



Danish Diabetes and
Endocrine Academy

Nutrition and Dietary Strategies in Prevention and Management of Diabetes

*Current Topics in Diabetes
Research*

21-22 March 2024

Arla Foods Head Office
Sønderhøj 14
DK-8260 Viby J

Session overview



Day 1

Thursday 21 March

Session I	Current Recommendations for Dietary Management of Diabetes
Session II	Ultra-processed Foods & Food Matrix
Session III	Sustainable Diets
Session IV	Six Sides of the Coin about Food and Diets

Day 2

Friday 22 March

Session V	Low-carbohydrate Diets
Session VI	Nutrient Sensing in the Gut
Session VII	Precision Nutrition

Programme

Thursday 21 March

09:15-10:00 Registration and breakfast

10:00-10:15 Welcome, meet & greet

Organising committee of the scientific programme & Education and Networking Coordinator **Pernille Bruun Nielsen**, Danish Diabetes and Endocrine Academy (DK)

Session I **Current Recommendations for Dietary Management of Diabetes**

Chair: PhD, MD **Camilla Dalby Hansen**, University of Southern Denmark (DK)

10:15-10:35 New European Recommendations for the Dietary Management of Diabetes – What is New?

Assistant Professor **Anne-Marie Aas**, Oslo University (NO)

10:35-10:45 Questions & answers

10:45-11:00 CLASH! A Patient's Perspective

Mike Griebel (DK)

11:00-11:10 Questions & answers

11:10-11:40 Coffee break

Session II **Ultra-processed Foods & Food Matrix**

Chair: Nutrition Scientist **Andreas Buch Møller**, Arla Foods (DK)

11:40-12:00 Beyond Calories: Unveiling the Impact of Food Processing on Metabolic Regulation in the FEASST Study Cohort

PhD fellow **Jessica Preston**, University of Copenhagen (DK)

12:00-12:10 Questions & answers

12:10-12:30 Ultra-processed Foods and Risk of Chronic Diseases - From Epidemiological Evidence to Potential Public Health Actions

Junior Professor **Bernard Srour**, National Institute of Health and Medical Research (INSERM) (FR)

12:30-12:40 Questions & answers

12:40-13:40 Lunch

Session III Sustainable Diets

Chair: Postdoc **Daniel Borch Ibsen**, Aarhus University (DK)

13:40-14:00 Sustainable Diets in Prevention and Management of Diabetes

Associate Professor **Christina C. Dahm**, Aarhus University (DK)

14:00-14:10 Questions & answers

14:10-14:30 Sustainable Diets and Cardio Metabolic Health

Senior Nutritional Epidemiologist **Keren Papier**, University of Oxford (UK)

14:30-14:40 Questions & answers

14:40-15:10 Coffee break

Session IV Six Sides of the Coin about Food and Diets

Chair: Postdoc **Daniel Borch Ibsen**, Aarhus University (DK)

15:10-15:30 Formulation of questions

15:30-16:00 Discussion with the six speakers of the day

16:00-16:10 Summary and reflections on the day

18:30-21:00 Networking dinner

Food Club Aarhus

Åboulevarden 30
8000 Aarhus C



Programme

Friday 22 March

8:10-08:50 Breakfast, coffee & tea

08:50-09:00 Welcome back

Session V Low-carbohydrate Diets

Chair: Nutrition Scientist **Andreas Buch Møller**, Arla Foods (DK)

09:00-09:20 Carbohydrate-Insulin Model as a Physiological Explanation for the Obesity Pandemic

Professor **David Ludwig**, Boston Children's Hospital and Harvard School of Public Health, (US)

09:20-09:30 Questions & answers

09:30-09:50 The Pathophysiology of Reduced Carbohydrate in the Type 2 Diabetic Diet - The CUT-DM Studies

Affiliated Professor, Consultant **Thure Krarup**, Copenhagen University Hospital - Bispebjerg and Frederiksberg & University of Copenhagen (DK)

09:50-10:00 Questions & answers

10:00-10:30 Coffee break

10:30-10:50 Effect of Low-carbohydrate High-fat Versus High-carbohydrate Low-fat on Type 2 Diabetes, Metabolic Dysfunction-associated Steatotic Liver Disease and the Lipid Metabolism

PhD Student **Camilla Dalby Hansen**, University of Southern Denmark (DK)

10:50-11:00 Questions & answers

Session VI Nutrient Sensing in the Gut

Chair: PhD, MD **Nikolaj Rittig**, Steno Diabetes Center Aarhus, Aarhus University (DK)

11:00-11:20 Sensing and Signaling of Nutrients by Metabolite Receptors
Professor **Thue Schwartz**, University of Copenhagen (DK)

11:20-11:30 Questions & answers

11:30-11:45 Short break

11:45-12:05 Nutrient Sensing in the Gut: Dietary Protein-gut Microbiota Interaction

Assistant Professor **Tulika Arora**, University of Copenhagen (DK)

12:05-12:15 Questions & answers

12:15-13:15 Lunch

Session VII Precision Nutrition

Chair: Associate Professor **Marta Guasch Ferré**, University of Copenhagen (DK)

13:15-13:35 Recent Developments in Precision Nutrition

Professor **Rikard Landberg**, Chalmers University of Technology, Gothenburg (SE)

13:35-13:45 Questions & answers

13:45-14:05 Mediterranean Diet, Metabolomics and Personalized Medicine

Professor **Estefanía Toledo**, University of Navarra, Pamplona (ES)

14:05-14:15 Questions & answers

14:15-15:00 Closing remarks and networking

Organising Committee Scientific Programme

Andreas Buch Møller, Scientific Partnerships Manager, Arla Foods (DK)

Camilla Dalby Hansen, PhD Student, University of Southern Denmark (DK)

Daniel Borch Ibsen, Postdoc, Aarhus University (DK)

Marta Guasch Ferré, Associate Professor, University of Copenhagen (DK)

Nikolaj Rittig, Resident, Aarhus University (DK)



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