



DAY

WEDNESDAY 20 SEPTEMBER



PROGRAMME

12:30 - 14:00 WELCOME (FREE LUNCH) – REGISTRATION – POSTER DISPLAY

14:00 - 14:30 OPENING SESSION

Christel TEYSSDRE, *Aprifel (FR)*

Maria DEL CAMINO ARROYO PEREZ, *Ministry of the Environmental Affair, and Rural and Marine Affairs (SP)*

Elio RIBOLI, *Imperial College London (UK)*

Joël DORE, *INRAE (FR)*

14:30 - 18:15 SESSION 1:

Fruit and vegetables: what are the benefits for human health and for food and nutritional security?

Moderators: Jean-Michel Lecerf & Elio Riboli

Introduction Jean-Michel Lecerf, *Institut Pasteur de Lille (FR)*

14:30 - 15:35 KEYNOTE LECTURES:

Research progress on fruit and vegetables on health and chronic diseases

- Cardiovascular disease prevention

Monique Verschuren, *RIVM (NL)*

- Type 2 diabetes prevention – facts and gaps

Nita Forouhi, *University of Cambridge (UK)*

- Cancer prevention

Marc Gunter, *Imperial College London (UK)*

15:35 - 16:50 KEYNOTE LECTURES:

Emerging research on nutrition and global health

- Innovation in evaluating gut microbiota and fiber-rich vegetables interactions

Nathalie Delzenne, *UCLouvain (BE)*

- The role of fruit and vegetables in mental and brain health

Saverio Stranges, *Western University (CA)*

- Nutrition transition towards plant-based foods: ultraprocessed, unprocessed and their health impact

Benjamin Allès, *EREN (FR)*

- Fruit and vegetables in food and nutritional security

Boitshepo Bibi Giyose, *NEPAD (SA)*

16:50 - 17:20 NETWORKING BREAK AND POSTER VISIT

17:20 - 18:15 ORAL COMMUNICATIONS

- Associations between species diversity in our diet and gastrointestinal cancer risk: results from the European Prospective Investigation into Cancer and Nutrition Study

B.Chimera (FR)

- Association between metabolic syndrome and healthy and unhealthy Plant-Based diets: in the NutriNet-Santé study

C. Prioux (FR)

- Antioxidant-rich foods, antioxidant supplements, and sarcopenia in old-young adults ≥ 55 years old: A systematic review and meta-analysis of observational studies and randomized controlled trials

M. Besora-Moreno (SP)

Conclusion Elio Riboli, *Imperial College London (UK)*

18:15 - 18:45 POSTER VISIT

19:00 - 20:00 WELCOME COCKTAIL



09:00 - 09:30 WELCOME COFFEE

09:30 - 12:30 SESSION 2:

Fruit and vegetables at the core of sustainability: what environmental and social impacts, and levers?

Moderators: Françoise Lescourret & Alain Peeters

Introduction Françoise Lescourret, INRAE (FR)

09:30 - 11:15 KEYNOTE LECTURES:

- How to preserve and improve soil quality for fruit and vegetable production and health
Marc André Sélosse, *Muséum national d'Histoire naturelle (FR)*
- Tackling climate impacts: fruit and vegetables as part of the crisis or the solution?
Giuseppe Montanaro, *University of Basilicata (IT)*
- Water footprints for fruit vegetable production: Definitions and optimization practice
Diego Intrigliolo, *Spanish National Research Council (SP)*
- Functional biodiversity to control weeds in fruit orchards
Davide Neri, *Polytechnic University of Marche (IT)*
- Social innovations in fruit and vegetables to address multiple Sustainable Development Goals in food systems
Marie-Josèphe Amiot-Carlin, *INRAE (FR)*

11:15 - 11:45 NETWORKING BREAK AND POSTER VISIT

11:45 - 12:30 ORAL COMMUNICATIONS

- Sustainable school food in England: A realist evaluation
F. Sabet (UK)
- Poor access to fruit and vegetables limits the adherence to sustainable diets in The Gambia
Z. Ali (The Gambia)
- The environmental, nutritional and cost impacts of vegan, vegetarian and meat-based meals
B. Takacs (UK)

Conclusion Alain Peeters, RHEA (BE)

12:30 - 14:00 LUNCH BREAK AND POSTER VISIT

14:00 - 17:20 SESSION 3:

Vegetalizing the diet: what are the determinants of consumer behaviour and choice?

