

FRIDAY DECEMBER 8 2023

| | TRIANTI HALL | SKALKOTAS HALL | MC.2 HALL | MC 3 HALL |
|-------|--|--|---|---|
| 09.00 | Inaugural Lecture Inclusiveness, Acceptance, and Equality in Nutritional Counseling | | | |
| 09.30 | ROUND TABLE Interventions, monitoring systems and education in Diabetes Mellitus | LECTURE ACTION PLAN ON CHILDHOOD OBESITY IN CYPRUS | STUDENTS DAY Workshop Nutritional counseling in practice | ORAL PRESENTATIONS |
| 10.00 | | LECTURE LATEST FINDINGS IN NUTRITION AND ATHEROSCLEROSIS | | |
| 10.30 | LECTURE Obesity and management of Type 2 Diabetes | ROUND TABLE Diet and atherosclerosis In collaboration with the Hellenic Atherosclerosis Society | | Neurodegenerative diseases and nutrition |
| 11.00 | LECTURE Diet, food processing, and gut microbiome | | | |
| 11.30 | COFFEE BREAK - POSTER SESSION | | | |
| 12.00 | ROUND TABLE Motivation, rate and technology in weight loss | LECTURE Bioactive ingredients. Origin and applications in the production of functional foods and nutraceuticals | ORAL PRESENTATIONS | WORKSHOP Enteral Nutrition |
| 12.30 | | ROUND TABLE FUNCTIONAL FOODS: TRADITIONAL & INNOVATIVE BIOACTIVE INGREDIENTS | | |
| 13.00 | ROUND TABLE Mediterranean diet, Mediterranean lifestyle and mechanisms of action | LECTURE HUNGER & MALNUTRITION IN OBESITY | | |
| 13.30 | | | | |
| 14.00 | LUNCH BREAK | | | |
| 14.30 | | | | |
| 15.00 | ROUND TABLE Technological applications for nutritional assessment & intervention: progress & challenges | ROUND TABLE Nutritional care of malnutrition syndromes | ORAL PRESENTATIONS | ROUND TABLE Data and interventions for designing modern Nutrition & Physical Activity policies |
| 15.30 | LECTURE DigiCare4You | | | |
| 16.00 | | | | |
| 16.30 | COFFEE BREAK - POSTER PRESENTATIONS | | | |
| 17.00 | LECTURE Health policies to prevent childhood obesity | | ORAL PRESENTATIONS | |
| 17.30 | OPENING CEREMONY/ GREETINGS | | | |
| 18.00 | AWARD CEREMONY & LECTURE Effectiveness of different dietary regimes | | | |
| 18.30 | MOVIE & ROUND TABLE THE PERFECT MEAL | | | |
| 19.00 | | | | |
| 19.30 | | | | |
| 20.00 | | | | |
| 20.30 | | | | |

SATURDAY DECEMBER 9 2023

| | BANQUET HALL | SKALKOTAS HALL | MC.2 HALL | MC 3 HALL | MC 3.2 HALL |
|-------|---|--|--|--|--|
| 10.00 | LECTURE <i>The role of Diet & Nutrition to ensure high quality healthcare systems for all</i> | ROUND TABLE Nutritional support in celiac disease: foods, interventions & barriers - In collaboration with the Hellenic Celiac Disease Society | WORKSHOP <i>Mindful and intuitive eating</i> | OPEN WORKSHOP <i>Behavioural approach in cancer management</i> | WORKSHOP Anthropometry |
| 10.30 | LECTURE Dietary Microbes: What progressive insight could lead to | | | | |
| 11.00 | ROUND TABLE Pro- and Prebiotics in gastrointestinal health | SATELLITE SYMPOSIUM | ORAL PRESENTATIONS | OPEN WORKSHOP <i>Overview of dietary assessment applications</i> | |
| 11.30 | | | | | |
| 12.00 | COFFEE BREAK - POSTER SESSION | | | | |
| 12.30 | LECTURE <i>The role of body composition in appetite control</i> | LECTURE <i>The cost of healthy and sustainable eating</i> | ORAL PRESENTATIONS | ROUND TABLE Innovative foods: Progress and challenges | OPEN WORKSHOP <i>The importance of nutrition and psychological support in high performance sport</i> |
| 13.00 | ROUND TABLE European guidelines for the management of obesity | ROUND TABLE Vegetarian diet: sustainability, industrialisation & ethics | | | |
| 13.30 | | | | | |
| 14.00 | LUNCH BREAK | | | | |
| 14.30 | LUNCH BREAK | | | | |
| 15.00 | ROUND TABLE European & national updates on food composition tables | ROUND TABLE Prerequisites in optimal nutritional care - In collaboration with GrESPEN | ORAL PRESENTATIONS | ORAL PRESENTATIONS | WORKSHOP The role of the dietitian in the management of weight stigma |
| 15.30 | | | | | |
| 16.00 | ROUND TABLE Focusing on quality of life in cancer | ROUND TABLE Macronutrients & bioactive ingredients to improve athletic performance | | | |
| 16.30 | | | | | |
| 17.00 | COFFEE BREAK - POSTER SESSION | | | | GENERAL MEETING |
| 17.30 | LECTURE <i>The Mediterranean Diet in today's world: a geo-epidemiological approach</i> | Establishment of maximum tolerable intakes of vitamins and minerals by the European Food Safety Authority | ORAL PRESENTATIONS | ORAL PRESENTATIONS | |
| 18.00 | ROUND TABLE Feeding challenges for infants and toddlers: allergies and metabolic diseases | STUDENTS DAY <i>Management of psychological pressure and stress during studies</i> | | | WORKSHOP <i>Phase angle and its role in nutritional assessment</i> |
| 18.30 | | | | | |
| 19.00 | END OF DAY 2 | | | | |

SUNDAY DECEMBER 10

| | BANQUET HALL | SKALKOTAS HALL | MC.2 HALL |
|-------|--|--|--|
| 09.00 | | | WORKSHOP Nutritional needs of child and adolescent athletes |
| 09.30 | LECTURE. Rare diseases, the Greek reality today. The role of Patients' Associations | | |
| 10.00 | OPEN CONVERSATION Multidisciplinary collaboration in cancer management | ROUND TABLE Nutrition, circadian rhythm and hunger management in athletes | STUDENTS DAY - Participation in extra-curricular activities (Erasmus, ENDiets, participation in committees) Award Ceremony |
| 10.30 | | | |
| 11.00 | | SATELLITE SYMPOSIUM | |
| 11.30 | ROUND TABLE Current issues in nutritional support of young people | ROUND TABLE Nutrition and Pharmacotherapy in the management of obesity In collaboration with the Hellenic Medical Society of Obesity | |
| 12.00 | | | |
| 12.30 | BREAK | | |
| 13.00 | ROUND TABLE: Latest scientific data 2022 - 2023 | | |
| 13.30 | | | |
| 14.00 | | | |
| 14.30 | | | |
| 15.00 | CLOSING AND AWARD CEREMONY | | |
| 15.30 | | | |