3rd International Carbohydrate Quality Consortium (ICQC) Meeting

Embassy of Canada
Via Salaria, 243
Rome, Italy
September 28-29, 2017
Scientific Program

Thursday, September 28, 2017

9:00 Chairs’ welcome note
David Jenkins and Walter Willett

9:10 Ambassador’s welcome
Peter McGovern

9:20 ICQC activity update
Livia Augustin

Session 1: Healthy Carbohydrate foods
Chairs: David Jenkins, Cyril Kendall

9:30 What is a healthy carbohydrate?
Walter Willett (USA)

9:50 Healthy carbohydrates, Glycemic Index and Glycemic Load, in the traditional Mediterranean diet
Monica Bullo (Spain)

10:10 Pulse consumption and risk of type 2 diabetes in individuals at high CVD risk
Jordi Salas-Salvado (Spain)

10:30 Panel Discussion

10:50 Coffee break

11:05 Diabetes sexy axis and implications for improving the health effects of dietary carbohydrate by sex
Simin Liu (USA)

11:25 Role of sugars/polyols/artificial sweeteners/rare sugars in healthy diets
Johns Sievenpiper (Canada)

11:45 Resistant fructans and glucans in blood glucose control
Geoff Livesey (United Kingdom)

12:05 Panel Discussion

12:30 Lunch
Session 2: Glycemic Index (GI)/Glycemic Load (GL): Scientific updates  
*Chairs: Livia Augustin, Andrea Poli*

13:30  Update on Preview study  
*Jennie Brand-Miller (Australia)*  

13:45  Susceptibility to weight gain on high-GI/GL diets in prediabetic vs normoglycemic individuals  
*Arne Astrup (Danimarca)*  

14:00  GI/GL: should we care about time of a day in type 2 diabetes prevention?  
*Anette Buyken (Germany)*  

14:15  Update on longer-term GI clinical trials  
*David Jenkins (Canada)*  

14:30  Causality of the GI relationship with type 2 diabetes and Cost-benefit analysis  
*Geoff Livesey (United Kingdom)*  

14:45  Panel Discussion

Session 3: Glycemic Index Guidelines and Labelling  
*Chairs: John Sievenpiper, Jennie Brand-Miller*

15:00  The scope for defining ICQC reporting guidelines on GI/GL in epidemiological studies  
*Carlo La Vecchia (Italy), Livia Augustin (Canada)*  

15:15  Recommendations on GI/GL for heart disease and diabetes  
*Salwa Rizkalla (France)*  

15:30  GI labelling and guidelines  
*Alan Barclay/Kathy Usic (Australia) & Furio Brighenti (Italy)*  

15:45  Update on GI methodology  
*Tom Wolever (Canada)*  

16:00  Diabetes Canada low GI symbol program: Update and path forward  
*Johns Sievenpiper (Canada)*  

16:15  Glycemic reduction claims in Canada  
*Alfred Aziz (Health Canada)*  

16:30  EU Regulatory framework for carbohydrate quality indicator/Low GI symbol in EU: challenges and future perspectives.  
*Basil Mathioudakis (Belgium)*  

16:45  Panel Discussion: How do we move forward the concept of carbohydrate quality on food products in the EU?  
*All*  

17:30  Conclusion

20:30  Gala Dinner
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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>9:00</td>
<td>Opening Remarks by the Chairs</td>
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<td>Walter Willett and David Jenkins</td>
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<td><strong>Session 4: Whole grains session</strong></td>
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<td>Chairs: Gabriele Riccardi, Walter Willett</td>
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<td>9:10</td>
<td>Whole grains definition</td>
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<td>Gabriele Riccardi (Italy); Jim Mann (New Zealand)</td>
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<td>9:30</td>
<td>Health benefits of whole grains: beyond dietary fiber</td>
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<td>Gabriele Riccardi (Italy)</td>
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<td>9:50</td>
<td>Meta-analysis of food sources of whole grains: which grain?</td>
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<td>John Sievenpiper (Canada)</td>
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<td>10:10</td>
<td>Panel Discussion</td>
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<td>10:30</td>
<td>Coffee break</td>
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<td>10:45</td>
<td>Targeting 1-hour post-meal glucose: is it time for a paradigm switch in diabetes management?</td>
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<td>Antonio Ceriello (Spain, Italy)</td>
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<td>11:05</td>
<td>Grain intolerance</td>
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<td>Fred Brouns (Nederland)</td>
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<td>11:25</td>
<td>Food technology and whole grains</td>
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<td>Furio Brighenti (Italy)</td>
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<td>11:45</td>
<td>Whole grain food standards and labelling</td>
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<td>Cynthia Harriman (USA)</td>
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<td>12:05</td>
<td>Translating science into consumer action</td>
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<td>Sara Baer-Sinnott (USA)</td>
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<td>12:25</td>
<td>Panel Discussion</td>
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<td>Lunch</td>
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<td>14:00</td>
<td>Initial draft of scientific consensus on whole grains</td>
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<td>Chairs: Walter Willett, David Jenkins</td>
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<td>17:00</td>
<td>Conclusion</td>
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<td>20:00</td>
<td>Dinner</td>
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Speakers and Participants

Aas AM, Oslo University Hospital (Norway)
Astrup A, University of Copenhagen (Denmark); ICQC Member
Augustin LSA, St. Michael’s Hospital, Toronto (Canada); National Cancer Institute (Naples, Italy); ICQC Member and Coordinator
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Ciati R, Barilla G. e R. Fratelli (Italy)
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Information

Scientific Committee:

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Walter C. Willett, MD, DrPH, Fredrick John Stare Professor of Epidemiology and Nutrition Chair, Department of Nutrition, Harvard School of Public Health (Boston, USA)

Meeting Coordinators:

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ICQC – International Carbohydrate Quality Consortium

NFI – Nutrition Foundation of Italy, Milan, Italy

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