



Workshop Organizer:

GR Lab.1: 5 Bizaniou Str., Rethimno, PC74100, Greece, Tel./Fax 0030-2831024423,
GR Lab.2 : Zervou 1, N.Iraklio (Athens), PC14121, Greece, Tel./Fax 0030-2102712498,
CY Lab.: 38 Kalopsidas Str., Livadia, Larnaka, PC7060, Cyprus, Tel./Fax 00357-24669934
info@foodallergenslab.com, www.foodallergenslab.com

2nd INTERNATIONAL FOOD ALLERGENS LAB WORKSHOP
Food Nutrients, Nutrition Labelling, Nutrition & Health Claims

Venue and Dates: Kaningos 21 Hotel, Athens, Greece, May 29-31, 2009

Scope:

This two-day workshop addresses the increasing market need for healthy foodstuffs, which leads the design & development of food products with specific properties and characteristics, with regard to the nutrients contained and the benefits claimed.

- *the workshop will present information on food nutrients (influences in human health, food references, trends in R&D, specific consumers needs/"niche" markets etc),*
- *review the nutrition& health claims legislation (regulation explanations, nutrientprofile trends, procedures to follow for claims approval, current status of submitted claims for approval etc),*
- *provide the latest updates on food nutritional information – labeling trends (current law requirements, future mandatory nutritional labeling, industry guidelines, stakeholders opinion etc),*
- *discuss the fuctional food applications(legislative requirements, examples of applications, claims etc)*
- *explore consumers thinking-market trends on food and health, role of foodstuffs in healthy lifestyles and relevant market & policy trends.*

Key topics:

Workshop's thematology will include hot issues like GDAs, traffic lights-multicoloured schemes, nutrient profiles, macro-& micro-nutrients, mandatory food nutritional labeling, "big 8" labeling, specific consumer category dietary needs, news on gluten-free and food allergen mandatory labeling, functional-enriched-fortified foods, food nutrients testing methods to prove claims & labeling, organic products claims (eg without the use of rbST, hormones and antibiotics), related organic labeling new legislation, food functional ingredients, antioxidants, probiotics, prebiotics, "free from X" (eg "non GMO") type labels-certification, and much more!

EU level experts on policy and science will provide DG SANCO, EFSA, BEUC, CIAA and other data as well as the necessary information to produce compliant and effective labels

Why to attend: Overall this workshop is designed to present the concepts and details of the modern food nutrition science, market and legislation, and ultimately to assist the participants/trainees in applying these knowledges according to their professional needs.

INVITED SPEAKERS



Workshop Organizer:

GR Lab.1: 5 Bizaniou Str., Rethimno, PC74100, Greece, Tel./Fax 0030-2831024423,
GR Lab.2 : Zervou 1, N.Iraklio (Athens), PC14121, Greece, Tel./Fax 0030-2102712498,
CY Lab.: 38 Kalopsidas Str., Livadia, Larnaka, PC7060, Cyprus, Tel./Fax 00357-24669934
info@foodallergenslab.com, www.foodallergenslab.com

Mr De Winter, Kees (ex BEUC Food Policy Advisor, Human Nutritionist, NETHERLANDS)

Mrs Ferguson, Fiona (Distributor Manager at Neogen Europe Ltd U.K.)

Mr Gamvros, Rodios (SEE, Adriatic, Romania Corporate QA Mng NESTLE) (*to be confirmed*)

Dr Giannakoulia, Mary (Department of Dietetics & Nutritional Science , University of Athens)

Dr Kapsokefalou, Maria (Assistant Professor, Agricultural University of Athens)

Dr Kizis, Dimosthenis (TEI of Athens, Faculty of Food Technology and Nutrition)

Dr Mountzouris, Kostas (Nutritional Department, Agricultural University of Athens)

Mr Siragakis, George (Member of the Greek Supreme Chemical Council of the State)

