

# DNSG 2026

**43<sup>RD</sup> International Symposium on Diabetes and Nutrition**  
**Montbrío de Camp, Tarragona, Spain (June 15<sup>th</sup>-18<sup>th</sup>, 2026)**



## Scientific Programme

## WELCOME NOTE

Dear colleagues,

We cordially invite you to participate at the **43<sup>rd</sup> 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 Montbrío 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://dmsg-studygroup.eu/>

## SCIENTIFIC COMMITTEE

Hana Kahleova  
Jordi Salas-Salvadó  
John L Sievenpiper  
Haris Dimosthenopoulos  
Anne-Marie Aas  
Laura Chiavaroli  
Maria Lankinen  
Stefan Kabisch  
Jeffrey Mechanick  
Cyril WC Kendall

## LOCAL SCIENTIFIC ADVISORY BOARD

Dídac Mauricio (**CIBERdem, Biomedical Research Network Center in Diabetes and Associated Metabolic Disorders**)  
María Puy Portillo (**CIBERobn, Center for Biomedical Research in Obesity and Nutrition**)  
Miguel A. Rubio (**Sociedad Española de Endocrinología y Nutrición, Spanish Society of Endocrinology and Nutrition**)  
F. Javier Ampudia (**Sociedad Española de Diabetes, Spanish Diabetes Society**)  
Pilar Matía (**Sociedad Española de Nutrición Clínica y Metabolismo, Spanish Society for Clinical Nutrition and Metabolism**)  
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 15<sup>th</sup>, 2026**

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

**12:45 – 13:00 WELCOME**

Professor Jordi Salas-Salvadó, Professor 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 – RECOGNIZING SARCOPENIC OBESITY AND DIABETES AS CLINICAL PRIORITIES: A JOINT DNSG-ESPEN SESSION**

**Chairs:** TBD

**13:30 – 13:45 Title: The epidemiology and mechanisms of sarcopenic diabetes: The who, what, why, and where**

**Speaker:** Rocco Barazzoni. University of Trieste, Trieste, Italy

**13:45 – 14:00 Title: Nutritional prevention and management of sarcopenic diabetes**

**Speaker:** Gabriele Riccardi, Federico II University of Naples, Italy

**14:00 – 14:15 Title: Role of diabetes specific formulas in sarcopenic diabetes**

**Speaker:** Jeffrey I. Mechanick. Mount Sinai Fuster Heart Hospital, New York, USA

**14:15 – 14:20 OA 1:** Dietary inflammatory index and sarcopenia: a systematic review. Julio Ramon Plaza-Díaz. CIBER and Rovira i Virgili University, Reus, Spain

**14:20 – 14:25 OA 2:** Sarcopenic Obesity in Type 2 Diabetes: Prevalence and Metabolic Phenotype Across Handgrip Strength Classification Approaches. Kristin Amundsen. Haukeland University Hospital, Bergen, Norway.

**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)**

# SCIENTIFIC PROGRAMME

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Monday, June 15<sup>th</sup>, 2026 (continue)

## 16:15 – 17:25 SESSION 5 – DIABETES REMISSION AND MEAL REPLACEMENTS

**Chairs:** TBD

- 16:15 – 16:30 **Title: Diabetes remission and prevention with traditional diets in Nepal: a community-based, traditional diet study (CoDiaPrem)**  
Speaker: Mike Lean. University of Glasgow, Glasgow, UK
- 16:30 – 16:45 **Title: Weight loss maintenance after meal replacement therapy.**  
Speaker: Naomi Brosnahan. University of Glasgow, Glasgow, UK
- 16:45 – 17:00 **Title: Proteomics and cardiometabolic risk prediction in diabetes remission trials**  
Speaker: Naveed Sattar. University of Glasgow, Glasgow, UK
- 17:00 – 17:05 **OA 3:** Time-restricted eating or partial meal replacement? A randomised crossover trial of dietary strategies to improve glycaemic control in type 2 diabetes. Kate Campbell. University of Otago, Dunedin, New Zealand
- 17:05 – 17:25 **Panel discussion** (All speakers)

## 17:25 – 18:35 SESSION 6 – THE ROLE OF CARBOHYDRATES IN CARDIOMETABOLIC DISEASE: HOW DOES ONE DEFINE HEALTHY CARBOHYDRATE FOODS?

