

## YOGURT: A DAILY PARTNER FOR HEALTH

**Welcome and Introduction,**  
*Andrew Prentice & Luis Moreno*

5.00 - 5.30 pm

**Yogurt as part of healthy diet and weight management**

*Speaker : Frans Kok*

5.30 - 6.00 pm

**Yogurt consumption and impact on cardiometabolic risk factors**

*Speaker : André Marette*

6.00 - 6.30 pm

**Yogurt consumption, dietary patterns and decreased metabolic diseases in children and adolescents.**

*Speaker: Luis Moreno*

6.30 - 7.00 pm

**Yogurt & fermented milks in daily nutrition: from science to the guidelines and recommendations**

*Speaker : Seppo Salminen*