

THE CRACKER

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The Official Voice of the International Nut and Dried Fruit Council Foundation for the World Nut and Dried Fruit Trade

INC CELEBRATES GRAND OPENING OF HEADQUARTERS



BARCELONA HOSTS 30TH
ANNIVERSARY CONGRESS

REUS WELCOMES WORLD
RESEARCH FORUM

www.nutfruit.org



Chaired by
Prof. Jordi
Salas-Salvadó



THE LAUNCH OF THE FIRST WORLD FORUM FOR NUTRITION RESEARCH CONFERENCE: MEDITERRANEAN FOOD ON HEALTH AND DISEASE 2013 CONTINUES!

Join us to the First World Forum for Nutrition Research Conference (WFNRC), a meeting of world leaders on Mediterranean Food on Health and Disease that will be held in Reus (100 km south Barcelona) Spain, on Monday and Thursday, 20-21 May 2013 (www.worldnutrition2013.com).

This meeting will provide the opportunity for a comprehensive overview of the latest research developments in relation to the health benefits of selected typical Mediterranean foods. This Forum would not have been possible without the collaboration of many distinguished scientists around the globe. Challenging discussions on topics such as nutrition, health, food sciences,

culture, history and anthropology will be presented in the form of plenary sessions, debates and posters, and will include superb scientific material originating from laboratories around the globe.

Tree nuts, olive oil (two important sources of fat and antioxidants in the Mediterranean countries), fruit and vegetables, fish, whole cereals, yoghurt and other fermented milk, and other components of the Mediterranean diet will be the protagonists of the World Forum for two days.

The Opening Conference entitled Mediterranean diet: health and science will be carried out by Dr. Mariette Gerber, from the

WORLD FORUM for NUTRITION RESEARCH CONFERENCE | **MEDITERRANEAN Foods on Health and Disease**

REUS SPAIN 2013
MAY 20th-21st

INC international Nut&DriedFruit
Fundación Dieta Mediterránea
IUNS 20th International Congress of Nutrition
FIKUT
fesad federación española de sociedades de nutrición, alimentación y dietética

www.worldnutrition2013.com

Toulouse University. Dr. Gerber has a wide experience in this field and is an expert at the French Food Safety Agency. This Conference will place the Mediterranean diet on the current medical and scientific context.

The WFNRC will address other hot issues such as the management of overweight and obesity or the potential role of nuts in type 2 diabetes and cardiovascular disease. These topics will be addressed by two worldwide recognized experts, namely Professor Iris Shai from Ben Gurion University, Israel and Dr. Penny Kris-Etherton from the Department of Nutritional Sciences at University Park in the United States.

Frying for cooking? Yes or no? An interesting approach on this issue will be treated in a dynamic debate during the noon of 20 May. The potential adverse effects of cooking with vegetable oils that have been suggested by several researchers will face the scientific evidences of their non-deleterious effect in risk disease.

Prof. David Jenkins, a world leader in nutrition research, has confirmed his attendance. He will give a lecture about glycemic index, glycemic load and Mediterranean diet, which will be for sure of great interest to everybody. More than thirty years ago, Prof. Jenkins and his colleagues developed the well-known concept of glycemic index, still used nowadays in many popular diets. Also, he is the author of the Portfolio diet, a low-fat vegetarian diet including nuts and soy-based products with recognized beneficial effects on diabetes, lipid disorders and other cardiovascular diseases.

During the second day, the results of the largest multicenter study ever conducted in Spain addressed to evaluate the role of the Mediterranean diet in primary prevention of cardiovascular disease -the PREDIMED study, will be presented by its main investigator, Dr. Ramon Estruch, from the Clinic Hospital, August Pi i Sunyer Biomedical Research Institute, University of Barcelona, Spain.

A new interesting debate on the pros and cons of fish and omega-3 intake is scheduled that morning. The healthy benefits of omega-3 fatty acids provided by fish intake will be defended by a reputed nutritional epidemiologist, whereas Dr. José Luis Domingo, toxicologist from the Rovira i Virgili University we will give the opposite view.

An approach to the Vegetarian diet and the Metabolic Syndrome will be led by Dr. Joan Sabaté, a prestigious researcher from Loma Linda University's School of Public Health. Dr. Sabaté -winner of the INC Award for Excellence in Research in 2012, is frequently asked to speak at scientific symposia, as well as health and nutrition conferences worldwide. He serves on the U.S. Department of Agriculture's Expert Panel on Dietary Food Pattern and is the editor of the reference book Vegetarian Nutrition.

The conference will be closed by Dr. María-Isabel Covas from Barcelona's Biomedical Research Park, who will focus on virgin olive oil as a key food in the traditional Mediterranean diet.

This conference emerges as the meeting point of three major events occurring in Spain in 2013: 1) The International Congress of Nutrition organized by the International Union of Nutrition Sciences, 2) The World Congress on Nuts and Dried Fruits organized by the INC International Nut and Dried Fruit Council Foundation, and 3) The International Congress on Mediterranean Diet organized by the Mediterranean Diet Foundation. In fact, this Forum is organized with the collaboration of the Iberoamerican Nutrition Foundation (FINUT), the International Nut and Dried Fruit Council Foundation (INC), the Mediterranean Diet Foundation and the Spanish Federation of Food, Nutrition and Dietetic Scientific Societies.

Monday 20th May evening, the INC International Nut and Dried Fruit Council will celebrate the Grand Opening of the New Headquarters with an open doors day and a cocktail dinner. Visit the INC website: www.nutfruit.org for more detailed information or call (+34) 977 331 416.



CALL FOR EXPRESSIONS OF INTEREST

The INC World Forum for Nutrition Research and Dissemination promotes epidemiological, basic, clinic and strategic research that may contribute to enhance the understanding of the health effects of nuts and dried fruits.

The INC has a specific wish for cooperative projects that bridge different research areas, as the interaction of disciplines and research groups often lead to new knowledge and understanding of correlations. Furthermore, special emphasis will be placed upon cooperation with industry-related partners.

The INC calls for expression of interests for research projects from public and private institutions, as well as not-for-profit organizations, and encourages cooperative research implying INC associate members.

All Expressions of Interest must be submitted using the application form available at http://www.nutfruit.org/en/health-professionals_5727. Applications Due By: 15 March 2013.