Understanding Dietary Patterns: A Step toward Devising a Global Nutrition Strategy

ILSI and ILSI Research Foundation Session

21st International Congress of Nutrition

Friday, 20 October 2017 | 08:00 – 10:00 | Buenos Aires, Argentina

One size does not fit all. However, around the globe, poor diet and nutrition are linked to negative health outcomes: diabetes; obesity and its comorbidities; some cancers; etc. National and regional governments and world health bodies strive to provide scientifically accurate, clearly communicated, and easily adopted nutrition guidance that helps people choose healthy diets. In this session, presenters help us understand what we need to know if we are to improve existing strategies or develop new ones for better health guidance. Speakers will explore the biology and culture of food choice; how food systems affect dietary patterns; and the strength of existing methods and data to make accurate dietary pattern comparisons across diverse populations.

Agenda

08:00 Nutrition Guidance in the Age of Globalized Markets
MSc. Georgina Gómez
University of Costa Rica, Costa Rica

08:25 What Are Dietary Patterns: Physiology and Psychology Underlying Food Choice
Adam Drewnowski, PhD
University of Washington, USA

08:50 Methods to Collect and Compare Data Across Geography
Regina Fisberg, PhD
University of São Paulo, Brazil

09:15 Data Mining to Find Protective or Risky Dietary Patterns for Common Complex Diseases: Implications on Devising Dietary Guidelines
Wen-Harn Pan, PhD
Academia Sinica, Taiwan

09:40 Concluding Panel Discussion

10:00 Adjourn
Social Media Toolkit

ILSI and ILSI Research Foundation Session

Start the Conversation!

Understanding Dietary Patterns: A Step toward Devising a Global Nutrition Strategy, sponsored by ILSI, the ILSI Research Foundation, and ILSI branches worldwide, is using Twitter to reach a global audience. This year’s session will focus on existing and new strategies for providing health guidance, with the aim of devising a global nutrition strategy. Speakers will explore the biology and culture of food choice, how food systems affect dietary patterns, and the strength of existing methods and data.

Key Social Media Accounts

The ILSI Global Twitter handle is @ILSI_Global
The ILSI Research Foundation Twitter handle is @ILSIRF
#ICN2017 is the preferred hashtag for ICN.
www.ils.org/dietary-patterns/ is the session webpage.

Engage with Session Speakers

MSc. Georgina Gómez
University of Costa Rica (@UniversidadCR)

Adam Drewnowski, PhD
University of Washington (@DrAdamDrew)

Regina Fisberg, PhD
University of São Paulo (@USPonline)

Wen-Harn Pan, PhD
Academia Sinica (@IBCSinica)

Example Tweets

Interested in understanding #dietary patterns? Experts meet at #ICN2017 - www.ils.org/event/icn2017 @ILSI_Global @ILSIRF #Nutrition

New strategies for providing #health guidance – Join ILSI at #ICN2017 - www.ils.org/event/icn2017 @ILSI_Global @ILSIRF #Nutrition

Experts fr @UniversidadCR @UWnews @USPonline @IBCSinica discuss #dietary patterns & #health guidance at #ICN2017 - www.ils.org/event/icn2017 @ILSI_Global @ILSIRF #Nutrition

Explore the biology & culture of #food choice with ILSI at #ICN2017 - www.ils.org/event/icn2017 @ILSI_Global @ILSIRF #Nutrition

MSc. G. Gómez of @UniversidadCR discusses #dietary patterns at #ICN2017 - www.ils.org/event/icn2017 @ILSI_Global @ILSIRF #Nutrition #ILSI

Join @DrAdamDrew of @UWnews as he discusses the physiology & psychology of #food choice - www.ils.org/event/icn2017 #ILSI #ICN2017

Dr. Fisberg of @USPonline discusses methods to collect & compare data at #ICN2017 - www.ils.org/event/icn2017 #ILSI #Nutrition

Dr. Pan of @IBCSinica discusses risky dietary patterns for common complex diseases at #ICN2017 www.ils.org/event/icn2017 #ILSI