Mr Varlamos, Andreas (Chair of EFSA Stakeholder Consultative Platform)

TENTATIVE WORKSHOP PLAN

Friday, May. 29th (Day 1)

(10:00 – 17.30, lunch at 13.15 and coffee breaks at 11.30 & 15.45)

- **1st session:** Introductory session (*food quality & food nutrition, consumer attitude - market trends, current regulatory/legislative framework, policy trends – transition periods, reflection on food products R&D and acceptance by consumers*)
- **2nd session:** Role of foodstuffs in healthy lifestyles (*current concepts & policy for food nutrition, physical activity & health, EU policy regarding obesity – health diet – physical activity, nutrition and human immunity, WHO/EU policy regarding salt etc*)
- **3rd session:** Food nutrition& health claims legislation (*Regulation 1924/2007 & the “next steps”, nutrient profiles – current status & future evolution : proposed limits in salt – sugars – saturated fats per foodstuff, DG SANCO, EFSA, CIAA, BEUC opinions etc, health claim approval procedure to follow, claims current applications - news, examples of claims wording & documentation-evidences needed*)
- **4th session:** Food nutritional information –labeling, industry guidelines, stakeholders opinion (*current & forthcoming legislation, mandatory food nutritional labeling, "big 8" labeling, GDAs, traffic lights-multicoloured schemes & other methods to communicate relevant info, legislation under preparation, opinions-trends-current status, CIAA guidelines, already applicable legislation, examples*)
- **5th session:** EU authorities updated (*DG SANCO & EFSA NDA panel opinions, current activities*)
- **6th session:** Functional-enriched-fortified foods (*current legislative framework, market & law trends, functional foods & claims in EU, Japan, USA, common functional ingredients*)

Night Plan: Dinner and fun in a typical Greek tavern with traditional music in Plaka neighbouring area, following a relaxing night walk in Plaka (optional – must make reservation, please see next page)

Saturday, May 30th (Day 2)



Workshop Organizer:

GR Lab.1: 5 Bizaniou Str., Rethimno, PC74100, Greece, Tel./Fax 0030-2831024423,
GR Lab.2 : Zervou 1, N.Iraklio (Athens), PC14121, Greece, Tel./Fax 0030-2102712498,
CY Lab.: 38 Kalopsidas Str., Livadia, Larnaka, PC7060, Cyprus, Tel./Fax 00357-24669934
info@foodallergenslab.com, www.foodallergenslab.com

(9.30 – 17.00, lunch at 12.45 and coffee breaks at 11.00 & 15.15)

- **7th session:** Food constituents and their role in nutrition-health (*food nutrients overview, macro- & micronutrients*)
- **8th session:** Fat in foodstuffs and their role in human nutrition (*types, usual food sources, energy balance, dietary fat and coronary heart disease, unsaturated fatty acids (ω -3, ω -6, CLA) and specific diets*)
- **9th session:** Carbohydrates - Nutritional and Health Aspects (*review of different types and their role in human diet-nutrition, Nutritional and Health Aspects of Sugars, Dietary Fibre - role in human digestal system and further in nutrition/diet*)
- **10th session:** Vitamines, tracemetals and their role in human nutrition/diet (*water- and fatsoluble vitamines, kind of tracemetals, specific cases in food nutrition like calcium, folic acid, iodine, etc*)
- **11th session:** Oxidants, Antioxidants, and Disease Prevention (*antioxidant nutrients*)
- **12th session:** Specific nutritional issues (*Probiotics & prebiotics, fluid intake and health - consumption needs, specific cases like water & alcohol consumption, food consumption and oral health - caries preventive strategies*)
- **13th session:** Food composition & specific consumer category dietary needs (*news on gluten-free and food allergen mandatory labeling, type 2 Diabetes - prevention & management, nutrition for sport etc*)
- **14th session:** Implied nutrition claims (*organic products claims & related organic labeling new legislation, “free from X” or “non-X” type labels & certification schemes*)
- **15th session:** Scientific challenges (*nutrition & genetics, mapping individual health, nutritional epidemiology – possibilities & limitations, etc*)
- **16th session:** Food nutrients testing methods to prove claims & labeling (*testing macro- & micronutrients, incl. vitamins, metals, polyphenols, katehins, tannins, fibres etc*)

