

DNSG 2026

43RD International Symposium on Diabetes and Nutrition
Montbrió de Camp, Tarragona, Spain (June 15th-18th, 2026)



Scientific Programme

WELCOME NOTE

Dear colleagues,

We cordially invite you to participate at the **43rd International Symposium on Diabetes and Nutrition**, organized by Diabetes and Nutrition Study Group (DNSG). The symposium will take place from **June 15 to June 18, 2026 in Montbrió del Camp, Tarragona, Spain**.

This DNSG annual meeting will present the latest advances in the field of **nutrition and diabetes**, promote rigorous academic discussion, and foster collaboration among clinicians, dietitians and researchers worldwide. The scientific program will include plenary lectures, panel discussions, debates, oral communications and poster presentations, covering a wide range of topics.

We warmly encourage you to submit abstracts with new research related to any aspect of diabetes, metabolism and nutrition.

Yours sincerely,

Prof. Dr. Jordi Salas-Salvadó, Dr. Nancy Babio, Prof. Dr. Joan M Vendrell – Chair and Co-Chairs of the Organizing Committee

ORGANIZING COMMITTEE

Chair/President of the Organizing Committee:

Jordi Salas-Salvadó, Reus, Spain

Co-Chairs:

Nancy Babio, Reus, Spain

Joan Vendrell Ortega, Tarragona, Spain

DNSG 2026 is organised by:

DNSG – Diabetes Nutrition Study Group - <https://dnsg-studygroup.eu/>

SCIENTIFIC COMMITTEE

Hana Kahleova
Jordi Salas-Salvadó
John L Sievenpiper
Haris Dimosthenopoulos
Anne-Marie Aas
Laura Chiavaroli
Maria Lankinen
Stefan Kabisch
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LOCAL SCIENTIFIC ADVISORY BOARD

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Diego Bellido (**Sociedad Española para el Estudio de la Obesidad, Spanish Society for the Study of Obesity**)
Marcela González Gross (**Sociedad Española de Nutrición, Spanish Society of Nutrition**)

*Central European Time (CET)

Monday, June 15th, 2026

10:00 – 12:30 REGISTRATION AND LUNCH (11.30 - 12.30)

12:45 – 13:00 WELCOME

Professor Jordi Salas-Salvadó, Dr. Nancy Babio, Professor Joan Vendrell (Spain)

13:00 – 13:30 SESSION 1 - PLENARY LECTURE

Chair: Hana Kaleova (USA)

Title: Nutrition and diabetes: where we are and where we are going

Speaker: Frank Hu. Harvard T.H. Chan School of Public Health, Boston, USA

Discussion (5 minutes)

13:30 – 14:45 SESSION 2 – DIABETES & OBESITY OSTEOSARCOPENIA (DNSG-ESPEN)

Chairs: TBD

13:30 – 13:45 **Title:** TBD

Speaker:

13:45 – 14:00 **Title:** TBD

Speaker:

14:00 – 14:15 **Title:** TBD

Speaker:

14:15 – 14:20 **Oral abstract 1:**

14:20 – 14:25 **Oral abstract 2:**

14:25 – 14:45 **Panel discussion** (All speakers)

14:45 – 15:15 SESSION 3 - SHORT ORAL ABSTRACTS

Chairs: TBD

Seven 3-minute presentations.

15:15 – 15:45 COFFEE BREAK

15:45 – 16:15 SESSION 4 - PLENARY LECTURE

Chairs: TBD

Title: Endocrine disruptors consumption through diet and diabetes

Speaker: Angel Nadal. IDIBE & CIBERDEM, Miguel Hernández University, Elche, Spain

Discussion (5 minutes)

Monday, June 15th, 2026 (continue)

