



THE NATIONAL COMMITTEE FOR NUTRITION AND FOOD SCIENCES

THE ROYAL SWEDISH ACADEMY OF SCIENCES

DATE: 19 OCTOBER 2010, AT 10:00-17:00
LOCATION: THE ROYAL SWEDISH ACADEMY OF SCIENCES, LILLA FRESCATIVÄGEN 4A, STOCKHOLM
HOST: THE SWEDISH NATIONAL COMMITTEE FOR NUTRITION AND FOOD SCIENCES

Symposium Food and successful aging

09:30 REGISTRATION

10:10 Welcome and Introduction

Staffan Normark, Permanent Secretary of the Royal Swedish Academy of Sciences. *Barbro Westerholm*, Professor emerita, Member of Parliament, Sweden

10:15 Older people as food consumers

10:20 Aging and food behaviour

Christine Brombach, Züricher Hochschule für Angewandte Wissenschaften, Switzerland

10:50 Aging – influence on odour and taste perception

Thomas Hummel, University of Dresden Medical School, Germany

11:20 Food intake of older people in Sweden

Elisabet Rothenberg, University of Gothenburg, Sweden

11:45 LUNCH

13:00 Food as promoter for successful aging

13:05 Aging, nutrition, function and health

Tommy Cederholm, Uppsala University, Sweden

13:35 Protein nutrition as a prevention strategy of muscle disability in elderly

Yves Boirie, University of Clermont-Ferrand, France

13:55 Omega-3 fatty acids and cognitive function in aging

Gerd Faxén-Irving, Karolinska Institutet, Stockholm, Sweden

14:15 The social significance of food and meals in later life

Christina Fjellström and *Ylva Mattsson Sydner*, Uppsala University, Sweden

14:40 INTERMISSION (Coffee/Fruit)

15:10 Science based food design

15:15 Food design based on sensory requirements

Kees de Graaf, Wageningen University, The Netherlands

15:45 Food design and the eating process

Mats Stading and *Karin Wendin*, SIK – The Swedish Institute for Food and Biotechnology, Gothenburg, Sweden

16:15 Discussion in relation to how food can promote successful aging

Moderator *Barbro Westerholm*

Participants: Speakers of today and introductory comments by:

Agneta Dreber, Director General, The Swedish Food Federation (Li), Stockholm, Sweden

Göran Stiernstedt, Head of Health and Social Division, The Swedish Association of Local Authorities and Regions (SALAR), Stockholm, Sweden

17:00 END OF THE SYMPOSIUM

Please register at <http://kva.se/kalendarium> no later than 12 October.

A fee of 200 SEK (to cover lunch and coffee) to be paid upon arrival to the Academy on the 19th of October. Cash or credit card accepted. More information: astrid.auraldsson@kva.se, +46(0)8-673 95 00. The symposium will be webcasted at <http://kva.se>

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