**Chairs:** TBD

- 17:25 – 17:40 **Title: Assessment of glycemic index and load of diets: Development of prediction models and a large global database**  
Speaker: Simin Liu. University of California, Irvine, USA
- 17:40 – 17:55 **Title: Nutrient density models and novel ratio-based carbohydrate quality metrics**  
Speaker: Adam Drenowski, University of Washington, USA
- 17:55 – 18:10 **Title: Influence of processing, storage and type of starch on glycemic responses: Implications for pasta, potatoes, rice, and bread.**  
Speaker: Thomas Wolever, University of Toronto, Toronto, Canada
- 18:10 – 18:15 **Title: Sugars reduction: what to target and what replacement strategies?**  
Speaker: John Sievenpiper. University of Toronto, Toronto, Canada
- 18:15 – 18:35 **Panel discussion** (All speakers)

## 18:35 – 19:05 SESSION 7 - SHORT ORAL ABSTRACTS

**Chairs:** TBD

Seven 3-minute presentations.

19:05 – 20:00 *Free time*

20:00 WELCOME RECEPTION AND DINNER

22:00 Science & Rhythm (young researchers and not-so-young researchers)

**Tuesday, June 16<sup>th</sup>, 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 **OA 4:** Multi-omics responses to nut intake and cardiometabolic Health. Qi Sun. Department of Nutrition, Harvard T.H. Chan School of Public Health, Boston

09:05 – 09:10 **OA 5:** Evaluation of Effects of Almond Supplementation on Executive Function and Processing Speed in Middle-Aged Asian Indians with Prediabetes: An Open-Label Randomized Controlled Trial. Seema Gulati. Diabetes Foundation, New Delhi, India

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 – 11:45 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 Clinic, 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 **OA 6:** Danish alcohol guideline limits, circulating metabolites, and risk of coronary heart disease and all-cause mortality. Marta Trius-Soler. University of Copenhagen, Copenhagen, Denmark

11:25 – 11:45 **General discussion**

# SCIENTIFIC PROGRAMME

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Tuesday, June 16<sup>th</sup>, 2026 (continue)

## 11:45 – 12:55 SESSION 11 - POLYPHENOLS AND DIABETES

**Chairs:** TBD

11:45 – 12:00 **Title: Polyphenols: what do we know about them?**

Speaker: Rosa Lamuela. University of Barcelona, Spain

12:00 – 12:15 **Title: Polyphenol intake, insulin resistance and diabetes: Epidemiologic studies**

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

12:15 – 12:30 **Title: Diet rich in polyphenols and healthy ageing: Clinical trials**

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

12:30 – 12:35 **OA 7:** Hydroxytyrosol supplementation improves oxidative and inflammatory status and induce modifications in gut microbiota genus in individuals with prediabetes and overweight. Jara Pérez-Jiménez. CSIC, Madrid, Spain

12:35 – 12:40 **OA 8:** Subtypes of fruits and vegetables and risk of type 2 diabetes: a prospective cohort study from the Malmö Diet and Cancer Study. Emily Sonestedt. Lund University, Malmö, Sweden

12:40 – 12:55 **Panel discussion** (All speakers)

## 12:55 – 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: Human Gut Microbiome as a Key Player Modulating Diet-Health Associations**

Speaker: Qi Sun. Harvard T.H. Chan School of Public Health, 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 **OA 9:** Characterization of a plasma metabolomic signature of almonds and its association with intermediate cardiometabolic outcomes in 4 portfolio diet trials. Andrea Glenn. University of New York, New York, USA.

