8:45-9:30  The annual meeting of Finnish Society for Nutrition Research

9:30-10:00  Registration, coffee/tea and sandwich

10:00  Opening words
Prof Riitta Korpela, University of Helsinki

10:15  Dietary Components of a Healthy Nordic Diet: Prevention of Insulin Resistance and Cardiometabolic diseases
Assoc Prof Ulf Risérus, University of Uppsala

11:00  Saturated Fat and Cardiovascular Disease Risk Reduction: What Do The Data Support?
Prof Alice Lichtenstein, JM USDA Human Research Center on Aging at University of Tufts

11:45  Lunch break

12:30  Diet, Body Composition and Glucose and Lipid Metabolism in Children - the PANIC Study
Aino-Maija Eloranta, MSc, University of Eastern Finland

12:45  Diet and Cancer: Experiences from the Malmö Diet and Cancer cohort
Prof Elisabet Wirfält, University of Lund

13:30  Experimental Evidence on the Role of Diet in Cancer Prevention and Treatment
Adj Prof Anne-Maria Pajari, University of Helsinki

14:00  Plant Sterols in an Experimental Model for Colon Cancer
Maija Marttinen, MSc, University of Helsinki

14:15  Coffee/tea break

14:45  Revision of Nordic Nutrition Recommendations - an update
Prof Wulf Becker, University of Uppsala

15:30  Panel discussion: Implementation of Nutrition Recommendations (in Finnish)
Reijo Laatikainen, MSc, BoostOn Ltd, moderator
Dr Taru Pilvi, Valio Ltd
Dr Johanna Varjonen, National Consumer Research Centre
Prof Timo Strandberg, University of Oulu
Raija Kara, MSc, Secretary general of National Nutrition Council
Päivi Repo, journalist, Helsingin Sanomat
Janne Huovila, MSc, HealthSome

16:15  Discussion & sparkling wine

Registration by 16th March 2012 online at https://elomake.helsinki.fi/lomakkeet/28581/lomake.html. Symposium is free of charge for SRY-members. Other participants will be charged a registration fee of 50 €. Coffee/tea and lunch are included in the price. Charge for cancellations for all later than 23rd March 50 €.