

# NUTS 2022



Where we are and where  
we are going in research

20-21 October

**2022**

*Reus*

*Spain*

[www.nuts2022.com](http://www.nuts2022.com)

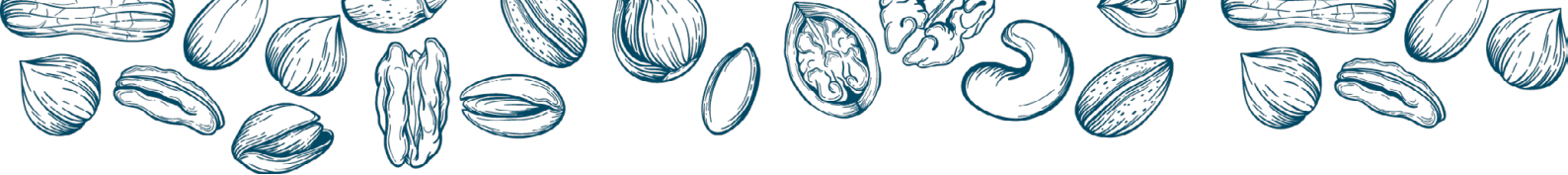
**ciberobn**  
Centro de Investigación Biomédica en Red  
Fisiopatología de la Obesidad y Nutrición

  
UNIVERSITAT ROVIRA I VIRGILI

 **IISPV**  
INSTITUT D'INVESTIGACIÓ  
SANITÀRIA  
PERE VIRGILI

Venue / Sponsor

 **INC**  
international  
Nut & Dried Fruit



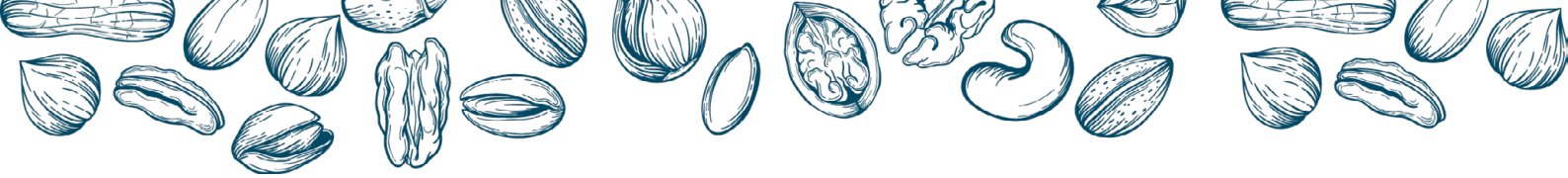
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# 1. *Welcome to NUTS 2022*

Dear Friends and Colleagues,

On behalf of the Local Organizing and Scientific Committee, we are very proud to host the **NUTS2022** conference in Reus (Spain), and meet a selection of the best researchers interested in nuts and their importance in health in the world.

**NUTS2022**, was designed as an international conference to serve as an inflection point in nuts' and dried fruits' research. It is motivated by the increasing number of research regarding the beneficial effects of nuts and dried fruits and the need for a stop along the way to think about the conference's catchword "**where we are and where we are going in research**".

We have more than enough data to prove and show the beneficial effects of nuts and dried fruits on different cardiometabolic conditions. However, it is now time to summarize and make interact all this evidence in order to generate synergies and properly try to modify health claims and guidelines that include both nuts and dried fruit consumption.

NUTS2022 is a unique space to share the past, present, and future of nuts' and dried fruits' research.

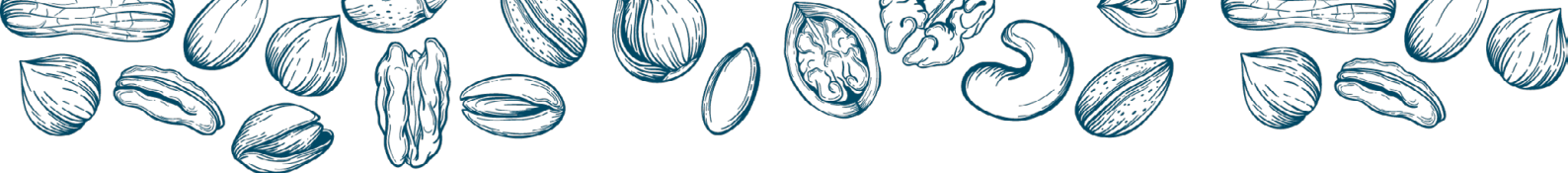
I appreciate your active collaboration and leaving your obligations for this event. I hope the meeting will be very fruitful and friendly.

