

Con il Patrocinio di



Milan 5th-6th May 2017

Science in Nutrition
4th International Congress

Fondazione Paolo Sorbini
per la scienza nell'alimentazione

Positive Nutrition

THE LATEST DISCOVERIES ON THE POWER OF
NUTRITION RELATED TO HEALTH & SLIMMING,
ANTI-INFLAMMATORY DIET AND SPORTS PERFORMANCE

5th - 6th May 2017
Hotel Principe di Savoia - Milan

Sponsored by:



FRIDAY, 5TH MAY, 2017

- 08,45 **Welcome - Authorities and President of Fondazione Paolo Sorbini**
- 09,00 **Introduction**
Giovanni Scapagnini (Italy)
- 1st SESSION**
POSITIVE NUTRITION FOR HEALTH & SLIMMING
Chairman: Barry Sears (USA)
- 09,15 **A Balanced Omega-6 to Omega-3 Ratio for Health**
Artemis Simopoulos (USA)
- 09,50 **New Treatments for Diabetes**
Camillo Ricordi (USA)
- 10,25 COFFEE BREAK**
- 11,00 **Functional Nutrition: the Key of Life**
Sara Farnetti (Italy)
- 11,35 **Nutritional Management of Insulin Resistance**
Carol Johnston (USA)
- 12,10 **Conclusions**
Barry Sears (USA)
- ROUND TABLE**
POSITIVE NUTRITION: THE PILLARS OF LONGEVITY
- 13,45 BUFFET LUNCH**
- 2nd SESSION**
POSITIVE NUTRITION FOR ANTI-INFLAMMATORY DIET
Chairmen: Benvenuto Cestaro (Italy), Giovanni Scapagnini (Italy)
- 15,15 **The Role of Anti-inflammatory Nutrition in the Treatment of Chronic Disease**
Barry Sears (USA)
- 15,50 **Positive Nutrition and Nutraceutical Interventions for Improving Healthspan and Longevity**
Giovanni Scapagnini (Italy)
- 16,25 **Biochemical Mechanism and Nutritional Treatment to Prevent Inflammation, Oxidative Stress, Aging and Chronic Disease**
Benvenuto Cestaro (Italy)
- 17,00 COFFEE BREAK**

- 17,35 **The Role of Omega-3 Fatty Acids in the Management of Chronic Diseases**
Jing Kang (USA)
- 18,10 **Prevention of Metabolic Complications in Pregnant Women**
Enrico Ferrazzi (Italy)
- 18,45 **Conclusions**
Benvenuto Cestaro (Italy)

SATURDAY, 6TH MAY, 2017

3rd SESSION

POSITIVE NUTRITION FOR SPORTS PERFORMANCE

Chairman: Rodolfo Tavana (Italy)

- 09,00 **Remembering Enrico Arcelli**
Rodolfo Tavana (Italy)
- 09,30 **Nutraceuticals Role in Sports Nutrition**
Fabrizio Angelini (Italy)
- 10,05 **Sports Nutrition of the Future**
Asker Jeukendrup (UK)
- 10,40 **The Role of Betaine on Body Composition and Performance**
Gregory Paul (USA)
- 11,15 **COFFEE BREAK**
- 11,50 **Hydration Management for Training and Competitions: New Perspectives**
Luca Mondazzi (Italy)
- 12,25 **Cocoa Flavanols and Endothelial Function: what Perspectives in Sports**
Davide Grassi (Italy)
- 13,00 **Anti-inflammatory Diet and Injury Risks in Sportsmen**
Stefano Righetti; Elena Casiraghi; Francesco Chiappero; Serena Martegani (Italy)
- 13,35 **Conclusions**
Rodolfo Tavana (Italy)
- 13,45 **BUFFET LUNCH**



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GENERAL INFORMATION

EVENT DATES

5th – 6th May, 2017

VENUE

PRINCIPE DI SAVOIA HOTEL

Piazza della Repubblica, 17 – Milano

WEBSITE: www.hotelprincipedisavoia.com

REGISTRATION DESK

05th May - 07,30 to 18,45

06th May - 08,00 to 13,35

CERTIFICATE OF ATTENDANCE

The certificate of attendance will be uploaded on a dedicated area of the congress website

www.scienceinnutrition.it

CME CREDITS:

7 CME credits