



SPORT NUTRITION: MYTHS AND REALITY

"Why train harder when you could train smarter? Eating is a necessity, to eat smartly is an art."

Cristian Petri

University of Florence; FIGC Club Italia



FOOD SERVICE: STAKEHOLDERS AND HEALTH PROMOTION - HOW TO CONVERGE?

"Success of health promotion activities needs to rely on actions that result from the joint effort of different stakeholders."

Carlos Damas

Indústria e Comércio Alimentar S.A



PERSONALIZED NUTRITION - HOW PERSONALIZED DIETARY INTERVENTIONS MAY SUCCESSFULLY LOWER POST-MEAL GLYCEMIC RESPONSE

"Can our microbes tell us what to eat? With the help of state-of-the-art algorithms they indeed can."

David Zeevi

The Rockefeller University



SOCIAL NETWORKS FOR THE COMMUNICATION OF SCIENTIFIC EVIDENCE BY NUTRITIONISTS

"With many people claiming to be food and nutrition 'experts', it's even more crucial for nutritionists to step up and promote evidence-based information on social media."

Martin M. Yadrick

Academy of Nutrition and Dietetics



SOCIAL MEDIA AND THE DANGER OF COMMUNICATION BETWEEN PATIENTS - THE EXAMPLE OF INBORN ERRORS OF METABOLISM

"We don't have a choice on whether we DO social media; the question is HOW WELL do nutritionists do it!"

Anita McDonald

Birmingham Children's Hospital | NHS Foundation Trust



EVIDENCE ON SUPPLEMENTATION: Food as supplements

"The frontier between food and supplements is, in fact, very tenuous. Indeed, according to the legislation in force, dietary supplements are considered as foodstuffs."

Mónica Sousa

NOVA Medical School, FCM-UNL



**DECIPHER THE SCIENCES OF
NUTRITION FOR THE CONSUMER:
Communication tools for the elderly**

"Smart TV as a vehicle for education and motivation and therefore intervention in older people."



**FOOD MARKETING: MECHANISMS
FOR PRODUCT COMMUNICATION
AND CONSUMERS PROTECTION**

"Digital media marketing of unhealthy foods: Why children including teens need protection."



**DECIPHER THE SCIENCES OF
NUTRITION FOR THE CONSUMER:
Communicate electronically**

"Interactive experiences that develop the tasting of different flavours."



Helena Canhão

NOVA Medical School | National School of Public Health



Mimi Tatlow Golden

The Open University



Nelson Zagalo

Universidade de Aveiro



**FAD DIETS VS. INFORMATION WITH
ETHICS AND SCIENCE: Fad diets:
obstacles or opportunities?**

"Fad diets are usually seen as barriers to a proper and evidence-based nutrition counseling, but I honestly believe we must use it as opportunities to improve our communication with the community."



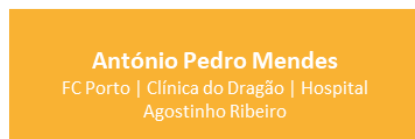
**EATING BEHAVIOR RELATED TO
APETITE: Appetite-related eating
behaviors: population-based
evidence of their determinants and
effects on children's body weight**

"Individuals expressing a high responsiveness to external food cues or lower sensitivity to internal satiety signals are more likely to overeat in response to the modern food environment, and are in high-risk for developing obesity."



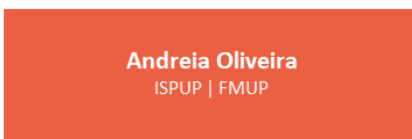
**THE ROLE OF EDUCATIONAL
PUBLISHERS IN THE
COMMUNICATION OF FOOD AND
NUTRITION CONTENTS: Nutrition and
school curriculum: communicate in a
rigorous and accessible way**

"The scientific rigor in Nutrition Education become fundamental, once the students are exposed to a growing misinformation and fake news, in the Media, Internet and Social Networks."



