

Healthy Nutrition Foundation

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PRELIMINARY PROGRAM

The 11th Annual Symposium of HNF
– **The Impact of Unbalanced Nutrition on Health** –
Sinaia Palace Hotel, 06-07th November 2009

FRIDAY, 06.11.09

17.00–17.20 Official Opening

17.20-18.40 Session 1: Dietary lipids – new data

Moderator: Dan Cheta

- 17.20–17.40 Dietary lipids and health
Kalyana Sundram (sustained by MPOC)
- 17.40–18.00 Improved balance of fatty acids' intake through vegetable oils
Nathalie Henin, Adina Creanga (sustained by Bunge)
- 18.00–18.20 Nutritional benefits of palm oil/TFA Issues
Pramod Khosla (sustained by MPOC)
- 18.20–18.40 Trans fatty acids or saturated fatty acids: the dilemma
Jean-Claude Martin, Gyorgy Karlovits, Nathalie Henin (sustained by Bunge)

18.40–19.40 2009 Young Researchers' Contest Award

Moderator: Gabriela Radulian

20.00 Cocktail (Caraiman Restaurant)

SATURDAY, 07.11.09

09.00-11.00 Session 2: Antioxidants and their dilemmas

Moderators: Rodica Segal, Gabriela Negrisanu

- 9.00 – 9.20 Controverses and evidences concerning antioxidants in human nutrition
Gabriela Negrisanu, Andreea Moica
- 9.20 – 9.40 The efficiency of balsamic vinegars enriched with bioactive vegetables extracts for diabetes patients
Simona Dragan, Maria Rada, Dana Kaycsa, Carmen Socaciu
- 9.40 – 10.00 Fruit consum and adolescents from Iasi National College
Adriana Albu, Lucian Laurențiu Indrei
- 10.00 – 10.20 Alimentary products from fruits and cereals for diabetes mellitus patients
Luminita Catana, Nastasia Belc, Monica Catana, Mioara Negoita, Enuta Iorga, Alina Balea
- 10.20 – 10.40 Methods of cooking and new life-style
Gabriela Berechet
- 10.40 – 11.00 Non destructive method for rapid screening of antioxidant capacity of medicinal plant by FTIR spectrometry
Monica Harmanescu, Simona Dragan, Iosif Gergen

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11.00-11.30 Coffee Break

11.30 – 13.30 Session 3: Education for healthy nutrition

Moderators: Camelia Parvan, Aurelia Cordeanu

11.30 – 11.50 Safety and benefits of using low-calorie sweeteners in weight management and glycemic control. Is there enough evidence?

Aimilia Papakonstantinou (sustained by Coca-Cola)

11.50 – 12.10 Invited speaker – sustained by ANBR

12.10 – 12.30 Deviations of nutrients contribution in the nutrition of children with HIV infection from a closed community

Aurelia Cordeanu, Elena Mihaela Cordeanu, Daniela Patrascu

12.30 – 12.50 Life-style changes and dietary behaviours in romanian emigrants

Corina-Aurelia Zugravu, Lacramioara Branduse, Cornelia Rada

12.50 – 13.10 Aspects concerning the diet and food behaviour in students

Otilia Voroniuc, Ana Damaschin

13.10 – 13.30 Dietary issues in autistic spectrum disorders

Florin Soptica

**13.30 Lunch (Palace Hotel)
Depart of participants**

Attention! 3-4 minutes from your time are dedicated to discussions.