Sunday, May. 31th (Day-off)

(optional – must make reservation, please see next page)

Day trip to Athens & Acropolis: City (of Athens) tour plus visit to Acropolis Archeological site & Museum

10:00 – 14:00

COST OF PARTICIPATION

Participation fee(*):

- Advance registration (by 30th of April): 400Euro (200 Euro for one day),

- Regular registration (by 25 th of May): 500 Euro (250 Euro for one day).

Please note that Food Allergens Lab’s customers enjoy advance registration (and please ask for it!)

(*Fee covers: workshop lecture material, lunches, coffee break, transportation from Hotel etc

May 30th, Dinner: 30 Euro (*optional – must make reservation before 20 May 2009*)

May 31th, Day Trip: 50 Euro. Cost covers: travel, tour guide throughout the trip, entrance to museum, lunch (*optional – must make reservation before 20 May 2009*)

Promotion Tables: Available at an extra cost of 500 Euro (*optional – must make reservation*)

Accommodation: A number of rooms have been held in the Kaningos 21 Hotel (4stars) -

www.kaningos21.gr Cost: Single room=75Euros /night, Double room=85 Euros/night

Room reservations for this hotel should be made only to the email: info@foodallergenslab.com



Workshop Organizer:

GR Lab.1: 5 Bizaniou Str., Rethimno, PC74100, Greece, Tel./Fax 0030-2831024423,
GR Lab.2 : Zervou 1, N.Iraklio (Athens), PC14121, Greece, Tel./Fax 0030-2102712498,
CY Lab.: 38 Kalopsidas Str., Livadia, Larnaka, PC7060, Cyprus, Tel./Fax 00357-24669934
info@foodallergenslab.com, www.foodallergenslab.com

REPLY – REGISTRATION SHEET

Food Nutrients, Food Nutrition Labelling, Nutrition & Health Claims

- Early registration deadline: 30 April 2009 -

Participant details

Full Name _____
First Name for Badge _____
Title _____ Company /Institution _____
Address _____
Zip/Postal Code _____ Country _____
Telephone _____ Fax _____
E-mail _____
Accompanying Person(s) _____

- 1. **Advance registration fee** (by 30th of April) 1: 400Euro (200 Euro for one day) -----, OR
Regular registration fee (by28th of May): 500 Euro (250 Euro for one day) -----
- 2. **Day trip** to Acropolis: 50 Euro -----
- 3. **Dinner** on Friday night: 30 Euro -----
- 4. **Room reservation** (please state check-in, check-out dates)..... -----

Total (Euro) -----

Payment method (please tick appropriately):

By Credit Card : (Visa , Master , AMEX , Other) No:
Exp.Date.....
Payment by Bank Transfer to: ALPHA Bank IBAN No:GR2301401710171002320001301, Swift
Code:CRBAGRAAXXX (please state your name / organisation)

Applicant Signature/Name:.....

PLEASE scan & e-mail THIS FORM COMPLETED (to info@foodallergenslab.com or cyprus@foodallergenslab.com) **OR FAX IT** (0030-2831024423, 00357-24669934)

NOTES

- 1 Fee covers: workshop lecture material, lunches, coffee breaks and transportation from Hotel to the workshop. In case that one-day participation is required, please define the day you will attend
- 2. Dinner and fun in a typical Greek tavern with traditional music
- 3. Cost covers: travel, tour guide to city of Athens and Acropolis archaeological site/museum, entrance to museum, lunch; trip will start at 10:00 and conclude at ~ 14:00
- 4. Single room=75Euros /night, Double room=85 Euros/night