



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



Science for healthier nutritional habits

- **FENS Berlin closes the 12th European Nutrition Conference with a large number of visitors from almost 70 countries.**
- **Dublin will host next FENS Conference in 2019 to continue spreading healthy nutrition habits in the European societies**
- **FENS award goes to Ibrahim Elmadfa, Vice-President of the Austrian Nutrition Society (ÖGE)**

Berlin, 23th October. The 12th European Nutrition Conference ends today with the conviction that a desirable healthy lifestyle can be reached and implemented from very early stages of life. 5 plenary talks, approximately 1,300 conferences, oral presentations and posters have set the spotlight on how science for better nutritional habits can help individuals to improve their wellbeing, their quality of life and get more protected against distressing diseases; as well on how consumers are nowadays more involved in understanding their own organisms reactions to food products intake.

To Ascensión Marcos, president of FENS, with 1,600 participants, balance is extremely positive: “All the objectives of the Conference have been met. Thanks to this event we have the possibility to open our vision, and probably bring some solutions on how to work on health from different perspectives. It is crucial to insist on the importance of prevention.” Present FENS edition has focused on some traditional nutritional habits: “We’ve been talking about Mediterranean diet and also about Nordic diet, which is a very innovative concept of healthy diets for certain countries.” Marcos hopes that “healthy messages about what and how to consume reaches the general population. This is also the aim of the event”.

Heiner Boeing, President of the 12th FENS European Nutrition Conference, added: “Nutrition is a dynamic science. It plays an important role in every part of life, and also as a piece of culture and joy. Life and nutrition are really close, without nutrition, life is not possible. With this Conference, we contribute to merge all this aspects together, and help people to eat and live more healthy.”

FENS Awards

Ibrahim Elmadfa, Vice-President of the Austrian Nutrition Society (ÖGE), and past president of International Union of Nutritional Sciences, has received FENS Award; in recognition for his scientific lifetime achievement, not only for his own research contributions and his promotion of nutritional research, but also for his integration work with scientists across Europe and worldwide. Elmadfa is member of several international organisations.

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Best posters of the Conference

Three of the posters exhibited during this week at the Conference were awarded, out of 1,000, for their great contribution:

- Poster 214: Cholesterol and breast cancer risk: a systematic review and metaanalysis of prospective studies
- Poster 225: Dietary Exposure of Heavy Metals, Minerals and Trace Elements Through Fruits Consumed by Urban Population
- Poster 281: A cross-sectional study evaluating dietary habits among Norwegian adolescents by constructing a Healthy Diet Score

Next FENS Edition

Dublin is the city elected to hold 13th FENS Conference in 2019 among Prague, Helsinki and Belgrade, after a voting celebrated during the conference. The Conference will be celebrated from 15th to 18th October 2019 in Dublin, Ireland.

It will be hosted by “The Nutrition Society” under the subject “Malnutrition in an obese world: European Perspectives”.

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.