16:15 – 17:25	SESSION 5 – TBD
	Chairs: TBD
16:15 – 16:30	Title: TBD Speaker:
16:30 – 16:45	Title: TBD Speaker:
16:45 – 17:00	Title: TBD Speaker:
17:00 – 17:05	Oral abstract 3:
17:05 – 17:25	Panel discussion (All speakers)
17:25 – 18:35	SESSION 6 – CARBOHYDRATE AND DIABETES
	Chairs: TBD
17:25 – 17:40	Title: TBD Speaker:
17:40 – 17:55	Title: TBD Speaker:
17:55 – 18:10	Title: TBD Speaker:
18:10 – 18:15	Oral abstract 4:
18:15 – 18:35	Panel discussion (All speakers)
18:35 – 19:05	SESSION 7 - SHORT ORAL ABSTRACTS
	Chairs: TBD Seven 3-minute presentations.
20:00	WELCOME RECEPTION AND DINNER

Tuesday, June 16th, 2026

08:00 – 09:30 SESSION 8 - EMERGING EVIDENCE ON THE HEALTH BENEFITS OF NUTS

Chairs: Jordi Salas-Salvadó (Spain), John Sievenpiper (Canada).

08:00 – 08:15 **Title: Nut consumption, insulin sensitivity, brain function and cognition.**

Speaker: Peter Joris. Maastricht University, The Netherlands

08:15 – 08:30 **Title: Effects of nut consumption in prediabetes.**

Speaker: Anoop Misra. Fortis-C-DOC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology, Chirag Enclave, New Delhi, India

08:30 – 08:45 **Title: Nuts, cognitive performance and dementia**

Speaker: Changzheng Yuan. Zhejiang University, China

08:45 – 09:00 **Title: NUTPOOL world epidemiological study: Preliminary Results**

Speaker: Marta Guasch-Ferré. Copenhagen University, Copenhagen, Denmark

09:00 – 09:05 **Oral abstract 5:**

09:05 – 09:10 **Oral abstract 6:**

09:10 – 09:30 **Panel discussion** (All speakers)

09:30 – 10:00 SESSION 9 - SHORT ORAL ABSTRACTS

Chairs: TBD

Seven 3-minute presentations.

10:00 – 10:30 COFFEE BREAK

10:30 – 11:50 SESSION 10 - DEBATE 1 – ALCOHOL IN MODERATION YES OR NOT

Chairs: TBD

10:30 – 10:50 **Title: Does alcohol in moderation protect?**

Speaker: Ramon Estruch. Hospital Clínic, Barcelona, Spain.

10:50 – 11:10 **Title: lack of evidence in recommending moderate alcohol consumption**

Speaker: Jurgen Rehm. Institute for Mental Health Policy Research. Toronto, Canada & University Medical Center Hamburg-Eppendorf, Hamburg, Germany.

11:10 – 11:15 *Replay: Ramon Estruch*

11:15 – 11:20 *Replay: Jurgen Rehm*

11:20 – 11:25 **Oral abstract 7:**

11:25 – 11:30 **Oral abstract 8:**

11:30 – 11:50 **General discussion**

SCIENTIFIC PROGRAMME

DRAFT VERSIÓN

Tuesday, June 16th, 2026 (continue)

11:50 – 13:00 SESSION 11 - POLYPHENOLS AND DIABETES

Chairs: TBD

11:50 – 12:05 **Title: Polyphenols: what do we know about them?**

Speaker: Rosa Lamuela. University of Barcelona, Spain

12:05 – 12:20 **Title: Polyphenol intake, insulin resistance and diabetes: Epidemiologic studies**

Speaker: Aedin Cassidy. Queen's University Belfast, Belfast, UK

12:20 – 12:35 **Title: Diet rich in polyphenols and healthy ageing: Clinical trials**

Speaker: Ana Rodriguez Mateos. King's College London, UK

12:35 – 12:40 **Oral abstract 9:**

12:40 – 12:45 **Oral abstract 10:**

12:45 – 13:00 **Panel discussion** (All speakers)

13:00 – 14:00 LUNCH

14:00 – 15:10 SESSION 12 - OMICS SCIENCES, PRECISION NUTRITION AND DIABETES

Chairs: TBD

14:00 – 14:15 **Title: GLUCOTYPES: Glucose variability patterns for precision diabetes nutrition**

Speaker: Jordi Merino. Copenhagen University, Copenhagen, Denmark

14:15 – 14:30 **Title: From function to prevention: The gut Microbiome in precision nutrition for metabolic health**

Speaker: Daniel Wang. Brigham and Women's Hospital, Harvard Medical School, Harvard T.H. Chan School of Public Health, and Broad Institute of MIT and Harvard, Boston, USA.

