HealthSome
- 16:15 *Discussion & sparkling wine*

Registration by 16th March 2012 online at <https://elomake.helsinki.fi/lomakkeet/28581/lomake.html>.

Symposium is free of charge for SRY-members. Other participants will be charged a registration fee of 50 €. Coffee/tea and lunch are included in the price. Charge for cancellations for all later than 23rd March 50 €.