



#### WELCOME NOTE

Dear Colleagues,

We are delighted to invite you to attend the **42nd International Symposium on Diabetes and Nutrition (DNSG 2025), Ottawa, ON, Canada, June 24-27, 2025.**

The symposium represents the annual meeting of the Diabetes and Nutrition Study Group (DNSG). To learn about our study group, please visit our website, <https://dmsg-studygroup.eu>.

The symposium will bring together international scientists (from academia, government, and industry), physicians, dietitians, other allied health professionals, and trainees to showcase the latest advances from basic science to clinical trials in diabetes and nutrition through plenary lectures, panel discussions, and oral and poster abstract presentations.

We welcome abstract submissions of new research in diabetes and nutrition.

Please check for regular updates regarding the scientific program, registration, and abstract submission.

We look forward to seeing you in Ottawa!

Sincerely,

Dr. Cyril WC Kendall, PhD  
Dr. Laura Chiavaroli, PhD  
Dr. John L Sievenpiper, MD, PhD, FRCPC



Dr. Cyril WC Kendall, PhD



Dr. Laura Chiavaroli, PhD



Dr. John L Sievenpiper, MD, PhD,  
FRCPC



## **SCIENTIFIC COMMITTEES**

### **Meeting Co-Chairs**

John Sevenpiper  
Laura Chiavaroli  
Cyril Kendall

### **DNSG 2025 Host Organization**

DNSG - Diabetes Nutrition Study Group

<https://dnsg-studygroup.eu>

### **Scientific Committee**

John Sevenpiper  
Laura Chiavaroli  
Cyril Kendall  
Hana Kahleova  
Jordi Salas-Salvadó  
Haris Dimosthenopoulos  
Maria Lankinen  
Anne Raben  
Andrew Reynolds  
Ursula Schwab

### **Organizing Secretariat/Event Planner**

Dianna Piercey



## SCIENTIFIC PROGRAMME

### TUESDAY, JUNE 24, 2025

18:00-21:00 WELCOME RECEPTION

AN EVENING ON LA TERRASSE AT THE FAIRMONT CHATEAU LAURIER

### WEDNESDAY, JUNE 25, 2025

07:00-08:00 BREAKFAST

8:00-8:30 OPENING CEREMONY

08:30-09:00 SESSION 1 - Plenary Lecture

Chairs: Hana Kahleova (Czechia/USA), Tauseef Khan (Canada)

25 min - Does the sweetness of the diet matter? Lessons learned from the Sweet Tooth Study (Kees de Graaf, Netherlands)

5 min - Discussion

09:00-10:15 SESSION 2 - Sugars reduction strategies

**CHAIRS: LAURA CHIAVAROLI (CANADA), JORDI SALAS SALVADO (SPAIN)**

15 min - Role of food sources of sugars and energy (Karen Della Corte, USA)

15 min - Evidence for different public health approaches to sugars reduction (Mary L'Abbe, Canada)

15 min - Low and no calorie sweeteners as a tool for sugars reduction: Moving from evidence to harmonized guidelines (Tauseef Khan, Canada)

5 min - A sugars-sweetened beverages reduction strategy using non-nutritive-sweetened beverages or water for cardiometabolic risk reduction: The Strategies to Oppose Sugars with Non-Nutritive Sweeteners or Water (STOP Sugars NOW) randomized trial (Sabrina Ayoub-Charette et al. Canada)

5 min - Effect of a sugars-sweetened beverages reduction strategy using soymilk versus cow's milk on liver fat: The Soy Treatment Evaluation for Metabolic health (STEM) randomized trial (Madeline Erlich et al., Canada)

20 min - Panel Discussion

10:15-10:45 COFFEE BREAK

10:45-12:15 SESSION 3 - Carbohydrate quality: Importance of food source

Chairs: Cyril Kendall (Canada), Anne Marie Aas (Norway)

15 min - The role of carbohydrate foods in the early evolution of humans (Jennie Brand-Miller, Australia)

15 min - Where do traditional starchy staple foods like potatoes and rice fit? (Joanne Slavin, USA)

15 min - Whole grains, fruit, and pulses (Lutgarda Bozzetto, Italy)

15 min - Does pasta behave like refined starch? Is there a need for a new fibre definition? (Livia Augustin, Italy)