We welcome all of you to be part of it.

**Jordi Salas-Salvadó**

Chairman of the NUTS2022 Conference





## 2. Organization & Committees

### Honor Committee Members

Carles Pellicer, Mayor of Reus (Reus, Spain)

Montserrat Caelles, City Councilor of Culture & Promotion (Reus, Spain)

Josep Pallarès, Universitat Rovira i Virgili Rector (Reus, Spain)

### International Advisory Council

Cesarettin Alasalvar (Gebze, Turkey)

David Jenkins (Toronto, Canada)

Penny Kris-Etherton (Pennsylvania, USA)

Emilio Ros (Barcelona, Spain)

Joan Sabaté (Loma Linda, USA)

### Scientific Program Committee

Jordi Salas-Salvadó (Reus, Spain) - Chair

Cyril Kendall (Toronto, Canada)

Joan Sabaté (Loma Linda, USA)

David J Baer (Beltsville, USA)

John Sievenpiper (Toronto, Canada)

Aleix Sala-Vila (Barcelona, Spain)

Marta Guasch-Ferré (Boston, USA)

### Local Organizing Committee

Jordi Salas-Salvadó (Reus, Spain)

Emilio Ros (Barcelona, Spain)

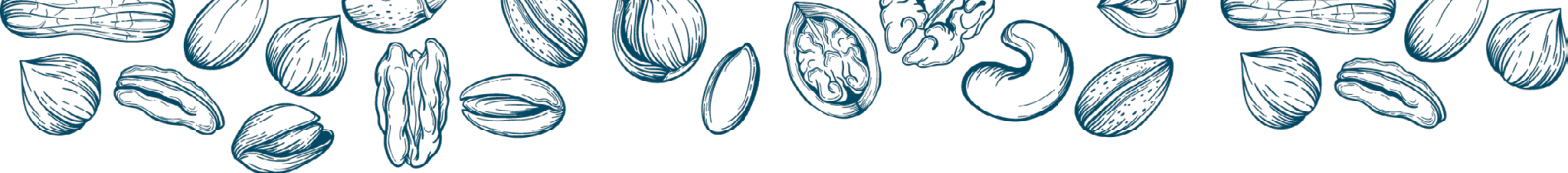
### Scientific Secretariat

Maria Pascual (Reus, Spain)

Stephanie Nishi (Toronto, Canada)







### 3. General Information

#### Dates

Thursday, October 20th from 12:00 to 19:00

Friday, October 21st from 08:30 to 17:00

#### Venue

All the Conference is taking place at the INC's building, the *International Nut and Dried Fruit Council*:

##### INC

Carrer de la Fruita Seca, 4  
Polígon Tecnoparc  
43204 Reus, Spain



#### Transfer schedule

Transfers will be available from the Hotel to the INC building and the Gala Dinner venue in the following hours:

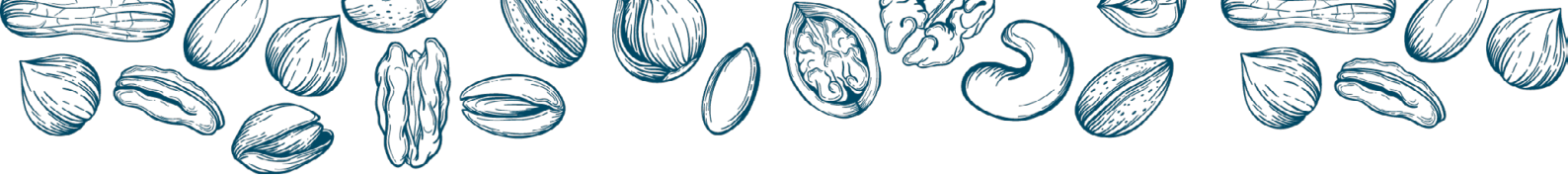
##### Thursday, October 20nd

- 11:45 Pick up from the Brea's hotel to INC building
- 18:45 Pick up from the Brea's hotel to INC building
- 19:00 Pick up from INC building to Casa Navàs (Gala dinner venue)
- 21:45 Pick up from Casa Navàs (Gala dinner venue) to Hotel Brea's

