



Conference

## NUTRITION AND LIFESTYLE FOR A BETTER AGEING

April 16<sup>th</sup>, 2015  
10.00 a.m. – 5.30 p.m.

NUCE INTERNATIONAL  
BolognaFiere  
Workshop Room , PAD / HALL 32

<http://www.nuce.eu>

As a result of the social changes we are currently experiencing, a new paradigm is needed where the older people are considered a resource instead of a burden for society. The elderly should play a propulsive role in the engines of society complementary to that of the younger generations. To sustain this new paradigm an innovative approach in nutrition and lifestyle is envisaged to allow the elderly to fully express their potentialities to contribute to society.

### Scientific secretariat

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### SPONSORS



### Welcome and Opening Address (10.00 – 10.20)

- **Welcome** – Raffaello Prugger, Tecnoalimenti
- **The role of nutrition in healthy ageing** - Marisa Porrini, University of Milan

### I session (10.20 – 11.00) - Nutritional strategies for healthy ageing

Nutrition in the elderly is a serious and growing worldwide issue. It is a multidimensional concept encompassing physical and psychological elements directly related to quality of life. Improving our understanding on the most effective nutritional strategies to adopt for enabling a healthy and active ageing is the focus of this session.

*Chair: Marisa Porrini – University of Milan*

- **EU response to ageing challenges** - Paolo Rossini, JPI More Years Better Lives
- **Ethical legitimization of dietary guidelines** - Giovanni Boniolo, University of Milano & European Institute of Oncology (IEO)

### COFFEE BREAK SPONSORED BY DUPONT (11.00 – 11.15)

### II session (11.15 – 13.20) - The role of micro and macronutrients in healthy ageing

Dietary bioactive compounds from different functional foods, herbs and nutraceuticals can ameliorate or even prevent diseases. Protection from chronic diseases of ageing involves antioxidant activities, mitochondrial stabilizing functions, metal chelating activities, inhibition of apoptosis of vital cells, and induction of cancer cell apoptosis. Functional foods and nutraceuticals constitute a great promise to improve health and prevent ageing-related chronic diseases.

*Chair: Maria Daglia, University of Pavia*

- **Healthy Ageing: The Science Behind Healthy Living Nutrition** - Garry J. Mendelson, DuPont Nutrition & Health
- **Micronutrient interventions to assist in the maintenance of cardiovascular health of the silver generation** - Rob Winwood, DSM Nutritional Products
- **Natural astaxanthin: the ultimate healthy ageing nutraceutical** - Mahmoud Farag, AstaReal
- **Smart choices of ingredients supports healthy ageing** - Anke Sento, Beneo

### III session (14.30 – 17.00) - The role of diet in healthy ageing

Healthy ageing is the consequence of numerous interrelated factors including adequate food intake and appropriate food selection in addition to psychological, social and metabolic components. This session addresses the progress in the development of new approaches to the design of diets and nutritional foods for the elderly.

*Chair: Marco Arlorio, University of Piemonte Orientale*

- **Personalized nutrition in the elderly: concept and perspectives** - Patrizia Riso, University of Milan
- **New functional ingredients and food design: chemical and technological strategies for the healthy diet of the elders consumers in Europe** – Marco Arlorio, University of Piemonte Orientale
- **Nutrimetabolomic research in clinical nutrition studies: the case of nuts to a healthy diet for elderly**– Cristina Andres-Lacueva, University of Barcelona
- **Research activities in the field of healthy ageing** – Raffaello Prugger, Tecnoalimenti

### COFFEE BREAK SPONSORED BY BENEEO (15.50 – 16.05)

- **Innovative Taste Solutions** – Andrea Albertino, Kerry
- **Functional dairy drinks for a better ageing** – Marco Trezzi, Parmalat
- **A new role for an ancient nutraceutical: the functional coffee** – Manuela Rizzoli, Incos

### Conclusions and closure of the session (17.00 – 17.30)