5 min - Low-GI Mediterranean diet reduces insulin secretion in adults at risk for type 2 diabetes: the MEDGICarb Trial (Giuseppina Costabile... Lutgarda Bozzetto et al., Italy)

5 min - Carbohydrate Quality Index and Mortality Risk: Insights from the PREDIMED Trial (Stephanie Nishi, Spain/Canada)

20 min - Panel Discussion

12:15-12:45 SESSION 4 - Short oral abstracts (CS stream)

Chairs: Livia Augustin (Italy), Dan Ramdath (Canada)

3 min - Diabetes Self-care did not have an effect on quality of life in people with type 2 diabetes followed in primary health care (Elisabete Andrade et al, Brazil)

3 min - Mediterranean diet, physical activity, and bone health in older adults: the PREDIMED-Plus randomized clinical trial (Héctor Vázquez-Lorente et al. Spain)

3 min - Impact of early vs. late time-restricted eating on glucose and lipid profiles and internal circadian time in overweight or obese women (Beeke Peters... Olga Ramich, Germany)

3 min - Impact of morning vs. evening intake of high-protein meals on metabolic state of individuals with prediabetes or type 2 diabetes: pilot results of the PROTIME trial (Marina D'Urso et al., Germany)

3 min - Replacing animal with plant protein in individuals with type 2 diabetes reduces CRP: a systematic review and meta-analysis of randomized controlled trials (Constança Silva et al., Canada)



3 min - Free and healthy grocery delivery for adults recovering from an acute coronary event: three-armed randomised controlled trial (Andrew Reynolds et al., New Zealand)

3 min - Nutraceutical Improvement of glucose Metabolism, NAFLD and insulin Resistance by Oat-fiber supplementation in type 2 Diabetes mellitus patients - The randomised-controlled NIMROD study (Stefan Kabisch et al., Germany)

3 min - Approaches for sustaining diabetes prevention program practices post-graduation: a narrative review (Josephine Dudzik et al., USA)

3 min - Co-design of a digital tool to translate low glycemic index diet guidelines for diabetes prevention (Shuting Yang et al, Canada)

3 min - Children's perception of snacks with reduced sugar content (Bohdan L. Luhovyy et al., Canada)

#### **12:45-13:45 LUNCH**

#### **13:45-14:15 SESSION 5 - Plenary Lecture**

Chairs: Simin Liu (USA), Andrew Reynolds (New Zealand)

25 min - A comprehensive composite carbohydrate index to better capture the relationships between carb quality and cardiometabolic biomarkers and DM/CVD risk (Frank Hu, USA)

5 min - Discussion

#### **14:15-15:15 SESSION 6 - Glycemic index and load (GI/GL) - new insights**

Chairs: Jennie Brand-Miller (Australia), Thomas Wolever (Canada)

15 min - GI/GL versus fibre and whole grains and prioritized health outcomes in mega-cohorts: Did WHO guidance get it wrong? (David Jenkins, Canada)

15 min - GI labeling and implementation programs (Alan Barclay, Australia)

15 min - Development of a national database for GI and GL (Simin Liu, USA)

15 min - Panel Discussion

#### **15:15-15:45 COFFEE BREAK**

#### **15:45-17:15 SESSION 7 - Food-based approaches to cardiometabolic risk reduction: Where does the evidence lie?**

Chairs: Jeffrey Mechanick (USA), Nancy Babio (Spain)

15 min - Leveraging high-PUFA plant oils for liver fat reduction (Ulf Risérus, Sweden)

15 min - Fish versus fish oil for cardiovascular risk reduction in diabetes: What is the evidence? (Ursula Schwab, Finland)

15 min - Research priorities for nuts and cardiometabolic health: Summary of an expert consensus on almonds (Maha Tahiri, USA)

15 min - Role of dairy matrix in cardiometabolic risk reduction (Anthony Hanley, Canada)

10 min - FDA qualified health claim on yogurt and risk reduction of type 2 diabetes: Moving from evidence to public health application (Amanda Blechman, USA)