##### Friday, October 21st

- 08:15 Pick up from the Brea's hotel to INC building
- 18:15 Pick up from INC building to the Brea's hotel





## Wi-fi

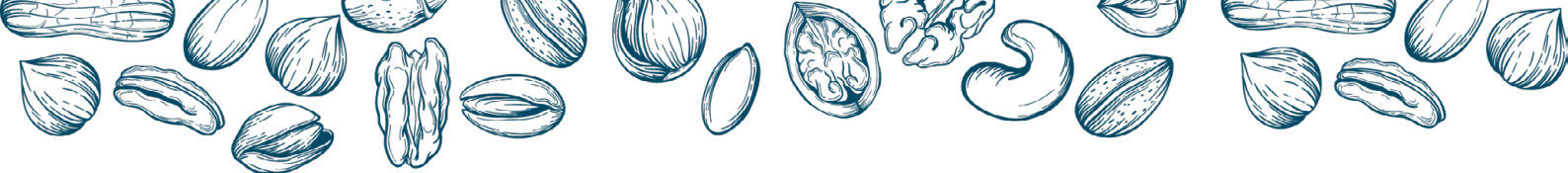
Please note that wifi is available while in the INC venue, find below further details:

**Network: INC**

**Password: INC&Nuts2022**

## Gala dinner information



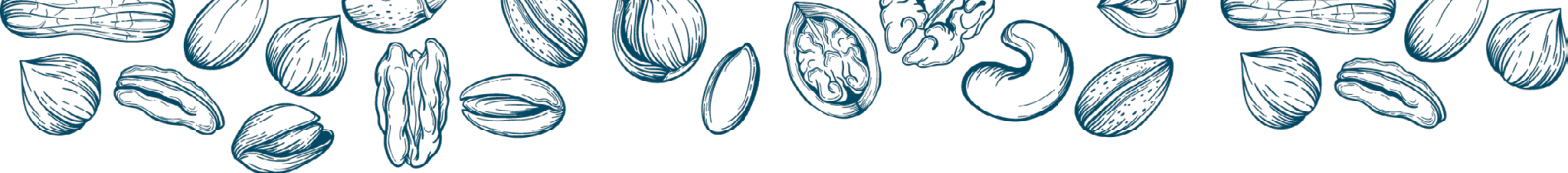


## 4. Meeting at a glance

	Thursday, October 20th	Friday, October 21st
08:30 - 09:00		E
09:00 - 09:30		
09:30 - 10:00		F
10:00 - 10:30		
10:30 - 11:00		Coffee break
11:00 - 11:30		G
11:30 - 12:00		
12:00 - 12:30	Lunch	H
12:30 - 01:00		
01:00 - 01:30	Opening	Lunch
01:30 - 02:00	A	
02:00 - 02:30		
02:30 - 03:00		
03:00 - 03:30	B	Coffee break
03:30 - 04:00		J
04:00 - 04:30		
04:30 - 05:00	Coffee break	
05:00 - 05:30	C	Concluding remarks + Cocktail
05:30 - 06:00		
06:00 - 06:30	D	
06:30 - 07:00		
07:30	Gala dinner	





