

# PROGRAM

## 16 JUNE

- Introduction: diet, digestion and energetic metabolism.

Cristina Pereira Wilson, University of Minho

## 17 JUNE

- Methods in nutritional studies.

Andreia Oliveira, University of Porto

- Natural products.

Ana Paula Esteves, University of Minho

## 18 JUNE

- Mineral-rich waters and the metabolic syndrome: overview.

Maria João Martins, University of Porto

- Mineral-rich waters and the metabolic syndrome: Pedras Salgadas.

Cidália Pereira, University of Porto

- Exercise and high-fat-diet.

Inês Gonçalves, University of Porto

- Nutrient-gene interactions.

Elisa Keating, Catholic University, Porto

## 19 JUNE

- Diet and cancer: carcinogenic and anticarcinogenic effects.

Cristina Pereira Wilson, University of Minho

Dalila Pedro, University of Minho

Alice Ramos, University of Porto

## 20 JUNE

- Natural products and antioxidant defenses.

Cristóvão Lima, University of Minho

- Antioxidants in cardiac ischemia/reperfusion.

Olga Coutinho, University of Minho

- Functional foods, nutrition and human health.

Alison Duncan, University of Guelph, Canada

## 23 JUNE

- Aromatic plants of the mediterranean diet. (workshop)

Manuel Fernandes Ferreira, University of Porto

## 25 JUNE

- The role of dietary fructose in metabolic syndrome.

Alejandro Santos, University of Porto

- Endocrine disrupting chemicals and metabolic dysfunction.

Diogo Pestana, University of Porto

- What is the relevance of individualised nutrition in cancer patients?

Paula Ravasco, University of Lisbon

- Micronutrients and Cancer.

Salomé Pires, University of Coimbra

## 26 JUNE

- Edible packaging systems.

Miguel Cerqueira, University of Minho

- Nanoparticles for functional food applications.

Ricardo Pereira, University of Minho

- Prebiotics.

José Teixeira, University of Minho

- Innovation in the food sector.

Fernando Nunes, University of Trás-os-Montes and Alto Douro

- Pre, Pro and simbiotics.

Ana Gomes, Catholic University, Porto

## 27 JUNE

- Mediterranean diet and the metabolic syndrome.

Nuno Borges, University of Porto

- Obesity and diabetes in youth.

Carla Rêgo, University of Porto

- Obesity and diabetes in the Portuguese adult population.

Paula Freitas, University of Porto

- Can the economic and social crisis lead to a nutritional crisis?

Mafalda Andorinha, Catholic University, Porto

- Food for athletic performance.

Beatriz Mina, Catholic University, Porto

- Preventing alcohol abuse.

José Preciso, University of Minho