Ultra-processed foods in human nutrition and health

Belgian Nutrition Society
Eight annual meeting, May 4th, 2018

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Recently, food classification and coding systems based on the degree of processing have been introduced to redefine food-based dietary guidelines hereby taking into account the potential role of processed foods on human health. Ultra-processed foods have received special attention in view of the higher levels of salt, added sugar, fat and additives to influence the palatability of products in this food category. In this edition of the BNS annual congress, we bring a balanced view on the role of (ultra)processed foods in human nutrition and health. We will pay attention to the classification of foods based on degree of processing, and give an overall state of the art regarding the impact of processed foods on human nutrition and health. Next, we will highlight the role of processing in food science and nutrition, and we discuss the contribution of nutrient intake from processed foods, in relation to their potential role towards human health. There is also a more global view of food processing, taking into account the international trade and globalization of food and dietary patterns in both developed and developing countries.
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 Nathalie Delzenne)

9:30-10:00 **Keynote 1: Ultra-processed foods in human health: a critical appraisal**

*Prof. M. Gibney (UCD Institute of Food and Health, University College Dublin, Dublin, Ireland)*

**Selected oral presentations**

10:00-10:15 presentation 1

10:15-10:30 presentation 2

Session 2: (Chair John Van Camp)

10:30 – 11:00 **Keynote 2: Role of food processing in food science and nutrition**

*N.N. (a participant from the working group of processed foods at FBW, UGent or Prof. M. Henderickx, FBW, KULeuven)*

**Selected oral presentations**

11:00-11:15 presentation 3

11:15-11:30 presentation 4

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

Session 3: (Chair Stefaan De Henauw)

13:00-13:30 **Keynote 3: Contribution of highly industrially processed foods to the nutrient intakes in Europe and potential effects on health**

*Jean-Claude Moubarac (Faculté de médecine - Département de nutrition, Université de Montreal, Canada)*
Selected oral presentations
13:30-13:45 presentation 5
13:45-14:00 presentation 6
14:00-14:45 Coffee break 3

Session 4: (Chair: Kristin Verbeke)

14:45-15:15 **Keynote 4: (Ultra-) processed foods in our global world economy**

N.N.
(Alessandro Demaio, Department of Nutrition for Health and Development, WHO; CEO EAT Foundation) or Peter Rossing (Aarhus and Kopenhagen, Denmark)

Selected oral presentations
15:15-15:30 presentation 7
15:30-15:45 presentation 8

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 30th, 2018.

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