

DNSG 2026

43RD International Symposium on Diabetes and Nutrition
Montbrío 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 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, Prof. 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 15th, 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), Jordi Salas-Salvadó (Spain)

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: Anne Marie Aas (Norway), Cyril Kendall (Canada)

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. Héctor Vázquez Lorente. 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 (3 MINUTES)

Chairs: Maria Lankinen (Finland), Afroditi Barouti (Sweden)

14:45 – 14:48 SO1: Effect of a 1-year lifestyle intervention on plasma short-chain fatty acids and their association with cardiometabolic risk factors: a secondary analysis of the PREDIMED-Plus trial. Adrián Hernández Cacho (Spain)

14:48 – 14:51 SO2: Postprandial glucose dynamics from continuous monitoring reveal distinct subtypes of type 2 diabetes. Annalisa Giosue' (Italy)

14:51 – 14:54 SO3: Fibromodulin as a regulator of adipose extracellular matrix remodelling in childhood. Francisco Javier Ruiz-Ojeda (Spain)

14:54 – 14:57 SO4: Targeting weight loss and blood glucose control with oral sodium butyrate in overweight/obese adults with and without type 2 diabetes: a proof-of-concept randomized controlled trial. Lutgarda Bozzetto (Italy).

14:57 – 15:00 SO5: Influence of subcutaneous semaglutide use on diet quality: preliminary insights from a prospective cohort. Jacob Lessard-Lord (Canada)

15:00 – 15:03 SO6: Machine Learning for glucoType Characterization in adults with Overweight/Obesity without diabetes. Laura Rubio Gordón (Spain)

15:03 – 15:06 SO7: Impact of psychometric variables on the maintenance of baseline dietary patterns during an isocaloric, isonutritive lifestyle intervention for patients with type 2 diabetes and NAFLD. Stefan Kabisch (Germany)

Discussion (9 minutes)

15:15 – 15:45 COFFEE BREAK 1

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

Chairs: Joan Vendrell (Spain), John Sievenpiper (Canada)

Title: Endocrine disruptors consumption through diet and diabetes

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

Discussion (5 minutes)

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

Chairs: Ursula Schwab (Finland), Jeffrey Mechanick (USA)

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: Laura Chiavaroli (Canada), Dario Rahelic (Croatia)

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 (3 MINUTES)

Chairs: Haris Dimosthenopoulos (Greece), Stefan Kabich (Germany)

18:35 – 18:38 **SO8:** Effects of low, moderate, and high carbohydrate diets in adults with type 1 diabetes: 6-month results from the DANCE randomized controlled trial. Afroditi Barouti (Sweden)

18:38 – 18:41 **SO9:** Relation of food sources of fructose and adiposity outcomes in adults and children: A systematic review and meta-analysis of prospective cohort studies. Andreea Zurbau (Canada)

18:41 – 18:44 **SO10:** Fasting-induced remission of type 2 diabetes patients is reflected in the plasma proteome. Antonia Zumblick (Germany)

SCIENTIFIC PROGRAMME

DRAFT VERSIÓN

- 18:44 – 18:47 **SO11:** The Development of a Logic Model Integrating Behaviour Change Theories, Techniques, and Adherence Outcomes in a Plant-Based Intensive Lifestyle Intervention for Type 2 Diabetes Remission. Dayana El Chaar (Canada).
- 18:47 – 18:50 **SO12:** Association between adherence to dietary fiber intake recommendations and micronutrients intake in a prediabetic population: results from the SEGOVIA Study. Javier Modrego (Spain)
- 18:50 – 18:53 **SO13:** From Control to Remission: Outcomes from REMI-D (REMIssion in Diabetes) Programme in Singapore Primary Care. Pauline Xinying Xie (Singapore)
- 18:56 – 18:59 **SO14:** Substitution of Low- and No-Calorie Sweetened Beverages for Sugar-Sweetened Beverages and Cardiometabolic Outcomes: A Systematic Review and Meta-substitution analysis of Mega-Cohort Studies of $\geq 100,000$ participants. Tauseef Khan (Canada)
- Discussion** (6 minutes)
- 19:05 – 20:00 *Free time*

20:00

WELCOME RECEPTION AND DINNER

22:00-23:30

Science & Rhythm (young researchers and not-so-young researchers)