Moderators : Emma Boyland & Frans Folkvord

14:00 - 16:00 KEYNOTE LECTURES:

- The factors that influence our food choices across the lifespan
Sophie Nicklaus, *INRAE (FR)*
- I'll have what you're having: why we need to include social factors in healthy eating interventions
Roel Hermans, *Leefstijl Lab (NL)*
- Creating healthy environments: Encouraging fruit and vegetable intake at the day care and primary school
Gertrude Zeinstra, *Wageningen University and Research (NL)*
- The role of marketing in shaping dietary preferences and behaviors
Tim Smits, *KU Leuven (BE)*
- Movement behaviors, eating habits, and appetite control: are they really connected?
David Thivel, *Université Clermont Auvergne (FR)*
- Opportunities for public health policies to promote greater fruit and vegetables intake
Emma Boyland, *University of Liverpool (UK)* & **Frans Folkvord**, *Tilburg University (NL)*



DAY

THURSDAY 21 SEPTEMBER



PROGRAMME

16:00 - 16:30 **NETWORKING BREAK AND POSTER VISIT**

16:30 - 17:20 **ORAL COMMUNICATIONS**

- Time-trend of fruit, vegetables and sweets consumption among European adolescents between 2013 and 2018 and related to sociodemographic characteristics: Health Behaviour in School age Children study
J. Queral (SP)

- Food Boost Challenge: application of participatory action research – by, for and with adolescents for assessing small-scale determinants of adolescent's behaviour and actionable possibilities for healthier food choices by adolescents
W. Scholtes-Bos (NL)

- 'Less meat' or 'more fruit and veg'? The role of promotion-prevention framing on attitudes towards diet change in the UK
H. Zamzow (UK)

17:20 - 17:50 **POSTERS SESSION AWARDS**

19:30 - 23:00 **GALA DINNER (REGISTRATION REQUIRED)**





08:30 - 09:00 WELCOME COFFEE

09:00 - 12:50 **SESSION 4: Placing fruit and vegetables at the center of the one health discussion solutions, recommendations, actions and priorities**

Moderators: Boitshepo Bibi Giyose & Christian Reynolds

09:00 - 10:00 **KEYNOTE LECTURES:**

- State of art and role of public policies to achieve sustainable diet
Céline Giner, *OECD (FR)*
- A mapping system to have a win-win solution to tackle food insecurity, the multiple forms of malnutrition and climate change
Kremlin Wickramasinghe, *WHO Europe (DK)*
- Can all people access to healthy and sustainable diet?
Anna Herforth, *Harvard T.H. Chan (USA)*

10:00 - 10:50 **ORAL COMMUNICATIONS**

- A global analysis of national dietary guidelines on plant-based diets and substitutions for animal-based foods
A.-L. Klapp (*GE*)
- A case study of 'food biodiversity' and experiences of community food growing environments in the City of Brighton & Hove
L. Salm (*UK*)
- Protecting health by improving Food Literacy in primary and intermediate schools: an Italian experience with the MaestraNatura e-learning program
A. Silenzi (*IT*)

10:50 - 11:15 **COFFEE BREAK**

11:15 - 12:40 **ROUND TABLE AND PANEL DISCUSSION**

Animated by: Christian Reynolds, *City University of London (UK)*

- Boitshepo Bibi Giyose, *NEPAD (SA)*
- Carmen Gloria Gonzalez, *University of Chile (CL)*
- Machteld van Lieshout, *The Hague University of Applied Sciences (NL)*
- Daniel Sauvaitre, *France National Association Apples and Pears (FR)*
- Piedad Coscollá Toledo, *Anecoop (SP)*
- Philippe Binard, *Freshfel (BE)*
- Pilar Santacoloma, *FAO (IT)*

12:40 - 12:50 **CONCLUSIONS OF THE EGEA CONFERENCE**

