



XXIX Cursos de Verano
Uda Ikastaroak
XXII Cursos Europeos
Europar Ikastaroak

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Universidad del País Vasco / Euskal Herriko Unibertsitatea

Donostia - San Sebastián, 2010



D.4 COURSE

From reference intakes and activity patterns to personalized nutrition (C)

Director:

J. Alfredo Martínez Hernández.
University of Navarra. Pamplona.

Aims:

The aim of this European course is to give an answer to the challenge of personalized nutrition in the context of public health, both for disease prevention and therapeutics. The program includes current topics on the impact of nutrition and physical activity on health, depending on genetic inheritance. The various sessions will address: the influence of nutrition on the genetic response (Nutrigenomics), the role of particular genes and their polymorphisms on different metabolic markers (Nutrigenetics) as well as the interpretation of the impact of factors not DNA sequence-dependent (Nutriepigenetics) on health and disease, with emphasis on Obesity. Also this year is expected to have a roundtable with the participation of representatives of cooks and Food Science scientists.

In collaboration with Instituto Tomás Pascual / Cátedra Universidad de Navarra and IUNS (International Union of Nutritional Sciences).

Registration fees: before 31 May: 70 €. From 1 June: 84 €.

Academic validity: 30 hours.

Official language: English.

European activity

PROGRAM

August 23

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|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:45 h | Entrega de documentación |
| 9:00 h | “Dietary protein, weight loss and weight maintenance” KLAAS WESTERTERP. <i>Maastricht University. Maastrich. Netherlands.</i> |
| 10:00 h | “Neuropeptides and appetite regulation” BRANT DE FANTI. <i>Laboratoire Servier. Paris. France</i> |
| 11:00 h | Pausa |
| 11:30 h | “Childhood obesity: successes and failures of preventive interventions” BERIT L HEITMANN. <i>Copenhagen University Hospital. Copenhagen. Denmark.</i> |
| 12:30 h | “Physical activity: influence on each individual energy expenditure” KLAAS WESTERTERP. <i>Maastricht University. Maastrich. Netherlands.</i> |

Cursos de Verano / Uda Ikastaroak (cursosverano@ehu.es)

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<http://www.sc.ehu.es/cursosverano>

- 16:15 h “Metabolomics in the new nutritional era”
ISABEL BONDIA.
University of Kuopio Kuopio. Finland.
- 17:15 h “Psychological workload and body weight: is there an association?”
BERIT L HEITMANN.
Copenhagen University Hospital. Copenhage. Denmark.

August 24

- 9:00 h “Functional foods: new prospects”
LISA RYAN.
Oxford Brookes University. Oxford. United Kingdom.
- 10:00 h “Importance of micronutrients and how can we measure them?”
MALGORZATA SCHLEGEL-ZAWADZKA.
Jagiellonian University Medical College. Kraków. Poland.
- 11:00 h Pausa
- 11:30 h “Phytosterols: what are they?”
LISA RYAN.
Oxford Brookes University. Oxford. United Kingdom.
- 12:30 h “Food allergies: are they increasing?”
MALGORZATA SCHLEGEL-ZAWADZKA.
Jagiellonian University Medical College. Kraków. Poland.
- 17:30 h “RDAs and Epigenetics”
J. ALFREDO MARTÍNEZ HERNÁNDEZ.
University of Navarra. Pamplona.
- 18:30 h “Research on appetite and Food Intake”
GIOVANNI MARSICANO.
Université de Bordeaux. Bourdeaux. France.
- 19:30 h Mesa redonda: “Del laboratorio a la mesa con mantel cocineros y científicos”
ELENA ARZAK.
Restaurante Arzak. Donostia-San Sebastián.
EVA ARGUIÑANO.
Restaurante Arguiñano. Zarauz.
ALICIA BUSTOS.
Universidad de Navarra. Donostia-San Sebastián.
ICIAR ASTIASARÁN / MARTA CUERVO / MARIAN ZULET.
Universidad de Navarra. Pamplona.

August 25

- 9:00 h “Nutrigenomics and personalized nutrition”
ESTIBALIZ GOYENCHEA.
Hospital Donostia Osakidetza. Donostia-San Sebastián.
- 10:00 h “Nutrigenetics and Mediterranean diet: intervention studies”
AMELIA MARTI.
Universidad de Navarra. Pamplona.

- 11:00 h Pausa
- 11:30 h “Nutrigenomics: Role of Fatty acids as anti-inflammatory agents”
MARÍA JESÚS MORENO.
Universidad de Navarra. Pamplona.
- 12:30 h “Antioxidants and energy efficiency”
PEDRO GONZÁLEZ MUNIESA.
Universidad de Navarra. Pamplona.
- 16:30 h “Nutriepigenetics”
FERMÍN MILAGRO.
Universidad de Navarra. Pamplona.
- 17:30 h “Obesity epigenetics”
JAVIER CAMPIÓN.
Universidad de Navarra. Pamplona.