

# Unilever-sponsored symposium 'Food-based approaches to body fat reduction'



European Congress on Obesity, Geneva Palexpo, Geneva

Wednesday 14 May 2008, from 13.00 to 15.00

13.00 -13.05

**Chairman's Introduction**

**Dr Margaret Ashwell OBE**

Ashwell Associates (Europe) Ltd  
Ashwell, UK



13.05 -13.25

**Body fat in health and beauty**

**Professor Michael Gibney**

UCD Institute of Food and Health  
University College Dublin  
Ireland

13.30 -13.55

**EU Project Diogenes: Protein and carbohydrates in weight management**

**Professor Arne Astrup**

Head of the Department of Human Nutrition  
Faculty of Life Sciences  
University of Copenhagen  
Denmark

14.00 -14.25

**On the horizon: New food ingredients and approaches to fat reduction**

**Dr David Mela**

Senior Scientist  
Unilever Food & Health Research Institute  
The Netherlands

14.30 -14.55

**Making effective choices the easy and healthy choices**

**Dr Gert Meijer**

VP Nutrition and Health  
Head, Unilever Nutrition Network  
Unilever R&D Vlaardingen  
The Netherlands

15.00

**Close of symposium**