

## 2<sup>nd</sup> Seminar on Health Aspects of the Nordic Diet

Nya festsalen, Akademiska föreningen, Sandgatan 2, Lund

17-18 November 2011

- 16 November** Appended internal meetings in MitoHealth and SYSDIET  
(see separate information for each network)
- 17 November**  
**8.30-12.00** **The Nordic diet and its health benefits**  
**Chair: Kaisa Poutanen**
- 8.30 Opening of the meeting  
*Per Eriksson, Vice-Chancellor of Lund University*
- 8.35-9.05 The Nordic Diet – past, present and future  
*Elling Bere, University of Agder, Norway (external speaker)*
- 9.05-9.35 Fish and marine food consumption in Scandinavia - a historical, psychological and nutritional perspective  
*Themis Altintzoglou, NOFIMA, Tromsø (external speaker)*
- 9.35-10.05 First results of the SYSDIET intervention  
*Matti Uusitupa, University of Eastern Finland (SYSDIET)*
- 10.05-10.25 **Break**
- 10.25-10.55 The New Nordic diet - the Opus project  
*Kim Fleischer Michaelsen, IHE, Copenhagen (external speaker)*
- 10.55-11.15 The NorDiet study  
*Ulf Riserus, Uppsala University (SYSDIET)*
- 11.15-11.35 Health effects of a Danish intervention on fish and shellfish  
– with focus on selenium status and anthropometry  
*Malene Outzen, PhD student, Institute of Cancer Epidemiology, Danish Cancer Society (HELGA)*
- 11.35-11.55 Effects of dietary intervention in the SEAFOODplus study  
*Inga Thorsdottir, University of Iceland, Reykjavik (SYSDIET)*

12.00-13.00	<b>Lunch</b>
<b>13.00-17.00</b>	<b>Biomarkers</b>
	<b>Chair: Anne Tjønneland</b>
13.00-13.20	Biomarkers of a healthy Nordic diet <i>Rikard Landberg, Swedish University of Agricultural Sciences, Uppsala (HELGA)</i>
13.20-13.40	Enterolactone – determinants and health effects <i>Nina Føns Johnsen, Institute of Cancer Epidemiology, Danish Cancer Society (HELGA)</i>
13.40-14.00	Biomarkers of mitochondrial function and cardiovascular risk - an epidemiological approach <i>Ottar Nygård, University of Bergen (MITOHEALTH)</i>
14.00-14.30	Human gut microflora, short chain fatty acids and human health <i>Stefan Sahlstrøm/Ola Johnsborg, NOFIMA, Ås (SYSDIET)</i>
14.30-14.50	<b>Break</b>
14.50-15.20	Metabolomics in human dietary studies <i>Lars O. Dragsted, IHE, Copenhagen (SYSDIET)</i>
15.20-15.40	Application of metabolomics in rye research - From grain to human metabolism <i>Ali Moazzami, Swedish University of Agricultural Sciences, Uppsala (HELGA)</i>
15.40-16.00	Proteomic analysis as a tool in studying metabolic effects of marine food <i>Ileana R. León, SDU, Odense (MITOHEALTH)</i>
16.20-16.40	Global lipidomics in assessing the impact of dietary components on lipid metabolism <i>Hye Ryung Jung, ZORA Biosciences, Espoo (MITOHEALTH)</i>
19.00	<b>Dinner at Grand Hotel</b>

**18 November**

**8.30-12.00**

**Mechanisms underlying health effects of the diet**

**Chair: Jon Skorve**

8.30-9.00

Role of mitochondria in human disease and the potential health benefits of novel marine ingredients

*Rolf K. Berge, University of Bergen (MITOHEALTH)*

9.00-9.20

Analytical tools for studying the molecular effects of marine food consumption

*Michael Børgesen, SDU, Odense (MITOHEALTH)*

9.20-9.40

Feeding studies - towards an understanding of the role of marine oils and peptides for metabolic health

*Bodil Bjørndal, University of Bergen (MITOHEALTH)*

9.40-10.00

Polyunsaturated fatty acids for mitochondrial function

*Anne Karjalainen/Kalervo Hiltunen, University of Oulu (MITOHEALTH)*

10.00-10.20

**Break**

10.20-10.40

Lesson from mice deficient in breaking down branched fatty acid derivatives

*Kaija Autio, University of Oulu (MITOHEALTH)*

10.40-11.00

Studies of gene expression in adipose tissue using transcriptomics

*Ingrid Dahlman, Karolinska Institute, Stockholm (SYSDIET)*

11.00-11.30

Gene expression in blood cells in dietary intervention studies

*Mari C. Myhrstad, Oslo and Akershus University College for Applied Sciences (SYSDIET)*

11.30-12.30

General Discussion

Future collaborations among the NCoE:s in Food, Health and Nutrition. Communication activities in NordForsk.

12.30-13.30

**Lunch**

**End of meeting**

**SYSDIET** Systems Biology in Controlled Dietary Interventions and Cohort Studies

**HELGA** Nordic Health -Whole Grain Food

**MitoHealth** Centre for Bioactive Food Components and Prevention of Lifestyle Diseases

**Local organizing committee:**

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