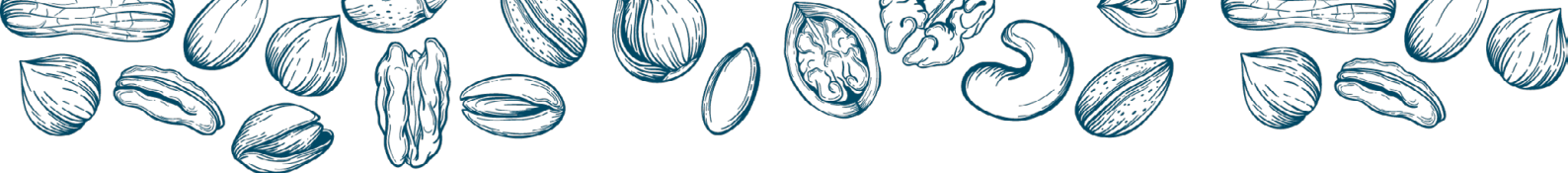


## 5. Scientific Program

**THURSDAY, OCTOBER 20, 2022**

	Block	Main Topic and Subtopics	Speakers
12:00 – 1:00PM		LUNCH	
1:00 – 1:30PM		OPENING SESSION	
1:30 – 3:00PM	A	<p><b>NUTS, ENERGY BALANCE AND BODY WEIGHT (1h30)</b> Moderators: Joan Sabaté &amp; Jordi Salas-Salvadó</p> <p>A1 Energy availability of nuts.</p> <p>A2 Nuts, appetite, satiety and mechanisms of energy balance.</p> <p>A3 Nuts and body weight: evidence from epidemiologic studies and clinical trials.</p>	<p><b>David J Baer, USA</b></p> <p>Michelle Dalton, UK Graham Finlayson, UK</p> <p>Frank Hu, USA</p>
3:00 – 4:30PM	B	<p><b>NUTS, INSULIN RESISTANCE AND DIABETES (1h30h)</b> Moderators: Frank Hu &amp; Anoop Misra</p> <p>B1 Nuts and diabetes prevention: Cohort studies and clinical trials.</p> <p>B2 Nuts and insulin resistance and diabetes management: clinical trials.</p> <p>B3 Effect of nuts on insulin resistance and glycemic control: possible mechanisms.</p>	<p>Jordi Salas-Salvadó, Spain</p> <p><b>Cyril Kendall, Canada</b></p> <p>David Jenkins, Canada</p>
4:30 – 5:00PM		COFFEE BREAK	



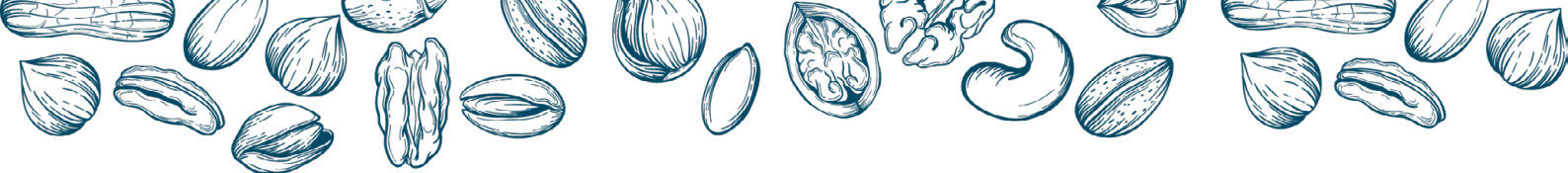


## THURSDAY, OCTOBER 20, 2022

	Block	Main Topic and Subtopics	Speakers
5:00 – 6:00PM	C	<b>NUTS, LIPOPROTEINS, DYSLIPIDEMIA (1h)</b> Moderators: Emilio Ros & Linda Tapsell  C1 Effect of nuts on the lipid profile and lipoprotein particle number and size: mechanisms.  C2 Lipid effects of nuts: clinical trials and cohort studies.	Penny Kris-Etherton, USA  <b>Marta Guasch-Ferré, USA</b>
6:00 – 6:55PM	D	<b>NUTS AND THE GASTROINTESTINAL SYSTEM (1h)</b> Moderators: John Sievenpiper & Crystal Haskell-Ramsay  D1 Bioavailability of nut phytochemicals.  D2 Nut consumption and gut microbiota: effects and metabolic consequences.	<b>Giuseppina Mandalari, Italy</b>  David J Baer, USA
6:55 - 7:00PM		CONCLUDING REMARKS	Emilio Ros
7:00PM		BUS TO DOWNTOWN	
7:30PM		CASA NAVÀS VISIT AND VERMUT	
8:15PM		GALA DINNER	

\*Highlighted speakers will be in charge of the proceedings for the *Nutrients* Special Issue.