Chairs: Mike Lean (United Kingdom), Marcela Gonzalez-Gross (Spain)

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 **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 (3 MINUTES)

Chairs: Søren Gregersen (Denmark), Julio Plaza Diaz (Spain)

09:30 – 09:33 **SO15:** Participant Perceptions of the Portfolio Diet Program: Mixed-methods Analyses Within a Pragmatic Randomized Controlled Trial for Cardiovascular Health. Antonio Rossi (Canada)

09:33 – 09:36 **SO16:** Characterization of a plasma metabolomic signature of almonds and its association with intermediate cardiometabolic outcomes in 4 portfolio diet trials. Constança Silva (Canada)

09:36 – 09:39 **SO17:** Nut consumption, cardiovascular disease incidence and mortality: preliminary findings from the NUTPOOL project. Cristina Valle Hita (Denmark)

09:39 – 09:42 **SO18:** Daily Peanut Consumption Enhances Cognitive Performance in Preadolescents within a School-Based Health Program: Results from the PEANUTY Trial. Rosa María Casas Rodríguez (Spain).

09:42 – 09:45 **SO19:** Evaluating the acceptability of the Portfolio Diet nutrition education e-module curriculum via a mixed-methods study. Vivian Yin (Canada)

09:45 – 09:48 **SO20:** A DASH-enhanced Portfolio Diet Program for Blood Pressure and Cardiometabolic Risk Reduction: Preliminary Results on Adherence in the SWITCH Trial. Zeinab Houshialsadat (Canada)

09:48 – 09:51 **SO21:** What do we know about the causality of the association between moderate alcohol consumption and beneficial effects on ischemic heart disease and diabetes?. Jurgen Rehm (Canada)

Discussion (9 minutes)

10:00 – 10:30 COFFEE BREAK 2

10:30 – 11:45 SESSION 10 - DEBATE 1 – ALCOHOL IN MODERATION YES OR NOT

Chairs: Frank Hu (USA), Gabriele Riccardi (Italy)

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**

SCIENTIFIC PROGRAMME

DRAFT VERSIÓN

- 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**

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

Chairs: Knut Mai (Germany), Indira Paz-Graniel (Spain)

- 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: Ángel Gil (Spain), Andreas Pfeiffer (Germany)

- 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. Meghan Kavanagh. 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 (3 MINUTES)

Chairs: Sabrina Ayoub-Charette (Canada), Michel Friden (Sweden)

SCIENTIFIC PROGRAMME

DRAFT VERSIÓN

- 15:10 – 15:13 **SO22:** Dietary patterns, plasma proteomics, and cognitive trajectories in older adults with metabolic syndrome: evidence from the PREDIMED-Plus cohort. Hernando Joaquin Margara Escudero (Spain)
- 15:13 – 15:16 **SO23:** Benefits of Carob (*Ceratonia siliqua* L.) Liquid Concentrate, in Modulating Glucose Metabolism in Subjects with Prediabetes: A Randomized Double-Blind Controlled Clinical Trial. Ignacio Zaldua Gorostiaga (Spain)
- 15:16 – 15:19 **SO24:** Coffee, Caffeine, CVD and Mortality. Jesús F. García Gavilán (Spain)
- 15:19 – 15:22 **SO25:** Metabolic profiles of Mediterranean Diet Adherence in Early Childhood: Implication for Cardiometabolic Risk. Josué Alberto Pérez Acosta (Spain)
- 15:22 – 15:26 **SO26:** Ultra-Processed Food Consumption and Gut Metagenomic Profiles in Spanish Preschool Children: A Cross-Sectional Analysis. Julio Ramón Plaza Diaz (Spain)
- 15:26 – 15:29 **SO27:** HDL-bound microRNAs and acute myocardial infarction incidence in a population-based case-cohort study: HDL function- and insulin resistance-related functional analysis. Montserrat Fitó (Spain)
- 15:29 – 15:32 **SO28:** Effects of a Healthy Nordic Diet or a Low Carbohydrate High PUFA Diet on Circulating Ceramides in Type-2 Diabetes and Prediabetes: secondary analyses of a Randomized Trial. Thomas Roosdorp (Sweden)

Discussion (8 minutes)

