

Lusófonas Scientific Conference Days of Nutrition

Universidade Lusófona de Humanidades e Tecnologias – Auditorium Alexandre Pessoa Vaz
Lisbon, April 26th–28th, 2017

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Context

The School of Health Sciences and Technologies (ECTS), of the University Lusófona de Humanidades e Tecnologias, organizes on 26th, 27th and 28th 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, 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.

Program

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

DAY 1 | Wednesday, April 26th

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 : Carolina Pinto

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, Célia Lopes

Moderator: Carla Sá

17h30 CLOSING SESSION

17h45

DAY 2 | Thursday, April 27th

09h30 Registration

10h00 SESSION 1 | Herbal Food supplements

Speaker: Sérgio Cunha Velho

Moderator: Maria Lidia Palma

11h00 Coffee-break

11h30 SESSION 2 | Career opportunities

Speaker: Luisa Sousa Costa

Moderator: António Raposo

12h00 Oral communications 1

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: Nelson Tavares

15:00 SESSION 4 | SOD mimics as a tool to understand the mechanisms of toxicity of food carcinogens

Speaker: Ana Fernandes

Moderator: Nuno Saraiva

15:30 SESSION 5 | The impact of food allergies on quality of life

Speaker: Lidia Palma

Moderator: Ana Tavares

16h00 Coffee-break

16h30 SESSION 6 | 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 28th

08h30 Registration

09h30 Welcome and Opening session - Nelson Tavares

10h00 SESSION 1 | Food and Nutrients in aging and disease

Speakers: Nelson Tavares

Moderator: Maria do Céu Costa

10h30 SESSION 2 | Sour side of sugars: Glycation in Huntington's disease

Speaker: Hugo Vicente Miranda

Moderator: Nuno Saraiva

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

Speaker: Marisa Nicolai

Moderator: Nuno Saraiva

17h15 CLOSING SESSION

17h30