

## Lusófonas Scientific Conference Days of Nutrition

**Universidade Lusófona de Humanidades e Tecnologias – Auditorium Alexandre Pessoa Vaz  
Lisbon, April 26<sup>th</sup>–28<sup>th</sup>, 2017**

### Honor Committee

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Prof. Doctor Nelson Tavares  
Prof. Doctor Luis Monteiro Rodrigues  
Prof. Doctor António Raposo  
Prof. Doctor Cláudia Minderico

### Organizing Committee

Prof. Doctor António Raposo  
Prof. Doctor Nelson Tavares  
Prof. Doctor Luis Monteiro Rodrigues  
Dr<sup>a</sup>. Carla Sá  
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Dr<sup>a</sup>. Paula Almeida  
Dr<sup>a</sup>. Marisa Paiva

### **Secretariado e Informações**

Marisa Paiva  
Escola de Ciências e Tecnologias da Saúde, ULHT Campo Grande 376, 1749-024 Lisboa

☎: (+351) 2127515500 e-mail: [marisa.paiva@ulusofona.pt](mailto:marisa.paiva@ulusofona.pt); [www.ects.ulusofona.pt](http://www.ects.ulusofona.pt)

## Context

The School of Health Sciences and Technologies (ECTS), of the University Lusófona de Humanidades e Tecnologias, organizes on 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> April 2017 the first Lusófonas Scientific Conference Days of Nutrition.

In Portugal, and especially in the last three decades, Portuguese nutritionists have developed a remarkable work in several areas, leading the population to change some eating habits, where the reduction of salt and sugar consumption is highlighted. Even so, it is notary the need to grow its intervention in primary health care, in order to prevent a whole set of chronic non-communicable diseases, as advocated by the World Health Organization.

The Lusófona University is proud to actively contribute to the growth of the visibility and relevance of the Nutrition Sciences in Portugal. The Lusófonas Scientific Conference Days of Nutrition intend to analyze several emerging issues in these areas, with special emphasis on **Nutrigerontology**, highlighting the importance of nutritionists in their most different areas of activity. These conference days are attended by several national and international specialists in clinical nutrition, phytotherapy, public health, collective catering and food safety. So the presence of nutritionists, researchers, doctors, nurses, pharmacists, food engineers and other health professionals and from the food industry is of particular interest.

# Preliminary Program

Auditorium Alexandre Pessoa Vaz – Universidade Lusófona de Humanidades e Tecnologias  
26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> April, 2017

## **DAY 1 | Wednesday, April 26<sup>th</sup>**

09h00 Registration

09h30 Welcome session

10h00 SESSION 1 | Food and Nutritional Education/ Sports Nutrition

Speakers: Bruno Sousa and Cláudia Minderico

Moderator: António Raposo

11h00 Coffee-break

11h30 SESSION 2 | Collective Catering New Challenges

Speaker : Gertal

Moderator: Teresa Guerreiro

12h00 Oral communications 1

*Recipies for cardiovascular patients, Magda Santos*

*Allied food to fight nausea in cancer patients, Ana Margarida Ribeirinho*

*Intake of probiotics in pregnancy, Marisa da Costa Bravo*

*Combination of foods rich in phytochemicals for mitigation of undesirable chemotherapeutics side effects on patients, Linda Pereira Dinis*

Moderator: Bruno Sousa

13h00 Lunch

14h30 Oral communications 2

*Promote healthy food offerings to diabetic children in a catering unit, Sónia Morgado de Carvalho*

*Fighting obesity in children and adolescents through the change of high energetic value snacks - integration of carob, Bruna Silva*

*Fighting nutritional deficiencies of a vegetarian population - establishing an appropriate menu, Rita Guerra Teixeira*

*A yogurt for a better heart, Tiago Moreira*

Moderator: Sérgio Cunha Velho

15h30 Coffee-break

16h00 SESSION 3 | Nutrition in the life cycle

Speakers: Sérgio Cunha Velho, João Gouveia Martins, Carla Moura Pereira

Moderator: Carla Sá

17h30 CLOSING SESSION

17h45

**DAY 2 | Thursday, April 27<sup>th</sup>**

09h30 Registration

10h00 SESSION 1 | Phytotherapy

Speaker: Sérgio Cunha Velho

Moderator: Maria Lidia Palma

11h00 Coffee-break

11h30 SESSION 2 | Career opportunities

Speaker: Cesifarma

Moderator: to be appointed

12h00 Oral communications 1

*Insulin dose adequacy taking into account the intake of carbohydrates eaten with meals in type I diabetics - Counting Carbohydrates, Salomé Alfares Emídio*

*Healthy eating during pregnancy: cereal bars for healthy pregnant, Sara Sofia Montenegro*

*Project "Eat well, live better". preparation of a menu to ensure a good nutritional support for cancer patients, Beatriz Venda*

*Traditional menu consumed by pregnant women - adapting it to their nutritional requirements, Silvia Armés*

Moderator: Cláudia Minderico

13h00 Lunch

14h30 SESSION 3 | Production of fermented Thai red glutinous rice using an isolated *Monascus purpureus* NART001 from commercially available Chinese red fermented rice

Speakers: Patricia Rijo

Moderator: to be appointed

15:15 SESSION 4 | SOD mimics as a tool to understand the mechanisms of toxicity of food carcinogens

Speaker: Ana Fernandes

Moderator: to be appointed

16h00 Coffee-break

16h30 SESSION 5 | Functional nutrition: intestine / second brain

Speaker: Catarina Lopes

Moderator: Ana Tavares

17h15 CLOSING SESSION

17h30

## “Nutrigerontology - Achieving successful aging and longevity”

### **DAY 3 | Friday, April 28<sup>th</sup>**

08h30 Registration

09h30 Welcome and Opening session - Nelson Tavares

10h00 SESSION 1 | Sour side of sugars: Glycation in Huntington’s disease

Speaker: Hugo Vicente Miranda

Moderator: Nuno Saraiva

10h30 SESSION 2 | Identification of compounds in food with modulating capacity on the activity of mTOR and IGF-1 proteins

Speakers: Nelson Tavares, Marisa Nicolai

Moderator: to be appointed

11h00 Coffee-break

11h30 SESSION 3 | Nutrigerontology: a key for achieving successful ageing and longevity

Speaker: Calogero Caruso

Moderator: Maria do Céu Costa

13h00 Lunch

14h30 SESSION 4 | Life quality associated with diet in old age: The holistic approach of Pronutrisenior - what interest?

Speaker: Maria Daniel Vaz de Almeida

Food supply structures and meals - what contributions?

Speaker: Anzhela Sorokina

Moderator: Nelson Tavares

16h00 Coffee-break

16h30 SESSION 5 | Diets and guidelines to reduce the risk of aging-related diseases

Speaker: Kris Verburgh

Moderator: to be appointed

17h15 CLOSING SESSION

17h30

