



12th European Nutrition Conference FENS 2015

Berlin | Germany | October 20 - 23

Nutrition and health throughout life-cycle –
Science for the European consumer

Estrel Convention Center Berlin, Germany
organised by German Nutrition Society
www.fensberlin2015.org



Nutrition science for healthy European societies

- *The 12th European Nutrition Conference welcomes more than 1,500 participants, in a forum for scientific exchange between European and internationally well-known scientists about their current nutritional research.*
- *There will be presented over 1,300 contributions in oral presentations and posters. Many well-known nutrition scientists present their latest findings, including the public health researcher Pekka Puska from Finland and Walter Willett from US.*

Berlin, 20th October 2015. Nutrition and health throughout life cycle is the central subject discussed today at the Conference of the European Federation of Nutrition Societies (FENS) which will end this Friday 23th.

Distinguished nutrition scientists present their recent findings on food and nutrient intake; dietary patterns and guidelines; critical micronutrients in Europe, such as iodine, folate and vitamin D; advances in dietary studies; food nutrition and immune function; food quality and food safety; breastfeeding in Europe; sustainable diets and organic food; preventing and treating lifestyle-related chronic diseases; early nutrition, and diet in the Nordic Countries. Each of those topics recently are of great relevance to a consumer who seems to become more conscious about their own dietary habits.

A singular session dedicated to the most important nutrition problems in Europe highlights the challenges European societies are facing in relation to their daily diet and its effects on general health and well-being at all ages.

Harvard University professor Walter Willett, MD DrPH epidemiologist and nutritionist, points out healthy facts: "Finding from multiple prospective studies and randomized trials have clearly shown that a diet during midlife consisting of healthy fats, whole grains and an abundance of fruits and vegetables, an emphasis on plant sources of protein will reduce risks of cardiovascular disease, diabetes, and some cancers." According to Willet, evidence on the long term effects of diet during childhood are limited, "but recent findings suggest that adolescent diet may be particularly important for some cancers". Diet and lifestyle yet does also affect the older generations, with the increase in life expectancies: "Dementia and other neurodegenerative diseases are becoming of increasing concern; recent findings suggest that health diets can also play an important role in reducing the burden of these conditions." Willet concludes: "Much more work is needed to fully understand the effects of diet in the early and late periods of the life cycle."

"There are definitely many challenges, but of different kind", according to professor Pekka Puska, president of the International Association of National Public Health Institutes (IANPHI) and former head of Finland's National Institute for Health and Welfare: "From a public health point of view clearly the biggest challenges

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are the nutritional problems behind chronic noncommunicable diseases (NCD). Public health in Europe (and the general burden to health services) is overwhelmingly dependent on a few NCDs and in my opinion nutrition has the greatest potential for prevention.” The important aspects of a healthy diet are well known: salt intake, quality of fats consumed, sugar as well as fruit and vegetables. “The biological risk factors concerned relate especially to blood pressure, blood cholesterol, blood sugar and weight”, affirms Puska, mentioning the peculiarities in Eastern Europe, where “there are still some more traditional nutritional problems that relate to nutritional deficiencies for instance in child nutrition”. In the long term Puska spots a current problem: “Nutrition of new migrants.” With his solution-orientated perspective he addresses policy-makers: “From a nutrition policy point of view sensible regulation of marketing of unhealthy foods, health claims, nutrition labelling and responses of food industry are important issues.”

About FENS and DGE

The Federation of European Nutrition Societies (FENS), founded in 1979, is a non-profit Federation consisting of 26 European Nutrition societies, each representing one country. Its objective is to promote learning among nutritionists in general and European nutritionists in particular, by means of meetings, discussions, the exchange of information and by other appropriate means. The main FENS event is the European Nutrition Conference, arranged every 4 years. The last event (11th European Nutrition Conference) was held in Madrid in October 2011.

The German Nutrition Society (DGE), established in 1953, has since been engaged in topics on nutrition and nutritional research. From the onset, the DGE has been a non-profit organization committed to scientific facts. The DGE is an officially incorporated society and is not influenced by economic or political interests. Currently there are about 4.000 DGE members. The DGE organizes congresses, symposia, workshops and seminars regularly, mainly for nutritional experts and journalists.

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