



Contenido medio en nutrientes de una naranja y de una clementina.

CITRUS AND HEALTH: WHOLESOME CITRUS FOR EUROPEAN CONSUMERS

9, 10 March 2010



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ORGANIZED BY:



CITRUS AND HEALTH: Wholesome Citrus for European Consumers

The “Citrus and Health” meeting, programmed in the framework of the Spanish Presidency of the European Union, is organized by the Ministry of Science and Innovation, and the Consellería of Agriculture, Fisheries and Nutrition of the Valencian Generalitat for nutritionists, health care practitioners, food chain and, consumers in general, in order to show the beneficial effects that citrus consumption has for health and for the prevention of degenerative diseases.

Fruits and vegetables contain anti-oxidants and ascorbic acid (vitamin C), necessary for the human body, so their consumption is one of the most important factors for the prevention of degenerative diseases and should be included in a wholesome diet.

MEETING DETAILS

- Prior invitation is required
- Each Conference is allocated a 25 minute slot and there will be a final discussion
- Simultaneous translation English-Spanish/ Spanish-English will be provided

OTHER ADMINISTRATIVE DETAILS

- Welcome Reception and Hosted Dinner by Official invitation only at “las Arenas Hotel”

PROGRAMME

Monday, 8 March

20,00 Welcome Reception

Tuesday, 9 March

9,30 Registration

10,00 Welcome Address

10,30 Diet, Citrus and Health: Present and Future.
Gregorio Varela, Universidad CEU-San Pablo, Madrid

11,00 Origin, Germplasm and New Varieties of Citrus
Luis Navarro, IVIA, Valencia

11,30 Coffee break

12,00 Nutritional Components in Citrus Fruits
Jose A. del Rio, Universidad de Murcia

12,30 Micronutrients of Citrus Fruits: Composition, Bioavailability and Metabolism Benefits

Marie-Jo Amiot-Carlin, INRA-Marsella, Francia

13,00 Orange Polyphenols on health: human intake, and biological mechanisms
Rosa Maria Lamuela-Raventós, Universidad Barcelona

13,30 Lunch

15,00 Citrus fruits and the immune system
Ascensión Marcos, Instituto del Frio, CSIC-Madrid

15,30 Cancer and Citrus fruits

Carlos A. González, Inst. Catalán Oncologia, Barcelona

16,00 Citrus Fruits: Mediterranean Diet and Cardiac Diseases
Ramón Estruch, Universidad de Barcelona

16,30 Coffee break

17,00 Mediterranean Diet– including citrus foods– and obesity
Elliot Berry, The Hebrew University, Israel

17,30 The Citrus fruits in the Diet of Consumers
Miguel Blasco, AINIA, Valencia

Wednesday, 10 March

9,00 European Strategy for Fruit Consumption: Citrus Fruits.
Marta Valsangiacomo, Conselleria Agricultura, Pesca y Alimentación de la Generalitat Valenciana, Valencia

9,30 Fruits and vegetables in nutritional epidemiology
Miguel A. Martínez, Universidad de Navarra

10,00 Citrus Fruits and Sports
Montaña Cámara, Univ. Complutense Madrid

10,30 Citrus Fruits and Childhood
Pilar Codoñer, Hospital Dr. Peset, Valencia

11,00 Coffee break

11,30 Citrus Fruits and the Elderly
Jose Viña, Universidad de Valencia

12,00 The Consumers: Diet and Health
Rasmus Kjeldahl. European Consumers Organization BEUC

12,30 Citrus and Gastronomy

13,30 Closing Remarks