Carbohydrates and artificial sweeteners in human nutrition

Belgian Nutrition Society
Seventh annual meeting, April 21th, 2017

Carbohydrates in the human diet are a very diverse group of nutrients with a broad range of effects on human health. While dietary recommendations ask for moderation in consumption of low molecular weight sugars, intake of dietary fiber needs to be stimulated in view of several positive effects on human health. The increasing pressure to reduce sugar intake has been an incentive to search for new components that can replace sugar in the diet. Nevertheless, sugars can form unique sensorial properties that are highly appreciated by consumers and that ask for specific research and measures to replace them in the diet.

In this edition of the BNS annual congress, we will highlight a number of recent scientific findings in relation to the role of carbohydrates in the human diet. We will focus on the health effects of both LMW sugars as well as dietary fiber components. We will discuss food addiction and impact of sugars on appetite, and we will address recent approaches to generate new alternative healthy sugar structures to be applied in the food industry to generate a series of new foods with beneficial effects on human health.
Programme

Welcome session

8.30 – 9.10: Registration and welcome coffee

9.10 – 9.20: Introduction by BNS - N. Delzenne (UCL- President BNS)

9.20 – 9.30: Presentation of the scientific program – J. Van Camp (UGent– Chair of the Organizing Committee)

Session 1: Chair 1

9:30-10:00 **Keynote 1: The position of sugar and artificial sweeteners in human nutrition and health**

*Prof. Luc Tappy (University of Lausanne, Switzerland)*

*Selected oral presentations*

10:00-10:15 Selected oral presentation

10:15-10:30 Selected oral presentation

10:30 – 11:00 **Keynote 2: Examining the role of dietary fiber in the human diet**

*N.N. (affiliation)*

*Options:*

*Selected oral presentations*

11:00-11:15 Selected oral presentation

11:15-11:30 Selected oral presentation

11:30-13:00 **Lunch and Poster presentations**

Session 3: Chair 3

13:00-13:30 **Keynote 3: Is food addiction a useful explanation for the impact of sweetness and sugars on appetite?**

*Prof. Graham Finlayson (University of Leeds, UK)*

*Selected oral presentations*

13:30-13:45 Selected oral presentation
13:45-14:00 Selected oral presentation

14:00-14:45 Coffee break 3

Session 4: Chair 4

14:45-15:15 **Keynote 4: Towards development of new carbohydrates for future use in human nutrition**

*Prof. Tom Desmet (Ghent University, Belgium)*

Selected oral presentations

15:15-15:30 Selected oral presentation

15:30-15:45 Selected oral presentation

Closing session

15.45 – 16.00: Presentation of the BNS prizes for best communication (oral and poster) - (Nathalie Delzenne UCL- President BNS)

16.00 – 16.15: Conclusions of the symposium – John Van Camp (UGent Belgium – Chair of the Organizing Committee)

Updates and announcements will feature on our website

**www.belgiannutritionssociety.be**
PRACTICAL INFORMATION

Venue: Royal library of Belgium (near the central station in Brussels)
Koninklijke Bibliotheek van België - Royal Sky Room / Keizerslaan 2, 1000 Brussel
Bibliothèque royale de Belgique - Royal Sky Room / boulevard de l’Empereur 2, 1000 Bruxelles

How to get there: Detailed information: http://www.kbr.be/informations/informations_nl.html

Catering: Food and drinks will be provided for free for participants during the breaks.

Language: English. No translations are provided.

Registration

All participants need to register electronically. The congress is free for BNS members. There will be an opportunity to register as BNS member on-site (please consult membership procedures and application form on our website (www.belgiannutritionssociety.be/ go2/Membership/) for more info. Membership fees are 35€ and 15 € for students and PhD students.

Speakers and posters

The program of the symposium consists of different sessions. Each session has a keynote speaker who will give a “state of the art” lecture. Each keynote lecture of all sessions is followed by ‘local’ speakers. For this part of each session, young Belgian scientists will be selected on the basis of the submitted abstracts to orally present their research work. These parts of the sessions aim to provide postgraduate students, PhD students or scientists at all stages of their research, the opportunity to present their work (via oral or ‘live’ poster presentations), independently of the topic of the symposium. Deadline of abstracts is March 15th, 2017.

Organising Committee
John Van Camp (Chair, UGent)
Stefaan De Henauw (UGent)
Kristin Verbeke (KULeuven)
Nathalie Delzenne (UCLouvain)
Carl Lachat (UGent)
Patrick Kolsteren (UGent)