

**24th**  
**March 2017**  
 8h30-17h30



# The Moment for Plant-Based Eating is Now

## New Scientific Insights on Sustaining Ourselves & Our Planet

### Alpro Foundation 20 years celebration symposium

Concert Noble - Rue d'Arlon / Aarlenstraat 84 - 1040 Brussels

Entry to the symposium is free of charge, but registration is required on [www.alprofoundation.org/20-years/](http://www.alprofoundation.org/20-years/)

#### Program

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| <p><b>8h30</b>    <b>Welcome plant-based breakfast</b></p> <p><b>9h15</b>    <b>Looking back at 20 years of Alpro Foundation</b><br/>           Bernard Deryckere<br/>           Welcome by the chair of Alpro Foundation<br/>           Em. Prof. Dr. Ian Rowland, Reading University (UK)</p> <p><b>9h30</b>    <b>Plant-based Eating – should we believe the hype?</b><br/>           Mrs. Lynne Garton, Registered Dietician and nutritionist (UK)</p> <p><b>10h00</b>    <b>Current food habits in Europe, far from plant-based eating</b><br/>           Prof. Dr. Stefaan De Henauw, Ghent University (Belgium)</p> <p><b>10h15</b>    <b>Plant-based eating and health outcome: findings from the Adventist Health Study – US perspective</b><br/>           Prof. Dr. Gary Fraser (Loma Linda University, USA)</p> <p><b>10h45</b>    <b>Break</b></p> <p><b>11h15</b>    <b>Plant-based eating and health outcome: findings from the EPIC Study – European perspective</b><br/>           Prof. Dr. Heiner Boeing, German Institute of Human Nutrition Potsdam (Germany)</p> <p><b>11h45</b>    <b>Proven and Proposed Cardiovascular Benefits of Soyfoods</b><br/>           Prof. Dr. Mark Messina, associate professor at Loma Linda University (USA)</p> | <p><b>12h15</b>    <b>Soy in the metabolic syndrome: obesity and diabetes</b><br/>           Dr. Marco Mensink, Wageningen University (The Netherlands)</p> <p><b>12h30</b>    <b>Soy improves cardiovascular and metabolic risk factors</b><br/>           Prof. Dr. Paolo Magni, University of Milano (Italy)</p> <p><b>12h45</b>    <b>Lunch</b></p> <p><b>14h00</b>    <b>Health Economic aspects of plant-based eating</b><br/>           Prof. Dr. Lieven Annemans, VU Brussels/UGent (Belgium)</p> <p><b>14h30</b>    <b>Sustainability of plant-based eating patterns</b><br/>           Em. Prof. Dr. Harry Aiking, VU Amsterdam (The Netherlands)</p> <p><b>15h00</b>    <b>Sustainable food habits and its potential effect on public health</b><br/>           Prof. Dr. Katarina Bälter, Karolinska Institutet / Mälardalen University (Denmark)</p> <p><b>15h30</b>    <b>Break</b></p> <p><b>16h00</b>    <b>Nudging healthier food choices: what works in labs and what is promising in real settings</b><br/>           Prof. Dr. Armando Perez-Cueto, University of Copenhagen (Denmark)</p> <p><b>16h30</b>    <b>Nudging adolescents towards plant-based food choices</b><br/>           Dr. Ensaif Hannah, University of Leeds (UK)</p> <p><b>16h45</b>    <b>Opportunities for plant-based diets as a sustainable and healthy food choice</b><br/>           Prof. Dr. Wim Verbeke, Ghent University (Belgium)</p> <p><b>17h00</b>    <b>Closing remarks &amp; plans for the future</b><br/>           Em. Prof. Dr. Ian Rowland, Reading University (UK)</p> <p><b>17h15</b>    <b>Drinks &amp; networking</b></p> |
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