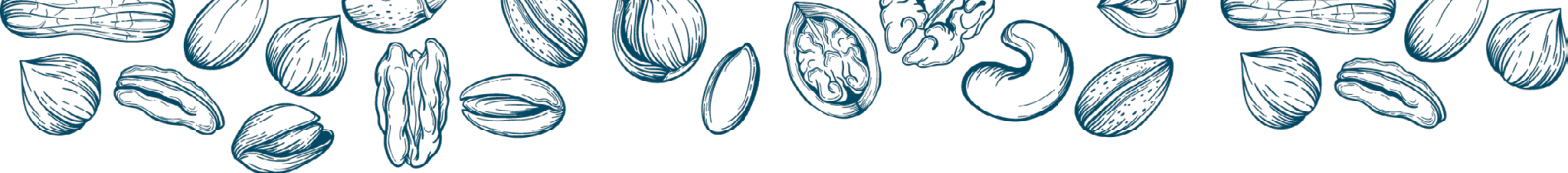


**FRIDAY, OCTOBER 21, 2022**

	Block	Main Topic and Subtopics	Speakers
<b>8:30 – 9:30AM</b>	<b>E</b>	<p><b>NUTS, INFLAMMATION AND OXIDATION (1h)</b> Moderators: Penny Kris-Etherton &amp; Aleix Sala-Vila</p> <p>E1 Association between intake of nuts, unsaturated fat, and polyphenols and inflammation and oxidative stress: evidence from cohort studies.</p> <p>E2 Effect of nuts on biomarkers of inflammation and oxidative stress, and potential mechanisms: evidence from randomized clinical trials.</p>	<p>Nágila RT Damasceno, Brazil</p> <p><b>Sujatha Rajaram, USA</b></p>
<b>9:30 – 10:30AM</b>	<b>F</b>	<p><b>NUTS, CARDIOVASCULAR DISEASE OUTCOMES (1h)</b> Moderators: Heinz Freisling &amp; Noushin Mohammadifard</p> <p>F1 Nuts consumption and cardiac endpoints (MI, atrial fibrillation and heart failure) and mortality.</p> <p>F2 Nut consumption, stroke and peripheral artery disease.</p>	<p><b>John Sievenpiper, Canada</b></p> <p>Dagfinn Aune, Norway</p>
<b>10:30 – 11:00AM</b>	<b>COFFEE BREAK</b>		
<b>11:00 – 12:00PM</b>	<b>G</b>	<p><b>NUT CONSUMPTION, AGEING AND COGNITION (1h)</b> Moderators: Joan Sabaté &amp; Stephanie Nishi</p> <p>G1 Nuts and brain health in adolescents.</p> <p>G2 Effects of nuts on cognitive decline and dementia.</p> <p>G3 Nut consumption and ageing: possible mechanisms.</p>	<p>Jordi Júlvez, Spain</p> <p>Emilio Ros</p> <p><b>Aleix Sala-Vila</b></p>