14:50 – 14:55 **OA 10:** Inflammatory proteomic signals of eGFR difference reveal early metabolic risk for kidney dysfunction. Yifei Lin. Sichuan University, China.

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

## 15:10 – 15:40 SESSION 13 - SHORT ORAL ABSTRACTS

**Chairs:** TBD

Seven 3-minute presentations.

## 16:40 – 19:30 EXCURSION – TARRACO Tour: The great Roman city declared World Patrimonial Heritage

Bus departs from hotel Termes Montbríó

## 20:00 DINNER

**Wednesday, June 17<sup>th</sup>, 2026**

**08:00 – 08:25 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)

**08:25 – 09:20 SESSION 15 - DEBATE 2 – OMEGA-3 FATTY ACIDS IN DIABETES AND CARDIOVASCULAR DISEASE: ARE THEY USEFUL OR NOT?**

**Chairs:** TBD

**08:25 – 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 – 09:05 Title:** Omega 3s are not useful for diabetes or cardiovascular disease.

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

**09:05 – 09:10 OA 11:** Glucose metabolism status modifies the associations between omega-3 concentrations and incident CVD: The Maastricht Study. Elena Tore. Maastricht University, Maastricht, The Netherlands.

**09:10 – 09:20 Panel discussion** (All speakers)

**09:20 – 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, CH-3003 Bern, Switzerland

**11:05 – 11:10 OA 12:** Gene-diet interaction between polygenic risk score and yogurt consumption on type 2 diabetes risk: a prospective study in the CARTaGENE cohort. Jacob Lessard-Lord. Université Laval, Quebec, Canada

**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.

# SCIENTIFIC PROGRAMME

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Wednesday, June 17<sup>th</sup>, 2026 (continue)

## 11:55 – 13:00 SESSION 19 - ULTRA-PROCESSED FOODS (UPF): OPPORTUNITIES, PITFALLS, AND RESEARCH NEEDS

**Chairs:** TBD

11:55 – 12:10 **Title: Guidelines-based UPF versus minimally processed diet for weight loss: The UPDATE trial**

Speaker: Samuel J. Dicken. University College London, UK

12:10 – 12:25 **Title: Guidelines-based high versus low-UPF diet for blood pressure: The SWITCH trial**

Speaker: Laura Chiavaroli. University of Toronto, Toronto, Canada

12:25 – 12:40 **Title: Epidemiological studies relating ultra-processed food consumption and health: evidence and limitations**

Speaker: Jadwiga Konieczna. Institut d'Investigació Sanitària Illes Balears, Palma de Mallorca, Spain

12:40 – 12:45 **OA 13:** Can a dietary pattern high in ultra-processed foods be of high nutritional quality? - Preliminary findings from the NutriQuébec project. Marianne Rochette. Université Laval, Québec, Canada

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, Reus, 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 **OA 14:** Disentangling complexity: the application of Bayesian networks to identify joint predictors of diet-related greenhouse gas emissions among adults in the NutriQuébec project. Joy Hutchinson. Laval University, Quebec, Canada

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.**

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: PANIC study**

Speaker: Aino-Maija Eloranta. University of Eastern Finland, Kuopio, Finland

15:50 – 16:00 **Title: T2D-GENE study**

Speaker: Maria Lankinen. University of Eastern Finland, Kuopio, Finland

Wednesday, June 17<sup>th</sup>, 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 **Challenges of nutritional support in diabetic patients**

Speaker: Laurence Genton. Hôpitaux universitaires de Genève, Geneva, Switzerland

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. CIBERDEM, 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 Clinical Practice Guidelines Update**

Jeffrey I. Mechanich. Mount Sinai Fuster Heart Hospital, New York, USA

Laura Chiavroli. University of Toronto, Toronto, Canada

17:25 – 17:35 **DNSG Updates**

17:35 – 17:40 **Invitation to the 44<sup>th</sup> 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)