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

Bus departs from hotel Termes Montbríó at XXXh

20:00 **DINNER – ROMAN TARRACO AMPHITHEATER**

Wednesday, June 17th, 2026

08:00 – 08:25 SESSION 14 - PLENARY LECTURE

Chairs: Marta Guasch-Ferré (Denmark), Joan Sabaté (USA)

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: Angela Rivelles (Italy), Fredrik Rosqvist (Sweden)

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 (3 MINUTES)

Chairs: Stephanie Nishi (Canada), Tauseef Khan (Canada)

09:20 – 09:23 SO29: The role of the EAT-Lancet diet in the association between air pollution and cardiometabolic health: a cross-sectional analysis. Jadwiga Anna Konieczna (Spain)

09:23 – 09:26 SO30: Longitudinal Associations between Food Biodiversity and Cardiometabolic Risk in Children. Irene Valverde Aguilera (Spain)

09:26 – 09:29 SO31: Total and different types of olive oil consumption, gut microbiota, and cognitive function changes in older adults. Jiaqi Ni (Spain)

09:29 – 09:32 SO32: The association between ultra-processed food intake and glycaemic, metabolic, and inflammatory parameters in adults with type 1 diabetes. Maarten Soeters (The Netherlands)

09:32 – 09:35 SO33: Harmonizing European Dietary Guidelines for Type 2 Diabetes Prevention: An Evidence-Based and Sustainable Model. Marilena Vitale (Italy)

09:35 – 09:38 SO34: Plasma per- and polyfluoroalkyl substances (PFAS) and cardiometabolic risk factors in an elderly Spanish population at high cardiovascular risk. Nadine Alkhoury (Spain)

09:38 – 09:41 SO35: Assessing a community gardening intervention to lower type 2 diabetes risk in Mississauga. Yumnah Jafri (Canada)

Discussion (4 minutes)

9:45 – 10:15 COFFEE BREAK 3

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), Sabita Soedamah-Muthu (The Netherlands)

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

SCIENTIFIC PROGRAMME

DRAFT VERSIÓN

- 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 (3 MINUTES)

Chairs: Sangeetha Shyam (Spain), Dan Ramdaath (Canada)

- 11:25 – 11:28 **SO36:** More Screens, More Ultra-Processed Foods consumption? A Longitudinal Study in Children. Indira Paz Graniel (Spain)
- 11:28 – 11:31 **SO37:** Dietary choline and betaine intake and cognitive function in older adults with overweight or obesity and metabolic syndrome: a prospective analysis. José María Manzanera Errazu (Spain)
- 11:31 – 11:34 **SO38:** Long term effects of increased water intake on glucose regulation in adults with elevated copeptin. Juliane Zemdegs (France)
- 11:34 – 11:37 **SO39:** Effect of replacing sugars-sweetened beverages with soymilk versus cow's milk on liver fat: The Soy Treatment Evaluation for Metabolic health (STEM) randomized trial. Madeline Erlich (Canada)
- 11:37 – 11:40 **SO40:** Impact of Food Consistency on Postprandial Metabolic Responses in Individuals at Risk of Type 2 Diabetes. Marta Csanalosi Artigas (Germany)
- 11:40 – 11:43 **SO41:** A bioactive collagen peptides composition modulates postprandial glycemia and hormonal responses in normoglycemic and prediabetic volunteers. Nicolina Virgilio (Belgium)
- 11:43 – 11:46 **SO42:** Low- and no-calorie sweeteners in guidelines: A global review of public health and clinical practice guidelines. Sabrina Ayoub-Charette (Canada)

Discussion (9 minutes)

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

Chairs: Nancy Babio (Spain), Simin Liu (USA)

- 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: Emily Sonestedt (Sweden), Thomas Wolever (Canada)

- 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**

SCIENTIFIC PROGRAMME

DRAFT VERSIÓN

- 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:** Lutgarda Bozzeto (Italy), Cyril Kendall (Canada)
- 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

16:00 – 16:15 COFFEE BREAK 4

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

- Chairs:** Kirsten Berk (The Netherlands), Rocco Barazzoni (Italy)
- 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:** DNSG Executive Committee
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

SCIENTIFIC PROGRAMME

DRAFT VERSIÓN

17:25 – 17:35 **DNSG Updates**

17:35 – 17:40 **Invitation to the 44th 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)**