

# Healthy Nutrition Foundation

105-107 Mihai Eminescu Street, apt. 6,  
020073 Bucharest 2  
Tel: +40722 227 839, Fax: +40212 108 264  
e-mail: office@fpas.ro  
www.fpas.ro



## PRELIMINARY PROGRAM

The XII<sup>th</sup> Annual Symposium of Healthy Nutrition Foundation  
– CERTAINTIES AND CONTROVERSY IN MODERN NUTRITION –  
Central University Library, Bucharest, 12-13<sup>th</sup> November 2010

### FRIDAY, 12.11.2010

**15.30 – 16.45 Welcome**  
**Commercial Exhibition in Central University Library Lobby**

**16.45 – 19.00 Session 1**  
**Moderator: Dan Cheța**

16.45 – 17.00 Official opening – welcome speech

17.00 – 17.20 How a low GI plain biscuit based breakfast induced a regular release of carbohydrates during all morning  
Sophie Vinoy, Palaiseau (France)

17.20 – 18.00 The safety and benefits of low-calorie sweeteners  
Antonis Zampelas, Athens (Greece)

18.00 – 18.30 Unsaturated fats in daily diet – prevention of cardiovascular disease  
Dan Gaiță, Timișoara

18.30 – 19.00 Omega 3 fatty acids: health and nutrition  
Edouard Casala, Brussels (Belgium)

**19.00 – 19.30 2010 Young Researchers' Contest Award**  
**Moderator: Daniela Nuță**

**20.00 Dinner (Novotel Hotel)**

### SATURDAY, 13.11.10

**08.00 – 09.00 Commercial Exhibition in Central University Library Lobby**

**09.00 – 11.00 Session 2**  
**Moderators: Rodica Segal, Iosif Gergen**

09.00 – 09.20 The influence of nutrition with functional foods enriched in natural antioxidants on some parameters of oxidative stress  
Monica Hărmănescu, Simona Drăgan, Iosif Gergen, Timișoara

09.20 – 09.40 Metabolomic – technology with impact in nutrition and medicine P4  
Carmen Socaciu, Cluj-Napoca

09.40 – 10.00 Food reformulation, a way to prevent cardiovascular disease  
Camelia Pârvan, Antoaneta Negreanu, Mihaela Armeanu, Bucharest

# Healthy Nutrition Foundation

105-107 Mihai Eminescu Street, apt. 6,  
020073 Bucharest 2  
Tel: +40722 227 839, Fax: +40212 108 264  
e-mail: office@fpas.ro  
www.fpas.ro



- 
- 10.00 – 10.20 Nutritional value for UHT Milk  
Bozena Malmgren, Lundt (Sweden)
- 10.20 – 10.40 Evolution of portly children and adolescents in Bucharest between 1990-2005  
Cristiana Glavce, Dana-Maria Popescu-Spineni, Richard David-Rus, Bucharest
- 10.40 – 11.00 Romanian's attitude to vegetarian diet  
Monica Tarcea, Valentin Nădășan, Simona Pătrașcu, Geanina Moldovan,  
Ana Maria Farr, Monica Sânpălean, Târgu-Mureș
- 11.00 – 11.30 Coffee break**  
**Commercial Exhibition in Central University Library Lobby**
- 11.30 – 13.30 Session 3**  
**Moderators: Monica Tarcea, Camelia Pârvan**
- 11.30 – 11.50 EBM – Evidence Based Education and Education Based Medicine  
Ana-Maria Iordan, Raluca Voicu, Bucharest
- 11.50 – 12.10 Managing food intolerance using York Test  
Mari Benli, Istanbul (Turkey)
- 12.10 – 12.30 Increased fat consumption is correlated with poor glucose control in diabetes mellitus subjects  
Ervin Molnar, Adrian Copcea, Târgu-Mures, Cluj-Napoca
- 12.30 – 12.50 Growth and development of children with diabetes mellitus  
Aurelia Cordeanu, Daniela Nuță, Constantin Ioana, Bucharest
- 12.50 – 13.10 Nutritional implications of using exopolysaccharides crop producing fermented dairy milk products  
Ina Vasilean, Rodica Segal, Galați
- 13.10 – 13.30 Romanian implementation of European Community legislation in the field of sweeteners  
Ana Telniceanu, Daniela Nuță, Bucharest
- 13.30 Lunch (Novotel Hotel)**

## Depart of participants

### Mention:

**3-4 minutes from the presentation time will be dedicated to questions and commentaries.**