1. New Paradigms in health promotion: where we come from and where we should go. Dr. Paulina Correa (April)

The rational agent model has been the starting point of almost all health promotion strategies. However, the idea of health and well-being has been changing due to the recognition of the benefits of a healthy lifestyle and the importance of prevention strategies. The current paradigm considers the individual as the key player in their own health, with the aim of promoting health through lifestyle changes.

2. Microbiome, is it a key factor in obesity? New nutritional approaches. Dr. Pedro Prieto (April)

Obesity is a major health issue in recent years and the evolution ofomic technologies have discovered different mechanisms and/or factors that may predispose to it. There is a growing body of evidence that suggests an association between the gut microbiome and obesity.

3. Pigments and Colors, (May)

Synthetic Colors, Prof. Eudenia Lucas

With the increasing of synthetic organic dyes from the mid-nineteenth century, it was possible to have artificial dyes to color the black and white world. Today, their use is limited due to the environmental impact.

Artificial dyes are soluble in water, due to the presence of sulfonic acid groups, generally in the form of sodium salts, which allow the dyeing of wool, silk, cotton, leather, paper, and even water. In addition, they are used in insoluble forms, which are used in solid forms, such as pigments, or in a polymer giving rise to particles of the order of 10-100 μm. The microencapsulated pigments present a greater protection against environmental factors and water handling due to the transformation of a liquid extract into a powder, which provides a wide versatility in its use. Depending on the properties of each natural pigment it is possible to design foods that incorporate these products and that effectively manage to maintain the color during the useful life of the food. For this, it is essential to carry out tests of accelerated degradation and evaluation of the impact that the salty and liquid medium has for these pigments.

4. Transgenic crops: a technology for food production. Dr. Miguel Ángel Sánchez (June)

Transgenic crops are a technology that allows the introduction of specific traits into crops to improve their properties. This technology has been widely used in agriculture, especially in США, where 90% of the soybean and cotton planted are GM crops. In other countries, such as Argentina, Brazil, and India, the use of GM crops is more limited.

5. Non-caloric Sweeteners. Dr. Samuel Duran (August)

Sweeteners play an important role in food processing. In this context, there is a growing interest in non-caloric sweeteners, which are used to reduce the calorie content of food products.

6. Level of physical activity as a predictor of cardiovascular health. Dr. Johana Soto (October)

The regular practice of physical activity is essential to maintain good cardiovascular health and well-being.