

# Understanding Dietary Patterns: A Step toward Devising a Global Nutrition Strategy



## ILSI and ILSI Research Foundation Session

21<sup>st</sup> International Congress of Nutrition

Friday, 20 October 2017

| 08:00 – 10:00

| Buenos Aires, Argentina

One size does not fit all. However, around the globe, poor diet and nutrition are linked to negative health outcomes: diabetes; obesity and its comorbidities; some cancers; etc. National and regional governments and world health bodies strive to provide scientifically accurate, clearly communicated, and easily adopted nutrition guidance that helps people choose healthy diets. In this session, presenters help us understand what we need to know if we are to improve existing strategies or develop new ones for better health guidance. Speakers will explore the biology and culture of food choice; how food systems affect dietary patterns; and the strength of existing methods and data to make accurate dietary pattern comparisons across diverse populations.

## Agenda

### 08:00 Nutrition Guidance in the Age of Globalized Markets

MSc. Georgina Gómez

University of Costa Rica, Costa Rica

### 08:25 What Are Dietary Patterns: Physiology and Psychology Underlying Food Choice

Adam Drewnowski, PhD

University of Washington, USA

### 08:50 Methods to Collect and Compare Data Across Geography

Regina Fisberg, PhD

University of São Paulo, Brazil

### 09:15 Data Mining to Find Protective or Risky Dietary Patterns for Common Complex Diseases: Implications on Devising Dietary Guidelines

Wen-Harn Pan, PhD

Academia Sinica, Taiwan

### 09:40 Concluding Panel Discussion

### 10:00 Adjourn

The International Life Sciences Institute (ILSI) is a nonprofit, worldwide organization whose mission is to provide science that improves human health and well-being and safeguards the environment.

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+1 (202) 659-0074 | [info@ilsi.org](mailto:info@ilsi.org) | [www.ilsi.org/event/21st-international-congress-of-nutrition](http://www.ilsi.org/event/21st-international-congress-of-nutrition)

# Social Media Toolkit

## ILSI and ILSI Research Foundation Session



### Start the Conversation!

*Understanding Dietary Patterns: A Step toward Devising a Global Nutrition Strategy*, sponsored by ILSI, the ILSI Research Foundation, and ILSI branches worldwide, is using Twitter to reach a global audience. This year's session will focus on existing and new strategies for providing health guidance, with the aim of devising a global nutrition strategy. Speakers will explore the biology and culture of food choice, how food systems affect dietary patterns, and the strength of existing methods and data.

### Key Social Media Accounts

The ILSI Global Twitter handle is [@ILSI\\_Global](#)

The ILSI Research Foundation Twitter handle is [@ILSIRF](#)

[#ICN2017](#) is the preferred hashtag for ICN.

[www.ilsi.org/dietary-patterns/](http://www.ilsi.org/dietary-patterns/) is the session webpage.

### Engage with Session Speakers



MSc. Georgina Gómez  
University of Costa Rica  
([@UniversidadCR](#))



Adam Drewnowski, PhD  
([@DrAdamDrew](#))  
University of Washington  
([@UWnews](#))



Regina Fisberg, PhD  
University of São Paulo  
([@USPonline](#))



Wen-Harn Pan, PhD  
Academia Sinica  
([@IBCSinica](#))

### Example Tweets

- Interested in understanding #dietary patterns? Experts meet at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017)  
[@ILSI\\_Global](#) [@ILSIRF](#) #Nutrition
- New strategies for providing #health guidance – Join #ILSI at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017)  
[@ILSI\\_Global](#) [@ILSIRF](#) #Nutrition
- Experts fr [@UniversidadCR](#) [@UWnews](#) [@USPonline](#) [@IBCSinica](#) discuss #dietary patterns & #health guidance at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI
- Explore the biology & culture of #food choice with #ILSI at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017)  
[@ILSI\\_Global](#) [@ILSIRF](#) #Nutrition
- MSc. G. Gómez of [@UniversidadCR](#) discusses #dietary patterns at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017)  
[@ILSI\\_Global](#) [@ILSIRF](#) #Nutrition #ILSI
- Join [@DrAdamDrew](#) of [@UWnews](#) as he discusses the physiology & psychology of #food choice - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI #ICN2017
- Dr. Fisberg of [@USPonline](#) discusses methods to collect & compare data at #ICN2017 - [www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI #Nutrition
- Dr. Pan of [@IBCSinica](#) discusses risky dietary patterns for common complex diseases at #ICN2017  
[www.ilsi.org/event/icn2017](http://www.ilsi.org/event/icn2017) #ILSI