14:30 – 14:45 **Title: Dietary patterns, circulating Metabolome and risk of type 2 diabetes**

Speaker: Liming Liang. Harvard T.H. Chan School of Public Health, Boston, USA.

14:45 – 14:50 **Oral abstract 11:**

14:50 – 14:55 **Oral abstract 12:**

14:55 – 15:10 **Panel discussion** (All speakers)

15:10 – 15:35 SESSION 13 – KEY NOTE SPEAKER

Chairs: TBD

Title: TBD

Speaker:

Discussion (5 minutes)

16:30 – 19:30 EXCURSION – TARRACO Tour: The great Roman city declared World Patrimonial Heritage

Bus departs from hotel Termes Montbrió

20:00 DINNER (CONFERENCE: To be decided)

Wednesday, June 17th, 2026

08:00 – 08:30 SESSION 14 - PLENARY LECTURE

Chairs: TBD

Title: The science of plant-based eating: mechanism.

Speaker: Hana Kahleova. Physicians Committee for Responsible Medicine, Washington, USA

Discussion (5 minutes)

08:30 – 09:30 SESSION 15 - DEBATE 2 – OMEGA-3 FATTY ACIDS IN DIABETES AND CARDIOVASCULAR DISEASE: ARE THEY USEFUL OR NOT?

Chairs: TBD

08:30 – 08:45 **Title:** The potential benefits of omega-3s for the prevention and treatment of diabetes and cardiovascular disease

Speaker: Ursula Schwab. University of Eastern Finland, Kuopio, Finland

08:45 – 09:00 **Title:** Omega 3s are not useful for diabetes or cardiovascular disease.

Speaker: Francesco Visioli. Università degli Studi di Padova, Padova, Italy

09:00 – 09:05 *Reply: Ursula Schwab*

09:05 – 09:10 *Reply: Francesco Visioli*

09:10 – 09:15 **Panel discussion** (All speakers)

09:15 – 09:45 SESSION 16 - SHORT ORAL ABSTRACTS

Chairs: TBD

Seven 3-minute presentations.

9:45– 10:15 COFFEE BREAK

10:15 – 11:25 SESSION 17 – THE GOOD, THE BAD AND THE UGLY: FROM THE OUTDATED VISION OF DAIRY PRODUCTS TO CURRENT KNOWLEDGE

Chairs: Jordi Salas-Salvadó (Spain)

10:15 - 10:20 **Title:** Introduction

Speaker: Jordi Salas-Salvadó. University Rovira i Virgili, Reus, Spain

10:20 – 10:35 **Title:** Beyond nutrients: How the yogurt matrix shapes type 2 diabetes risk

Speaker: Jean-Philippe Drouin-Chartier. Université Laval, Quebec, Canada

10:35 – 10:50 **Title:** Breaking the fat myth: Full-fat vs. non-fat dairy products in prediabetes

Speaker: Jana Kraft. University of Vermont, Burlington, USA

10:50 – 11:05 **Title:** How Yogurt and Milk Differ in Postprandial Glucose, Insulin Responses, and Metabolite Profiles

Speaker: Kathryn Pimentel, Agroscope, Berne, Switzerland

11:05 – 11:10 **Oral abstract 13:**

11:10 – 11:25 **Panel discussion** (All speakers): From evidence to endorsement: Strategies to bridge yogurt science and policy

11:25 – 11:55 SESSION 18 - SHORT ORAL ABSTRACTS

Chairs: TBD

Seven 3-minute presentations.