20 min - Panel Discussion

#### **18:00-19:30 EXCURSION**

##### **HISTORICAL WALKING TOUR OF OTTAWA AND BYWARD MARKET**

#### **19:30-22:00 DINNER**

##### **GASTRONOMIC INSPIRATION AT SIDEDOOR RESTAURANT IN BYWARD MARKET**





## THURSDAY, JUNE 26, 2025

### 07:00-08:30 BREAKFAST

### 08:30-09:00 SESSION 8 - PLENARY LECTURE

Chairs: Frank Hu (USA), John Sievenpiper (Canada)

#### 25 MIN - RESULTS FROM THE PREDIMED-PLUS TRIAL: A LARGE CARDIOVASCULAR OUTCOME TRIAL OF AN ENERGY-RESTRICTED MEDITERRANEAN DIET PLUS EXERCISE AS PART OF AN INTENSIVE LIFESTYLE INTERVENTION (JORDI SALAS-SALVADÓ, SPAIN)

5 min - Discussion

### 09:00-10:15 SESSION 9 - OPTIMISING GLYCEMIC CONTROL THROUGH DIABETES SPECIFIC FORMULAS AND MEAL REPLACEMENTS: A JOINT DNSG-ESPEN SESSION

Chairs: Cyril Kendall (Canada), Charilaos (Haris) Dimosthenopoulos (Greece)

15 min - Evidence for diabetes specific formula in diabetes management (Jeffrey Mechanick, USA)

15 min - Dietary approaches for the management of sarcopenic obesity (Rocco Barazzoni, Italy)

15 min - Protein intake for lean body mass preservation in weight loss: How much and what types? (Ian Neeland, USA)

5 min - From Research to Results: New Evidence for Diabetes-Specific Formulas to Manage Individuals with Type 2 Diabetes. Impact on Acute and Long-Term Glycemic and Metabolic Control (Siew Ling Tey et al, USA)

5 min - investigation of dietary intake in individuals with type 2 diabetes and comparison with the dietary recommendations of the DNSG (Charilaos Dimosthenopoulos et al., Greece)

20 min - Panel Discussion

### 10:15-10:45 COFFEE BREAK

### 10:45-11:45 SESSION 10 - DIABETES REMISSION PROGRAMS: LESSONS LEARNED FROM DIFFERENT METABOLIC AND WEIGHT LOSS APPROACHES

#### CHAIRS - JORDI SALAS SALVADO (SPAIN), ROCCO BARAZZONI (ITALY)

15 min - DiRECT trial: Durability and legacy effects (Mike Lean, UK)

15 min - RESET for REMISSION and REPAIR trials: Two Canadian trials to assess the advantages of the addition of structured exercise and/or a plant-based dietary pattern in intensive lifestyle interventions for diabetes remission (Laura Chiavaroli, Canada)

5 min - The Integration and Evaluation of Behaviour Change Theory in a Plant-based Intensive Lifestyle Intervention for Diabetes Remission (Dayana El Chaar et al, Canada)

5 min - Weight- and non-weight-based approaches to diabetes remission: a scoping review (Brighid McKay et al., Canada)

20 min - Panel discussion

### 11:45-12:30 SESSION 11 - SHORT ORAL ABSTRACTS (EPI STREAM)

Chairs: Ursula Schwab (Finland), Clemens Wittenbecher (Sweden)

3 min - Relation of Multiple Low Risk Lifestyle Behaviours with Cardiovascular Disease and All-Cause Mortality: A Systematic Review and Dose Response Meta-Analysis of Prospective Cohort Studies [Preliminary Results] (Victoria Chen et al., Canada)

3 min - Alcohol consumption, smoking and their synergy as risk factors for Incident Type 2 Diabetes (Indira Paz-Graniel et al, Spain)

3 min - The possible effects of low income on glycemic control in elderly patients with type 2 diabetes (Charilaos Dimos et al, Greece)

3 min - Does improving food biodiversity lower mortality in older Mediterranean adults with high cardiometabolic risk? (Sangeetha Shyam et al., Spain)

3 min - Global Pan-Databases Synthesis of Ecological Factors Influencing Diabetes from 1990 to 2021 (Zhixuan You et al., China)

3 min - A cross-sectional study to assess awareness and practice of complications and its screening among Diabetes and Hypertension patients in rural central India (Akash Patel et al., India)