António Pedro Mendes

FC Porto | Clínica do Dragão | Hospital Agostinho Ribeiro



Andreia Oliveira

ISPUP | FMUP



Alberto Munoz

Santillana



FAD DIETS VS. INFORMATION WITH ETHICS AND SCIENCE: Information with ethics and science

"Nowadays it is easier to communicate a nutrition myth than to be able to adequately inform target populations about the real scientific knowledge."

Júlio César Rocha

Centro de Genética Médica Jacinto de Magalhães |
Centro de Referência de Doenças Hereditárias do
Metabolismo do Centro Hospitalar do Porto



EATING BEHAVIOR RELATED TO APETITE: Changes in appetite following diet-induced weight loss in individuals with obesity

"Obese individuals who have lost weight with lifestyle interventions experience a sustained increase in hunger."

Cátia Martins

Faculty of Medicine of Norwegian University of
Science and Technology



THE ROLE OF EDUCATIONAL PUBLISHERS IN THE COMMUNICATION OF FOOD AND NUTRITION CONTENTS: Food Education - an example on the horizon of opportunities for a holistic approach

"An holistic approach of the Mediterranean diet on school's curriculum is more likely to be succeed."

Rui Lima
DGE



FOOD SECURITY AND IAN-AF: Risk / benefit assessment

"The beneficial and adverse effects may occur concurrently through a single food item or a single food component. RiskBenefit4EU project will strengthen the EU capacity to assess and integrate food risks and benefits through the development of a harmonized framework."

Ricardo Assunção
INSA



FOOD SECURITY AND IAN-AF: O Plano Nacional de Colheita de Amostras and the importance of IAN- AF for risk exposure assessment

"The IAN-AF is a fundamental tool for a correct and efficient risk assessment that bases the Nacional Sampling Plan".

Pedro Nabais
ASAE



FOOD SECURITY AND IAN-AF: Assessment of the influence of moderate wine consumption on the Mediterranean Diet and its impact on chronic diseases

"The moderate consumption of wine can play a key role in the prevention and treatment of chronic inflammation diseases, including, cardiovascular, neurological and pulmonary diseases, diabetes and inflammatory bowel disease. "

Paula Silva
ICBAS



NEW INSIGHTS IN NUTRITION THERAPY: Quality indicators for Nutrition Therapy

Em doentes hospitalizados, a Nutrição prescrita não é a efetivamente realizada, regra geral é inferior. Este deficit está associado a piores resultados clínicos – mais complicações, maior tempo de internamento.

Marília Cravo

Hospital Beatriz Ângelo | FML



NEW INSIGHTS IN NUTRITION THERAPY: Nutrition Assessment: new inputs of the NCP (Nutrition Care Process) H40

“Use it or lose it ... because intervention without the tracking and recording of outcomes will never showcase our effectiveness.”

Martin M. Yadrick

Academy of Nutrition and Dietetics



TRENDS IN CHILDHOOD OBESITY: A Decade of childhood obesity in Portugal

“Ten years of studying childhood obesity in Europe “COSI/WHO” have shown significant changes particularly in the Mediterranean countries. Portugal is no exception with a reduction of 7,2% in overweight 6-8 year old children”

Ana Rito

INSA



TRENDS IN CHILDHOOD OBESITY: Food Standards and Obesity

“Early interventions, with special emphasis on maternal diet and a particularly early attention to girls.”

Catarina Durão

ISPUP



INFORMATION SYSTEMS FOR COMMUNITY INTERVENTION: Theorization of community intervention

“The use of theory in community interventions promoting healthy eating has been acknowledged as a best practice and behavioural science has important contributions in this regard.”

Cristina Godinho

ISCTE-IUL



INFORMATION SYSTEMS FOR COMMUNITY INTERVENTION: Registration of information in community intervention

“Digital transformation is increasingly present every day at the service of eCitizen and eCitizen at service transformation. We are all catalysts of it!”

António Alexandre

SPMS



THE POWER OF DIGITAL SOLUTIONS FOR HEALTH AND DISEASE MANAGEMENT

“Digital health solutions show lots of potential to support patients and health professionals, but do they really take into account the diversity of needs in today's health systems? What needs to happen for them to be fully integrated?”

Sascha Marschang
EPHA