

EUGLOH Summer School

Nutrition and Food Sciences: The role of the academy to promote Health

29th June – 2nd July 2021

Note: All times are expressed in GMT (Lisbon time zone)

DAY 1, 29th June: How can we contribute to food quality?

MORNING (09h00-13h00)

09h00 - Introduction - How can we contribute to food quality?

Isabel Ferreira (U.Porto)

09h30 - The global implication of our food choices: fat matters!

Susana Casal (U.Porto)

Natural ingredients as suitable alternatives to mitigate formation of hazardous substances in cooked foods.

Madalena Sobral (U.Porto)

11h00 - Coffee-break & socializing

11h30 - Food allergens: where do we stand?

Joana Costa and Isabel Mafra (U.Porto)

13h00 - Lunch break

AFTERNOON (14h-18h)

14h00 - Mycotoxin and our daily bread.

Diána Bánáti, Balázs P. Szabó and Antal Véha (USzg)

15h00 - Continuous exposure to complex dietary chemicals and chronic health risks.

Miguel Faria (U.Porto)

16h00 - Coffee-break & socializing

16h30 - Climate changes and food quality.

Sara Cunha and José Fernandes (U.Porto)

17h30 - Possibilities of networking in this area - Round table

DAY 2, 30th June: How can we contribute to food innovation?

MORNING (09h00-13h00)

09h00 - Introduction - How can we contribute to food innovation?

Victor Freitas (U.Porto)

09h30 - Novel tools towards healthy and sustainable food production - starting at the farm level.

Susana Carvalho (U.Porto)

11h00 - Coffee-break & socializing

11h30 - Innovations in the Food System: new horizons for healthcare through technological applications with Food matrices and by-products.

Iva Fernandes, Helder Oliveira and Patricia Correia (U.Porto)

13h00 - Lunch break

AFTERNOON (14h-18h)

14h00 - Insect-eating, as a sustainable alternative food consumption, focus on the acceptance of insects as food by children.

Valérie-Nicolas Hémar (UPSaclay)

15h00 - Food bioactives, immunity and inflammation: paving the way towards novel functional interventions aiming to prevent modern food intolerances.

Rosa Perez and Ricardo Dias (U.Porto)

16h00 - Coffee-break & socializing

16h30 - Variability of individual Food Choice: from attitudes to the sensory perception with flavour evaluation at the molecular level.

Luis Cunha and Susana Soares (U.Porto)

17h30 - Possibilities of networking in this area - Round table

DAY 3, 1st July: How can we contribute to study relations of dietary exposures and health?

MORNING (09h00-13h00)

09h00 - Introduction – How can we contribute to study relations of dietary exposures and health?

Duarte Torres (U.Porto)

09h30 - The use of cohort studies to unravel relations between diet and health.

Henrique Barros and Carla Lopes (U.Porto)

11h00 - Coffee-break & socializing

11h30 - Food patterns: understanding the integrated effects of foods in health.

Andreia Oliveira and Milton Severo (U.Porto)

13h00 - Lunch break

AFTERNOON (14h-18h)

14h00 - Vitamin and mineral supplementation during pregnancy: from theory to practice.

Edit Paulik (USz)

15h00 - Ultraprocessed food consumption and health.

Sara Rodrigues and Cláudia Afonso (U.Porto)

16h00 - Coffee-break & socializing

16h30 - Health Risk-benefit assessment.

Catarina Carvalho and Daniela Correia (U.Porto)

17h30 - Possibilities of networking in this area - Round table



DAY 4, 2nd July: How can we contribute to plan food policies and involve the academy?

MORNING (09h00-13h00)

09h00 - Introduction – How can we contribute to plan food policies and involve the academy?

Pedro Graça (U.Porto)

09h30 - Healthy Food Campus – Implementing Guidelines at Porto University.

José Castro Lopes and Maria João Gregório (U.Porto)

11h00 - Coffee-break & socializing

11h30 - From environmental food print to sustainable procurement in public spaces.

Belmira Neto (U.Porto)

13h00 - Lunch break

AFTERNOON (14h-18h)

14h00 – *to be confirmed*

Daniel Tomé (UPSaclay)

15h00 - Legislation and political actions to reduce the sugar in drinks.

Maria João Gregório (U.Porto)

16h00 - Coffee-break & socializing

16h30 - Marketing unhealthy children foods – How to deal with it – research and political action.

Margarida Bica (U.Porto)

17h30 - Possibilities of networking in this area - Round table