3 min - Metabolomics profiles associated with type 2 diabetes and their associations with mortality (Jesús F García-Gavilán... Josué A Pérez-Acosta et al., Spain)

3 min - Effects of different dietary patterns on glucose management in type 1 diabetes: a systematic review and meta-analysis of randomized controlled trials (Jiayi Zeng... Afroditi Alexandra Barouti et al., Sweden)

3 min - Ultra-processed foods and cognitive health in older adults: A 2-year prospective cohort analysis (Stephanie K. Nishi et al., Spain)

3 min - Consumption of fructose-containing food and beverage sources in childhood through to adulthood and risk of hypertension (Michelle Nguyen et al., Canada)

3 min - Comparative Associations of the DASH, Mediterranean, and Portfolio Dietary Patterns with Cardiovascular Mortality in US Adults (Meaghan E Kavanagh et al., Canada)



**12:30-13:30 LUNCH**

**13:30-14:00 SESSION 12 - PLENARY LECTURE**

Chairs: David Jenkins (Canada), Neal Barnard (USA)

25 min - Diet at the intersection of human and planetary health: EAT-Lancet 2.0 and the way forward (Walter Willett, USA)

5 min - Discussion

**14:00-15:00 SESSION 13 - DIETARY APPROACHES FOR PERSONAL, PUBLIC, AND PLANETARY HEALTH**

Chairs: Andrea Glenn (USA), Mark Messina (USA)

15 min - The evidence for plant-based diets in human and planetary health (Hana Kahleova, USA/Czech Republic)

15 min - Eating for the Environment (Neal Barnard, USA)

15 min - Integrating health, nutrition, and environmental impacts of foods (Vasanti Malik, Canada)

15 min - Panel Discussion

**15:00-15:30 COFFEE BREAK**

**15:30-16:45 SESSION 14 - ULTRA-PROCESSED FOODS (UPF): WHAT, WHY, WHERE, AND HOW?**

Chairs: Walter Willett (USA), Laura Chiavaroli (Canada)

15 min - UPF: Testing mechanisms and clinical effects: What do randomized trials tell us? (Kevin Hall, USA)

15 min - UPF in the shift to plant-based dietary guidance: Where do plant protein foods fit? (Mark Messina, USA)

15 min - Where do we go from here with UPF? A research roadmap for advancing the science and informing public health policy and regulations (Andrew Brown, USA)

5 min - Ultra-processed foods consumption and cardiometabolic risk factors in children from the CORALS cohort (Nadine Khoury... Nancy Babio, Spain)

5 min - Rationale and Design of the SWITCH (Substitution of high With low ultra-processed soy protein foods In a guideline-based diet inTervention for Cardiometabolic Health) trial (Antonio Rossi et al. Canada)

20 min - Panel Discussion

**16:45-19:00 FREE TIME**

**19:00-22:00 DINNER**

**A CONTEMPORARY CANADIAN EXPERIENCE AT EIGHTEEN RESTAURANT IN BYWARD MARKET**



## FRIDAY, JUNE 27, 2025

### 07:00-08:00 BREAKFAST

#### 08:00-08:30 SESSION 15 - PLENARY LECTURE

Chairs: Jeffrey Mechanick (USA), Mike Lean (UK)

25 min - Can pharmacotherapy and Lifestyle interventions be combined for diabetes remission? The REMIT trial series (Hertzel Gerstein, Canada)

5 min - Discussion

#### 08:30-09:45 SESSION 16 – NUTRITION AND GLP-1 THERAPIES AT THE INTERSECTION OF OBESITY AND 70S7 HE7 MANAGEMENT: THE NEW FRONTIER

Chairs: Luc Van Gaal (Belgium), John Sievenpiper (Canada)

15 min – The Importance of nutrition in GLP-1 therapy: A consensus statement from a global working group (Luc Van Gaal, Belgium; John Sievenpiper, Canada)

15 min – Managing GI side effects and preventing discontinuation of GLP-1 therapies: Is it all in the dose or can we leverage diet? (Angela Fitch, USA)

15 min – Lean body mass 70s with GLP-1 therapies: Can diet and exercise play a role? (Andreas Pfeiffer, Germany)

15 min – 70s7 he weight 70s effects of GLP-1 therapies and diet and exercise additive? (Ian Neeland, USA)