Wednesday, June 17th, 2026 (continue)

11:55 – 13:00	SESSION 19 - ULTRA-PROCESSED FOODS (UPF): OPPORTUNITIES, PITFALLS, AND RESEARCH NEEDS
	Chairs: TBD
11:55 – 12:10	Title: TBD Speaker:
12:10 – 12:25	Title: TBD Speaker:
12:25 – 12:40	Title: TBD Speaker: TBD
12:40 – 12:45	Oral abstract 14:
12:45 – 13:00	Panel discussion (All speakers)
13:00 – 14:00	LUNCH
14:00 – 15:10	SESSION 20 – PLANT-BASED DIETS HEALTH AND SUSTAINABILITY
	Chairs: TBD
14:00 – 14:15	Title: Food biodiversity and health Speaker: Sangeetha Shyam. Institut d’Investigació Sanitària Pere i Virgili, Spain.
14:15 – 14:30	Title: Mindful Eating with Plant-Forward Nutrition: Connections to Cognitive and Mental Health Speaker: Stephanie Nishi. Toronto Metropolitan University, Toronto, Canada
14:30 – 14:45	Title: Ultra-processed plant-based products in vegetarian diets: health and sustainability implications Speaker: Joan Sabaté. Loma Linda University, Loma Linda, USA
14:45 – 14:50	Oral abstract 15:
14:50 – 15:10	Panel discussion (All speakers)
15:10 – 16:00	SESSION 21 - CLINICAL TRIAL UPDATES
	Chairs: TBD
15:10 – 15:20	Title: PREDIMED-Plus trial. Speaker: Jordi Salas-Salvadó. Rovira i Virgili University (IISPV/CIBERobn), Reus, Spain
15:20 – 15:30	Title: CARING STUDY Speaker: Hana Kahleova. Physicians Committee for Responsible Medicine, Washington, DC, USA
15:30 – 15:40	Title: A pragmatic translation of clinical practice guidelines on nutrition therapy for CVD in primary care: Updates on the CHEAP trial Speaker: Laura Chiavaroli. University of Toronto, Toronto, Canada
15:40 – 15:50	Title: TBD Speaker: TBD
15:50 – 16:00	Title: T2D-GENE study Speaker: Maria Lankinen. University of Eastern Finland, Kuopio, Finland

Wednesday, June 17th, 2026 (continue)

16:00 – 16:15 COFFEE BREAK

16:15 – 17:15 SESSION 22 – CLINICAL NUTRITION IN THE DIABETES MANAGEMENT AND ITS COMPLICATIONS

Chairs: TBD

16:15 – 16:30 **Title:** TBD

Speaker: TBD

16:30 – 16:45 **Title:** The role of nutraceuticals in diabetes management

Speaker: Charilaos Dimosthenopoulos. Laiko General Hospital of Athens, Athens, Greece,

16:45 – 17:00 **Title:** Nutrition strategies in the MASLD management

Speaker: Didac Mauricio. Hospital de la Santa Creu i Sant Pau, Barcelona, Spain

17:00 – 17:15 **Panel discussion** (All speakers)

17:15 – 17:40 SESSION 23 - DNSG UPDATES

Chairs: TBD

Hana Kahleova (Czech Republic / USA)

John Sievenpiper (Canada)

Jordi Salas-Salvadó (Spain)

Charilaos (Haris) Dimosthenopoulos (Greece)

17:15 – 17:25 **DNSG RECOMENDATIONS**

17:25 – 17:35 **DNSG Updates**

17:35 – 17:40 **Invitation to the 44nd International Symposium on Diabetes and Nutrition, in Finland – (June 2027).**

Ursula Schwab. University of Eastern Finland, Kuopio, Finland.

17:40 – 17:45 CLOSE OF THE SYMPOSIUM

Jordi Salas-Salvadó, Nancy Babio, Joan M Vendrell (Spain)

17:45 – 18:15 GENERAL ASSEMBLY

Chair: Hana Kahleova (Czech Republic / USA)

20:30 GALA DINNER (HOTEL TERMES MONTBRIÓ)