



**DNSG**

Diabetes and Nutrition Study Group

Under the Auspices



ΕΛΛΗΝΙΚΗ ΔΙΑΒΗΤΟΛΟΓΙΚΗ ΕΤΑΙΡΕΙΑ  
HELLENIC DIABETES ASSOCIATION



# 39<sup>th</sup> International Symposium on Diabetes and Nutrition

**Preliminary Program**



“Our body tends to heal itself. Our diet, exercise, environment and our way of living and thinking are of highest importance.”

**Hippocrates**  
(460-377 BC)



Hygieia  
360 B.C

## 16-19 June 2022

**EVER EDEN Beach Resort Hotel**  
Anavyssos, Greece

[www.dnsg2022.com](http://www.dnsg2022.com)

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# THURSDAY JUNE 16<sup>TH</sup>, 2022

## 13:00-13:30 OPENING CEREMONY

**Charilaos Dimosthenopoulos (Greece)** *Chair of Organizing Committee*

**Anastasia Mavrogiannaki (Greece)** *President of Hellenic Diabetes Association (EDE)*

**Nikolaos Katsilambros (Greece)** *Emeritus Professor - Hon. Fellow DNSG*

## 13:30-15:00 SESSION 1: CARBOHYDRATE QUALITY IN DIABETES

*Chairs:* **Cyril Kendall (Canada), Gabriele Riccardi (Italy)**

13:30-13:50 Total fiber versus types and food sources of fiber in diabetes: What is the best measure of benefit?  
**Thomas Wolever (Canada)**

13:50-14:10 Whole grains in diabetes: Which grains?  
**Andrew Reynolds (New Zealand)**

14:10-14:30 Glycemic index and load for diabetes and cardiovascular disease: Strength of causal inferences  
**Jennie Brand-Miller (Australia)**

14:30-14:40 Oral abstract 1

14:40-15:00 Panel discussion (All speakers)

## 15:00-15:30 Coffee Break & E-Poster Session

## 15:30-16:00 SESSION 2: PLENARY LECTURE

*Chairs:* **Maria Lankinen (Finland), Fredrik Rosqvist (Sweden)**

Ultra-processed foods in the shift to plant-based diets: How do we reconcile the two paradigms?

**Mark Messina (USA)**

## 16:00-17:30 SESSION 3: LOW AND NO CALORIE SWEETENERS AND HEALTH: MOVING FROM EVIDENCE TO GUIDELINES

*Chairs:* **Andrew Reynolds (New Zealand), Tauseef Khan (Canada)**

16:00-16:20 Low and no calorie sweeteners and health: Results of the WHO process  
**(TBA)**

16:20-16:40 Low and no calorie sweeteners and diabetes: Results of the DNSG-EASD process  
**John Sievenpiper (Canada)**

16:40-17:00 Gaps in low and no calorie sweeteners research: The need for higher standards of research design, analysis, interpretation, and reporting  
**Anne Raben (Denmark)**

17:00-17:10 Oral abstract 2

17:10-17:30 Panel discussion (All speakers)

## 17:30-18:00 Coffee Break & E-Poster Session

# THURSDAY JUNE 16<sup>TH</sup>, 2022

## 18:00-19:00 SESSION 4: SHORT ORAL COMMUNICATIONS (#1-12)

*Chairs:* **Dario Rahellic (Croatia), Hana Kahleová (Czech Republic and USA)**

- 18:00-18:05 Short Oral presentations 1
- 18:05-18:10 Short Oral presentations 2
- 18:10-18:15 Short Oral presentations 3
- 18:15-18:20 Short Oral presentations 4
- 18:20-18:25 Short Oral presentations 5
- 18:25-18:30 Short Oral presentations 6
- 18:30-18:35 Short Oral presentations 7
- 18:35-18:40 Short Oral presentations 8
- 18:40-18:45 Short Oral presentations 9
- 18:45-18:50 Short Oral presentations 10
- 18:50-18:55 Short Oral presentations 11
- 18:55-19:00 Short Oral presentations 12