15 min – Panel Discussion

### 09:45-10:15 COFFEE BREAK

#### 10:15-11:45 SESSION 17 - SCIENTIFIC RIGOR IN NUTRITION RESEARCH AND EVIDENCE ASSESSMENT: STRENGTHENING CAUSAL INFERENCES THROUGH MORE ROBUST DIETARY ASSESSMENT

Chairs: Andrew Brown (USA), Vasanti Malik (Canada)

15 min - Approaches to dietary assessment: State of the art (Walter Willett, USA)

15 min - Metabolomic signatures for objective assessment of dietary patterns (Andrea Glenn, USA)

15 min - Metabolic Adaptation to Dietary Macronutrient Shifts: Objective Assessment and Health Implications (Clemens Wittenbecher, Sweden)

15 min - The impact of investigator bias in nutrition research (Sangeetha Shyam, Spain)

5 min - Metabolomic Profiling of Ultra-processed Food Consumption: Early Indicators of Cardiometabolic Risk in Children Aged 3 to 6 Years (Josué A Pérez-Acosta et al., Spain) o Nancy

5 min - Metabolomic profiles related to glycemic index, glycemic load, and carbohydrate quality and its association with type 2 diabetes, cardiovascular disease, and mortality (Indira Paz-Graniel et al, Spain)

20 min - Panel Discussion

#### 11:45-12:15 SESSION 18 - SHORT ORAL ABSTRACTS (CS STREAM)

Chairs: Maria Lankinen (Finland), Stefan Kabisch et al. (Germany)

3 min - MOCA-1 Study: Metabolic Impact of Different Milk vs Plant Protein in Type 2 Diabetes and Healthy Participants (Marta Csanalosi et al. Germany)

3 min - Postprandial Glucose Dynamics Reveal Pathophysiological Subtypes of Type 2 Diabetes: Implications for Precision Nutrition (Annalisa Giosuè... Lutgarda Bozzetto FP et al., Italy)

3 min - Replacement of Animal with Plant Protein Foods Reduces Blood Pressure in Individuals with Prehypertension or Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials (Zeinab Houshialsadat et al., Canada)

3 min - Supporting healthcare providers to translate diabetes clinical practice guidelines on nutrition therapy: content and face validation of the Portfolio Diet toolkit for healthcare providers (Gabrielle Viscardi et al, Canada)

3 min - The effect of food sources of soy protein on blood pressure: A systematic review and meta-analysis of randomized controlled feeding trials (Diana Ghidanac et al., Canada)

3 min - Update on Soy Protein and Established Blood Lipid Targets: A Systematic Review and Meta-analysis of Randomized Controlled Trials (Sonia Blanco Mejia et al, Canada)

3 min - Correlations between VeggieMeter and self-reported carotenoid, fruit and vegetable intake among older adults: Results from BRinging the Diabetes prevention program to Geriatric populations (Emily Johnston... Josephine Dudzik et al., USA)

3 min - Designing an Effective Nutrition Curriculum to Translate the Portfolio Diet for the Prevention and Management of Type 2 Diabetes in the Peel Region of Ontario (Vivian Yin et al., Canada)

3 min - Effects of genetic risk on type 2 diabetes in a 3-year lifestyle intervention (T2D-GENE study) (Ursula Schwab et al., Finland)



**12:15-13:15 LUNCH**

**13:15-14:30 SESSION 19 - LEVERAGING TECHNOLOGY FOR OPTIMIZING NUTRITION THERAPY IN THE PREVENTION AND MANAGEMENT OF CARDIOMETABOLIC DISEASES**

Chairs: Andreas Pfeiffer (Germany), Ulf Risérus (Sweden)

15 min - Dietary approaches for managing postprandial glycemia: Is there a role for continuous glucose monitoring in people without diabetes? (Thomas Wolever, Canada)

15 min - Digital strategies for translation and implementation of guidelines: The Portfolio Diet Program and the GI Education Program (Laura Chiavaroli, Canada)

15 min - Unlocking the potential of AI to better understand dietary patterns (Benoît Lamarche, Canada)

5 min - Towards a non-invasive glucose monitoring approach using wearables and AI (Marta Csanalosi, Germany)

