



International Conference of Nutritional Sciences & Dietetics **Sustainable nutrition-Healthy people.**

1st International Conference of Nutritional Sciences
and Dietetics (ICONSD 2022)

27-29 May 2022, Thessaloniki

Venue: Aristotle University Research Dissemination Centre (KEDEA)

Preliminary Programme

co organized by:



Friday 27/5/2022 Time Zone: Eastern European Time (EET)		
Time	ROOM A	ROOM B
08:00-9:00	Registration	
9:00-10:00	SESSION 1: Policies on sustainable diet	
10:00-10:30	PLENARY LECTURE 1: How to incorporate sustainability in food based dietary guidelines	
10:30-11:00	PLENARY LECTURE 2: Mediterranean Diet as a sustainable diet model	
11:00-11:30	Coffee Break	
11:30-12:30	SESSION 2: Nutrition Informatics	
12:30-14:00	SESSION 3: Aquatic Foods	WORKSHOP 1: Feeding the food allergic child: considerations on proper growth, cross reactions, adequate diet
14:00-15:00	Lunch Break	
15:00-16:00	SESSION 4: GUT BRAIN AXIS: feeding your brain through your gut	SESSION 5: The -omics approach as a tool for Personalised Nutrition and Medicine

16:00-17:00	SESSION 6: Oxidative Stress, Antioxidant Diet and Food Supplements		
17:00-17:30	Coffee Break		
17:30-18:00	PLENARY LECTURE 3: Food Systems in the Era of the Covid Pandemic		
18:00-19:00	SESSION 7: Innovations for sustainable food systems	WORKSHOP 2: Dietary Management in Kidney Disease	
19:00-20:00	OPENING CEREMONY		
	PLENARY LECTURE 4:		
Saturday 28/5/2022 Time Zone: Eastern European Time (EET)			
Time	ROOM A		ROOM B
08:00-10:00	Registration		
10:00-11:00	SESSION 8: Exercise, Health and Quality of Life (co-organised with the School of Physical Education and Sports Science (UoA))	09:30-11:00	WORKSHOP 3: Type II Diabetes
11:00-11:30	PLENARY LECTURE 5: Nutritional Modulation of Immune Function: Analysis of Evidence, Mechanisms, and Clinical Relevance		
11:30-12:00	Coffee Break		

12:00-12:30	PLENARY LECTURE 6: Food allergy across Europe: diagnostic, environmental and nutritional implications		
12:30-13:30	SESSION 9: Immune function and diet	12:30-14:00	WORKSHOP 4: Nutritional assessment in Pediatrics
13:30-14:00	PLENARY LECTURE 7: Fighting food allergy by inducing oral tolerance		
14:00-15:00	Lunch Break		
15:00-15:30	PLENARY LECTURE 8: Sarcopenic obesity in Weight Management Settings: Does it impact clinical outcome?	15:00-16:30	ORAL PRESENTATIONS
15:30-16:30	SESSION 10: Obesity in adulthood		
16:30-17:00	PLENARY LECTURE 9 Personalised Nutrition through DNA analysis		
17:00-17:30	Coffee Break		
17:30-18:00	PLENARY LECTURE 10: The first 1000 days - The role of nutrition during pregnancy and infancy in the prevention of Cardiovascular disease		
18:00-19:00	SESSION 11: Infant feeding: Breastfeeding and weaning		WORKSHOP 5: The role of hydration in health, disease and performance
19:00-20:00	SESSION 12: Childhood obesity		

Sunday 29/5/2022 Time Zone: Eastern European Time (EET)		
Time	ROOM A	ROOM B
08:00-09:00	Registration	
09:00-10:00	SESSION 13: Cardiovascular Health and Nutrition	SESSION 14: Developments in the relationship between Nutrition, Exercise and Health
10:00-10:30	PLENARY LECTURE 11: The position of the food industry in the European F2F strategy-From farm to fork	
10:30-11:00	Coffee Break	
11:00-12:00	SESSION 15: Exercise in Chronic Disease Management (<i>co-organised with the School of Physical Education and Sports Science (UoA)</i>)	WORKSHOP 6: Enteral-Parenteral Nutrition
12:00-13:00	SESSION 16: Stress: the links with lifestyle and nutrition (<i>co-organised with the Hellenic College of Lifestyle medicine</i>)	POSTER SESSIONS
13:00-14:00	SESSION 17: Diet, nutrition and cancer: what do we know and what is the way forward	
14:00-15:00	Lunch Break	
15:00-15:30	PLENARY LECTURE 12: From food safety to prevention of chronic diseases: The role of the Hellenic Food Authority (E.Φ.E.T)	

15:30-16:30	SESSION 18: Plant-based (vegetarian) diets		
16:30-17:30	WORKSHOP 7:	16:00-17:30	WORKSHOP 8: Gastrointestinal disorders requiring nutritional intervention
17:30-18:00	Coffee Break		
18:00-19:00	SESSION 19: Nutrition as a tool for healthy aging		
19:00-20:00	SESSION 20: The role of gut microbes in health and disease	WORKSHOP 9: Eating behaviors: from healthy to disordered eating	
20:00-21:30	CLOSING CEREMONY AWARDS TO BEST ORAL PRESENTATION/BEST POSTER		
	PLENARY LECTURE 13 Food architecture and eating behavior:		