## 19:00-20:00 SESSION 5: PLENARY LECTURES

*Chairs:* **Nikolaos Katsilambros (Greece), Konstantinos Makrilakis (Greece)**

- 19:00-19:30 Mediterranean diet and Diabetes  
**Antonia Trichopoulou (Greece)**
- 19:30-20:00 Epidemiology of diabetes and psychological disorders, a population perspective  
**Dimosthenis Panagiotakos (Greece)**

20.00-20.30 Break

20.30 **ALL PARTICIPANTS SOCIAL DINNER (LOCATION: HOTEL RESTAURANT)**

# FRIDAY JUNE 17<sup>TH</sup>, 2022

## 08:30-10:30 **SESSION 6: SUSTAINABLE, PLANT-BASED DIETARY PATTERNS IN DIABETES: BEYOND THE MEDITERRANEAN DIET**

*Chairs:* **Jordi Salas Salvadó (Spain), Ursula Schwab (Finland)**

08:30-08:50 Nordic dietary pattern in diabetes: Updated evidence

**Matti Uusitupa (Finland)**

08:50-09:10 Vegetarian dietary patterns for diabetes: The role of healthy versus unhealthy plant- foods

**Hana Kahleová (Czech Republic & USA)**

09:10-09:30 Portfolio dietary patterns for diabetes: Beyond cholesterol lowering

**David Jenkins (Canada)**

09:30-09:50 Sustainability of plant-based diets: Are meat, dairy, and egg alternatives sustainable?

**Joan Sabaté (USA)**

09:50-10:00 Oral abstract 3

10:00-10:10 Oral abstract 4

10:10-10:30 Panel discussion

**All speakers & Dan Ramdath (Canada)**

## 10:30-11:00 Coffee Break & E-Poster Session

## 11:00-12:30 **SESSION 7: THE ROLE OF TECHNOLOGY IN DIETARY TREATMENT OF DIABETES**

*Chairs:* **Charilaos Dimosthenopoulos (Greece), John Doupis (Greece)**

11:00-11:20 AGP and Nutrition

**Andreas Pfeiffer (Germany)**

11:20-11:40 AI-powered dietary assessment and diabetes management

**Stavroula Mougialakou (Switzerland)**

11:40-12:00 The role of CGM in the dietetic education of people with diabetes

**Athanasia Papazafropoulou (Greece)**

12:00-12:10 Oral abstract 5

12:10-12:30 Panel discussion (All speakers)

## 12.30-13:30 **SESSION 8: GUT MICROBIOME AND DIABETES**

*Chairs:* **Anastasia Thanopoulou (Greece), Angela Rivellesse (Italy)**

12:30-12:35 Short Oral presentation 13

12:35-12:40 Short Oral presentation 14

12:40-12:45 Short Oral presentation 15

12:45-12:50 Short Oral presentation 16

12:50-12:55 Short Oral presentation 17

12:55-13:00 Short Oral presentation 18

13:00-13:05 Short Oral presentation 19

13:05-13:10 Short Oral presentation 20

13:10-13:15 Short Oral presentation 21

13:15-13:20 Short Oral presentation 22

13:20-13:25 Short Oral presentation 23

13:25-13:30 Short Oral presentation 24

## 13:30-14:30 Lunch

## FRIDAY JUNE 17<sup>TH</sup>, 2022

### 14:30-16:00 SESSION 9 : GUTMICROBIOME HORMONES AND DIABETES

*Chairs:* **AM Aas (Norway), Nikolaos Papanas (Greece)**

14:30-14:50 Mediterranean diet-based lifestyle intervention for the management of T2D via gut microbiota modulation

**Alessandro Atzeni (Spain)**

14:50-15:10 Dietary hormonal disruptors and diabetes

**Maria Angeles Martínez Rodríguez (Spain)**

15:10-15:20 Oral abstract 6

15:20-15:30 Oral abstract 7

15:30-16:00 Panel discussion (All speakers)

### 16:00-16:30 Coffee Break & E-Poster Session

### 16:30-18:00 SESSION 10: PREVENTION OF DIABETES AND METABOLIC DISEASES

*Chairs:* **Erifli Hatziagelaki (Greece), Thomas Wolever (Canada), Soren Gregersen (Denmark)**