5 min - Changes in dietary intake and eating behavior traits during a 3-year lifestyle intervention (T2D-GENE study) (Maria Lankinen, Finland)

20 min - Panel Discussion

**14:30-14:50 SESSION 20 - DNSG UPDATES**

Chairs: Cyril Kendall (Canada), Hana Kahleova (Czechia/USA)

10 min - Guidelines update (Jeffrey Mechanick, USA)

**14:50-15:00 CLOSE OF THE MEETING**

Chairs: Cyril Kendall (Canada), Laura Chiavaroli (Canada), John Sievenpiper (Canada)

**15:00-15:10 DNSG 2026**

Chair: Cyril Kendall (Canada)

**10 MIN - DNSG 2026 ANNOUNCEMENT AND WELCOME (JORDI SALAS-SALVADÓ, SPAIN)**

**15:15-16:00 ANNUAL GENERAL MEETING (DNSG MEMBERS ONLY)**

Chair: Cyril Kendall (Canada)

**17:00-22:00 GALA DINNER**

**A NIGHT AT THE NATIONAL GALLERY**





## VENUE

### FAIRMONT CHÂTEAU LAURIER

1 Rideau St, Ottawa, ON, K1N 8S7, Canada





## SOCIAL PROGRAMME

### TUESDAY JUNE 24<sup>TH</sup> - WELCOME RECEPTION ON THE TERRACE



### WEDNESDAY JUNE 25<sup>TH</sup> - HISTORICAL WALKING TOUR OF OTTAWA AND BYWARD MARKET



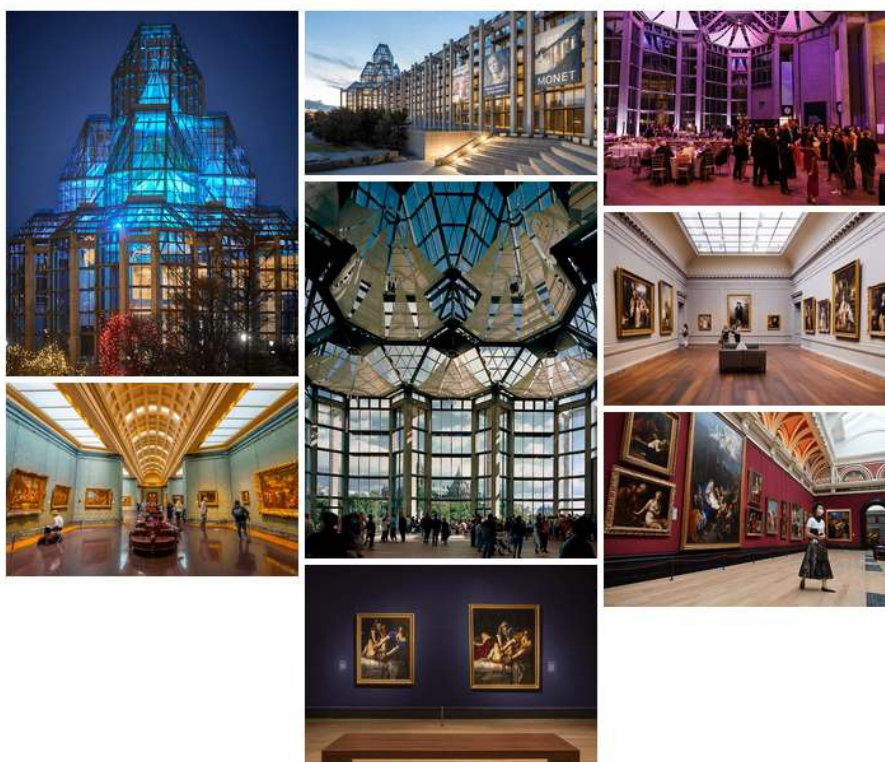




**THURSDAY JUNE 26<sup>TH</sup> · FREE TIME TO EXPLORE**



**FRIDAY JUNE 27<sup>TH</sup> · GALA DINNER, "A NIGHT AT THE NATIONAL GALLERY"**





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## CONTACT US

For inquiries regarding the **42nd International Symposium on Diabetes and Nutrition**, please contact one of our event organizers.

### Organizing Secretariat/Event Planner

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