

DNSG 2026

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



Scientific Programme

WELCOME NOTE

Dear colleagues,

As the 43rd International Symposium on Diabetes and Nutrition, organized by the Diabetes and Nutrition Study Group (DNSG), is about to begin, we are pleased to share with you the nearly final scientific program for this year's meeting, which will take place from June 15–18, 2026, in Montbrío del Camp, Tarragona, Spain.

We are looking forward to an outstanding symposium that will showcase the latest advances in nutrition and diabetes research, provide a forum for rigorous academic discussion, and foster collaboration among clinicians, dietitians, and researchers from around the world.

The scientific program includes plenary lectures, panel discussions, debates, oral communications, and poster presentations, covering a broad range of relevant and timely topics in diabetes, nutrition, and metabolic health.

We look forward to welcoming you to Tarragona for what promises to be an inspiring and scientifically enriching meeting.

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

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*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 Kahleova (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, 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 Giosuè (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 ACTIVE COFFEE BREAK 1**15:45 – 16:15 SESSION 4 - PLENARY LECTURE**

Chairs: Joan M. 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 Drewnowski, University of Washington, Seattle, 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 – 18:20 **Title:** Bridging Science and Innovation: Sweeteners and Dietary Fibers for Cardiometabolic Health

Jing Zhou, Ingredient, USA

18:20 – 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)

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- 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)
- 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 – 18:56 **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** (9 minutes)
- 19:05 – 20:00 **Free time**

20:00 **WELCOME RECEPTION AND DINNER**

22:00-23:30 **Session Science & Rhythm (young researchers and not-so-young researchers)**

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

SR1: Nuts consumption, kidney function, chronic kidney disease and mortality: A systematic review. Josué Alberto Pérez Acosta (Spain)

SR2: Combination of adherence to the Mediterranean diet and ultra-processed food consumption in relation to body composition: Longitudinal analyses in older adults with metabolic syndrome. Airin Chávez Zárata (Spain)

SR3: Serving science to a saturated world: The awareness gap. Vivian Yin (Canada)

SR4: Predictive value of C-Reactive protein/triglyceride-glucose index on the all-cause mortality among middle-aged and older Chinese adults: A prospective cohort study from CHARLS. Lili Zhang (China)

SR5: Glycemic control following a diet high in slowly digestible starch in type 2 diabetic patients. Alexandra Meynier (France)

SR6: Adherence to the EAT-Lancet diet, plasma metabolomic profiles, and long-term risk of chronic kidney disease: a prospective cohort study. Zhaogui Wu (Sweden)

SR7: Relationship between main phyla of gut microbiota and serum glucose levels among postmenopausal diabetic women living in rural areas of Segovia. Javier Modrego (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, USA

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 Ramon 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 ACTIVE 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**

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DRAFT VERSION

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

11:10 – 11:15 *Replay: Ramon Estruch, Barcelona, Spain*

11:15 – 11:20 *Replay: Jürgen Rehm, Hamburg, Germany*

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 **Panel discussion** (All speakers)

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, Barcelona, Spain

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

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

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

Speaker: Ana Rodriguez Mateos. King's College London, 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. Meaghan 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, Chengdu, 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 Fridén (Sweden)

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- 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 J. 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, cardiovascular disease 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 – 15:25 **SO26:** Ultra-processed food consumption and gut metagenomic profiles in Spanish preschool children: A cross-sectional analysis. Julio Ramón Plaza Díaz (Spain)
- 15:25 – 15:28 **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)
- 15:28 – 15:31 **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 (9 minutes)

15:40-16:40 *Free time*

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

Bus departs from hotel Termes Montbrío at XXXh

We recommend wearing sport shoes

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: mechanisms.**

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 Rivellesse (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 AVTIVE 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**

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- 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, 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 Ramdath (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, 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 de Recerca Biomèdica Catalunya Sud, Reus, Spain
- 14:15 – 14:30 **Title: Mindful eating with plant-forward nutrition: Connections to cognitive and mental health**

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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. Université Laval, Québec, 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 (IRB-CatSut/CIBERobn), Reus, Spain

15:20 – 15:30 **Title: CARING STUDY.**

Hana Kahleova. Physicians Committee for Responsible Medicine, Washington, 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 ACTIVE 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. Mechanick. Mount Sinai Fuster Heart Hospital, New York, USA

Laura Chiavaroli. University of Toronto, Toronto, Canada

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17:25 – 17:35 **DNSG Updates**

17:35 – 17:40 **Invitation to the 44th International Symposium on Diabetes and Nutrition, in Finland – (July 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)**