16:30-16:50 Prevention of diabetes and the role of European programs

**Yannis Manios (Greece)**

16:50-17:10 The anti-inflammatory role of Mediterranean diet in the treatment and resolution of NAFLD

**Dario Rahelic (Croatia)**

17:10-17:40 Diet in the prevention of cardiovascular disease: Lessons from the PREDIMED and PRED-IMED-Plus trials

**Jordi Salas-Salvadó (Spain)**

17:40-18:00 Panel discussion (All speakers)

### 18.00-18.30 Break

### 18.30 ALL PARTICIPANTS SOCIAL

## SATURDAY JUNE 18<sup>TH</sup>, 2022

### 08:30-09:00 SESSION 11: PLENARY LECTURE

*Chairs:* **Matti Uusitupa (Finland), Nikolaos Tentolouris (Greece)**

Nutritional interventions for diabetes remission

**Mike Lean (UK)**

### 09:00-10:30 SESSION 12: GENES, VITAMIN D AND DIABETES

*Chairs:* **Gabriele Riccardi (Italy), Konstantinos Makrilakis (Greece), Angela Rivellese (Italy)**

09:00-09:20 Polygenic Risk Score as prognostic tools in T2D. The modifiable role of nutrition

**Georgios Dedoussis (Greece)**

09:20-09:40 Diet related OMICs for early prediction and precision prevention of type 2 diabetes

**Rikard Landberg (Sweden)**

09:40-10:00 Vitamin D and diabetes

**Kalliopi Kotsa (Greece)**

10:00-10:10 Oral abstract 8

10:10-10:30 Panel discussion (All speakers)

### 10:30-11:00 Coffee Break & E-Poster Session

# SATURDAY JUNE 18<sup>TH</sup>, 2022

## 11:00-13:00 SESSION 13: MICRONUTRIENTS AND SUPPLEMENTS IN DIABETES: A MISSED OPPORTUNITY?

*Chairs: John Sievenpiper (Canada), Ulf Risérus (Sweden)*

- 11:00-11:20 Dietary patterns and the role of nutritional supplements/products in diabetes care: An overview  
**Jeffrey Mechanick (USA)**
- 11:20-11:40 The molecular epidemiology of nutrition in diabetes: Magnesium as an exemplar  
**Simin Liu (USA)**
- 11:40-12:00 Nutritional interventions for addressing the interaction between diabetes and sarcopenia  
**Philip J. Atherton (UK)**
- 12:00-12:20 Can frequent whey protein supplementation improve glycaemic outcomes in type 2 diabetes?  
**Daniel West (UK)**
- 12:20-12:30 Oral abstract 9
- 12:30-12:40 Oral abstract 10
- 12:40-13:00 Panel discussion (All speakers)

## 13:00-14:00 LUNCH

## 14:00-15:40 SESSION 14: DNSG UPDATE OF DIETARY GUIDELINES

*Chairs: Ursula Schwab (Finland), Cyril Kendall (Canada), Anastasia Thanopoulou (Greece)*

- 14:00-14:10 Methods & Approaches  
**Andrew Reynolds (New Zealand)**
- 14:10-14:20 Prevention  
**Matti Uusitupa (Finland)**
- 14:20-14:30 Weight Management  
**Michael Lean (UK)**
- 14:30-14:40 Protein  
**Andreas Pfeiffer (Germany)**
- 14:40-14:50 Carbohydrates  
**Anne Marie Aas (Norway)**
- 14:50-15:00 Fat  
**Ulf Riserus (Sweden)**
- 15:00-15:10 Dietary Patterns  
**John Sievenpiper (Canada)**
- 15:10-15:40 Panel discussion (All speakers)

## 15:40-16:10 Coffee Break & E-Poster Session

## 16:10-16:20 ANNOUNCEMENT NEXT DNSG MEETING

*Chair: John Sievenpiper (Canada)*

Invitation to the 40th International Symposium on Diabetes and Nutrition 2023 in Croatia  
**Dario Rahelic (Croatia)**

## 16:20-16:30 CLOSURE SESSION

**Charilaos Dimosthenopoulos (Greece)**

## 16:30-17:30 GENERAL ASSEMBLY

**Ursula Schwab (Finland)**

## 18.30 DINNER