COURSES

- **Omega-3 fatty acids: benefits, clinical use and other benefits**
  - April 25, 2013 / Dr. Alfonso Valenzuela-Dr. Rodrigo Valenzuela
  
  Course directed to show the evidence about the benefits of omega-3 fatty acids, from both marine and terrestrial origin.

- **Fad diets, evidence and consequences for health**
  - June 5, 2013 / Prof. Maria Soledad Rayas-Prof. Karen Basili-far
  
  Breaking down myths about fad diets, and defend those that have scientific evidence.

- **Physical activity and health: NEAT® (non exercise activity thermogenesis)**
  - July 9, 2013 / Prof. Juliana Kain-Ms. Valerie Engler
  
  Emphasize the importance of physical activity to prevent and treat obesity and the importance of its inclusion in daily activities.

- **Physical activity and health: NEAT® (non exercise activity thermogenesis and importance of physical activity in children and teenagers**
  - July 9, 2013 / Prof. Juliana Kain-Ms. Valerie Engler
  
  Emphasize the importance of physical activity to prevent and treat obesity and the importance of its inclusion in daily activities.

- **Food safety: biological and chemical contaminant agents; regulation**
  - May 14, 2013 / Prof. Jose Miguel Ayala-Prof. Marco Arena
  
  Communication of contaminant risks to people related to health area (dietitians and nutrition students).

- **Pre and probiotics: benefits and uses**
  - July 5, 2013 / Dr. Sylvia Cruchet
  
  Increase understanding of the different strains of probiotics and discuss ways of more appropriate management.

- **Lipidic innovations and health: phytosterols and structured lipids**
  - October 16, 2013 / Dr. Alfonso Valenzuela-Dr. Rodrigo Valenzuela
  
  Introduce innovations in fatty acids, phytosterols and conjugated fatty acids.

- **GMOs: How much do we know about them?**
  - November 11, 2013 / Dr. Lee Ann Meisel
  
  Breaking down myths about GMOs. Provide evidence-based information to allow the audience to get their own conclusions.

SEMINARS

- **“Innovation, Sustainability and Safety in Food Packaging”**
  - May 29, 2013
  
  Update on innovations in materials for manufacturing and designing food packaging. Future new regulation on plastic packages.

- **“Public Perception of Food Safety”**
  - November 18, 2013 / (FAO/ILSI cooperation)
  
  Inform health professionals the proper way to communicate the risks of food eliminating misunderstandings.

WORKSHOPS

- **FAO/ILSI Training Workshop on the Selection and Application of Methods for Detection and Enumeration of Human Pathogenic Vibrio spp in Bivalve Mollusks**
  - December 2-6, 2013 / FAO Auditorium / Public Health Institute Labs
  
  Train staff from reference laboratories on the region (Argentina, Brazil, Chile, and Peru) on the techniques of detection of Vibrio spp in bivalves.

PROJECTS

1. During 2013 we work on the translation and adaptation of materials to Chilean culture.
2. We also received the visit of Dr. Robespierre Ribeiro who shared his experience with program in Brazil.

BOARD OF DIRECTORS

OTHER ACTIVITIES

- **NUTRITION IN LOCAL CUISINE**
  - September 2013
  
  "Local cuisine" international forum at the Universidad de Chile, and "Traditional Food in Our Backyard" international forum at the Universidad de Chile.

- **NUTRITION IN AGRICULTURAL EXHIBITION**
  - September 2013
  
  "Nutrition in Agricultural Exhibition" international forum at the Agricultural Exhibition in Santiago, Chile.

- **NUTRITION IN LOCAL CUISINE**
  - September 2013
  
  "Local cuisine" international forum at the Universidad de Chile, and "Traditional Food in Our Backyard" international forum at the Universidad de Chile.