

# Yogurt as a vehicle of healthy eating in children

October 25th – 5:00pm to 6:30pm

**AUDITORIUM**

**Nutrimad 2018, Madrid**



## Chairs

**Luis Moreno**

*University of Zaragoza. Zaragoza. Spain*

**Gregorio Varela-Moreiras**

*CEU San Pablo University. Madrid, Spain*

## Speakers

**Foods, dietary patterns and obesity development in children**

**Luis Moreno**

*University of Zaragoza. Zaragoza. Spain*

**Potential health benefits of combining yogurt and fruits**

**André Marette**

*Laval University. Quebec. Canada*

**Importance of breakfast in children. What role yogurt may have?**

**Ana María López-Sobaler**

*Complutense University of Madrid. Madrid. Spain*

## Luis Moreno



### Foods, dietary patterns and obesity development in children

Luis A. Moreno is Professor of Public Health at the University of Zaragoza (Spain). He did his training as Medical Doctor and his PhD thesis at the University of Zaragoza. He studied Human Nutrition and Public and Community Health at the University of Nancy (France). He has participated in several research projects supported by the Spanish Ministry of Health, and the European commission (HELENA, IDEFICS, EURRECCA, ENERGY, ToyBox, iFamily and Feel4Diabetes). He has published more than 600 papers in peer reviewed journals. He is the coordinator of the GENUd (Growth, Exercise, Nutrition and Development) research group, at the University of Zaragoza. He is a former member of the ESPGHAN Committee of Nutrition, former President of the Spanish Nutrition Society and President of the Danone Institut of Spain.

## André Marette



### Potential health benefits of combining yogurt and fruits

André Marette is a Ph.D Biochemist, Cardiology axis of Laval Hospital, Department of Medicine, Laval University, Quebec, Canada. International renowned expert on the pathogenesis of insulin resistance and cardio metabolic diseases. His research has advanced the understanding of the physiological and molecular mechanisms of inflammation, and opened new possibilities for prevention and treatment of type 2 diabetes and CVD. He is also studying how nutrition and food ingredients can modulate the gut microbiota to protect against obesity-linked intestinal inflammation, fatty liver disease and type 2 diabetes.

Dr. Marette received several awards (including the Young Scientist Award of the Canadian Diabetes Association, and the Charles Best Award from the University of Toronto) for his overall contribution to the advancement of scientific knowledge in the field of diabetes. He has published over 200 papers, reviews and book chapters. Currently serves as Editor-in-Chief for the *Am J Physiol: Endo & Metab.* and has authored two books including the recent book *Yogurt: Roles in Nutrition and Impacts on Health*, edited by CRC Press.

## Ana María López-Sobaler



### Importance of breakfast in children. What role yogurt may have?

Ana María López-Sobaler is Associate Professor of Nutrition and Bromatology and Head of the Department of Nutrition and Food Science at the Complutense University of Madrid. She attained her degree in Pharmacy in 1990 and her PhD in Pharmacist in 1996. Her researches focus on the study of the nutritional status and the impact of nutritional deficiencies/excesses on physical and mental health. She has been involved in important nutritional studies of reference at national level, in collaboration with the Spanish Agency for Consumer Affairs, Food Safety and Nutrition (AECOSAN), such as ALADINO Study (according with the COSI strategy from the European WHO office, which aims monitoring childhood obesity in Europe); ENALIA and ENALIA2 Studies, both National Food Surveys for children, adolescents and adults, including pregnant women. These three studies provide the reference data regarding childhood obesity and consumption of food and nutrients in the Spanish population.

López-Sobaler is also interested on the development and validation of tools to assess the diet and nutritional status and nutritional education of the general population. She is author/co-author of over 200 original, scientific papers, reviews and book chapters. She has also supervised 25 PhD students to date.



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