

# IDF Nutrition Symposium

Date: 11th and 12th May 2021  
Time: 12:00 – 17:00 CET (2 days)  
100% virtual event – free to attend!

- Presenting the latest science on dairy and nutrition
- Exploring the role of dairy in healthy and sustainable diets
- Explaining the important role of dairy in dietary guidelines and impact on health

Register now!

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## Draft Programme

**Day 1: Tuesday 11 May 2021**

Time 12.00-17.00 Brussels time	Day one: Session 1 Theme: Dairy and NCDs
12.00	Welcome and Introduction from Caroline Emond – Director General IDF Chair – Prof. Ian Givens (University of Reading, UK)
12.05	Opening Remarks: The Impact of Diet and Nutrition on Non-Communicable Diseases - Dr Francesco Branca WHO
12.15	<i>Keynote talk: Dietary Guidelines TBC</i>
12.35	Addressing the Evidence on Dairy and Non-Communicable Diseases: Cardiometabolic Health <ul style="list-style-type: none"><li>• Dairy and Body Weight – Dr Anestis Dougkas (Institut Paul Bocuse, France) - 20 minutes</li><li>• Dairy and Type 2 Diabetes – Asst Prof. Sabita Soedamah-Muthu (Tiburg University, The Netherlands) - 20 minutes</li><li>• Dairy and Cardiovascular Health: TBC</li></ul>
13.35	Panel Discussion with all speakers (SCNH to help moderate) <ul style="list-style-type: none"><li>• Pre-prepared questions and answers (10 minutes) [<i>Delegates who can't join live invited to send questions in advance</i>]</li><li>• Delegate/Live Q&amp;A (15 minutes)</li></ul>
14.00-15.00	<i>Comfort Break</i>

15.00-17.00	<b>Day 1: session 2</b> <b>Theme: Dairy and NCDs (continued)</b>
15.00	Chair Prof. Michelle McKinley (Queens University Belfast, UK)
15.05	Addressing the Evidence on Dairy and Non-Communicable Diseases: Musculoskeletal Health <ul style="list-style-type: none"> <li>Dairy and Bone Health: Osteoporosis – Asst Prof. Kelsey Mangano (University of Massachusetts, Lowell) - 20 minutes</li> <li>Dairy and Muscle Health: Sarcopenia – Prof Luc van Loon (Maastricht, The Netherlands)</li> </ul>
15.45	<ul style="list-style-type: none"> <li><i>Dairy and Cancer - TBC - 20 minutes</i></li> <li>Dairy and Health: A Summary of Key Messages – Dr Rodrigo Valenzuela (University of Chile) – 20 minutes</li> </ul>
16.25	Panel Discussion 25 minutes <ul style="list-style-type: none"> <li>10 mins pre-prepared Q&amp;A (from questions in advance)</li> <li>15mins delegates Q&amp;A</li> </ul>
16.50	Closing remarks/summary of key messages from day one –Megan Pentz-Kluyts Dietitian (South Africa) - 10 minutes
17.00	CLOSE

## Day 2: Wednesday 12 May 2021

Time 12.00-17.00 Brussels time	<b>Day 2: session 3</b> <b>Theme: Nutrition in a Sustainable Diet</b>
12.00	Welcome and Introduction from Piercristiano Brazzale – President of IDF Chair – Prof. Frans Kok (Wageningen University, The Netherlands)
12.05	<i>Opening remarks: TBC</i>
12.15	Keynote talk: The Importance of Nutritional Adequacy, Food Price and Nutrient Density in a Healthy Sustainable Eating Pattern – Prof. Adam Drewnowski (University of Washington, US) <b>[PRE-RECORDED PRESENTATION]</b>
12.35	Addressing the Evidence on Sustainable Diets: <ul style="list-style-type: none"> <li>The Place of Food Categories in Sustainable Diets – TBC</li> <li>Eating for Bone Health – Can It Be Healthy and Sustainable? Prof. Connie Weaver, US</li> </ul>

13.35	<p>Panel Discussion with all speakers</p> <ul style="list-style-type: none"> <li>• Pre-prepared questions and answers (10 minutes)</li> <li>• Chat/Delegate Q&amp;A (15 minutes)</li> </ul>
14.00	1 Hour Break
15.00-17.00 CET	Day 2 session 4: HOT TOPICS – Dairy, the Microbiome and the Immune System
15.00	<i>Chair TBC</i>
15.05	<p>The Microbiome and Health</p> <ul style="list-style-type: none"> <li>• The Role of The Gut Microbiome in Covid/Viral Infection – Asst Prof. Olaf Larsen (VU Amsterdam, The Netherlands)</li> <li>• Fermented Dairy and The Gut Microbiome - Prof. Lorenzo Morelli (University Cattolica del Sacro Cuore, Italy)</li> </ul>
15.45	<p>Nutrition and Immunity</p> <ul style="list-style-type: none"> <li>• Nutrition and Antiviral Immunity - Prof. Philip Calder (Southampton University, UK)</li> <li>• Dairy and Inflammation - Prof. Thom Huppertz, (Wageningen University, The Netherlands)</li> </ul>
16.25	<p>Panel Discussion 25 minutes</p> <ul style="list-style-type: none"> <li>• 10 mins pre-prepared Q&amp;A (from questions in advance)</li> <li>• 15mins delegates Q&amp;A</li> </ul>
16.50	<i>Closing remarks/ summary of key messages from day two – 10 minutes TBC</i>
17.00	Close