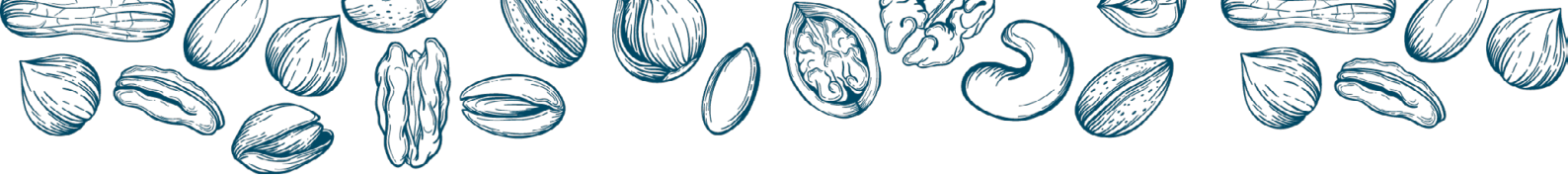


**FRIDAY, OCTOBER 21, 2022**

	Block	Main Topic and Subtopics		Speakers
12:00 – 1:00PM	H	<b>NUTS, DRIED FRUITS AND CANCER (1h)</b> Moderator: Cyril Kendall		
		H1	Nuts consumption and cancer incidence and mortality.	<b>Heinz Freisling, France</b>
		H2	Dried fruit consumption and cancer.	Bradley Bolling, USA
1:00 – 2:00PM		LUNCH		
2:00 – 3:00PM	I	<b>DRIED FRUIT AND HEALTH (1h)</b> Moderators: David Jenkins & Marta Guasch-Ferré		
		I1	Dried fruits for cardiometabolic health.	Penny Khris-Etherton, USA
		I2	Dried fruits: bioactives, bioavailability and gastrointestinal health.	<b>Cesarettin Alasalvar, Turkey</b>
3:00 – 3:30PM		COFFEE BREAK		
3:30 – 5:00PM	J	<b>NOVEL LINES OF RESEARCH (1h30)</b> Moderators: Jordi Salas-Salvadó & Cesarettin Alasalvar		
		J1	Nuts and reproductive health.	Albert Salas-Huetos, USA
		J2	Nuts consumption and environmental sustainability.	<b>Joan Sabaté, USA</b>
		J3	Nuts as components of healthy dietary patterns.	Linda Tapsell, Australia
5:00 – 5:10PM		CONCLUDING REMARKS		Joan Sabaté
5:10PM		COCKTAIL		

\*Highlighted speakers will be in charge of the proceedings for the *Nutrients* Special Issue.

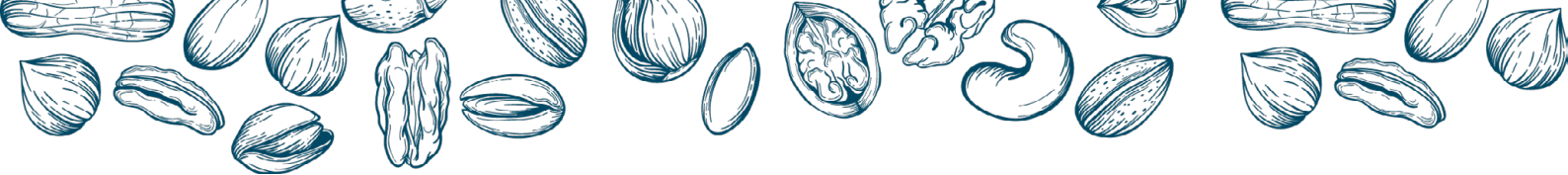




## 6. *Speakers and Moderators*

- 1. Albert Salas-Huetos** Department of Nutrition, Harvard T.H. Chan School of Public Health, Boston, MA, USA. University of Girona, Spain.
- 2. Aleix Sala-Vila** Barcelona Beta Brain Research Center (BBRC), Pasqual Maragall Foundation, Barcelona, Spain.
- 3. Anoop Misra** Center for Diabetes Obesity & Cholesterol Disorders. New Delhi, India.
- 4. Bradley Bolling** University of Wisconsin Madison. Madison, WI, USA.
- 5. Crystal Haskell-Ramsay** Department of Psychology, Northumbria University, UK.
- 6. Cesarettin Alasalvar** TUBITAK Marmara Research Center, Food Institute. Gebze-Kocaeli, Turkey.
- 7. Cyril Kendall** Department of Nutritional Sciences, University of Toronto. Toronto, Canada.
- 8. Dagfinn Aune** Department of Nutrition, Bjørknes University College; Department of Endocrinology, Morbid Obesity and Preventive Medicine, Oslo University Hospital. Oslo, Norway.
- 9. David Baer** U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Centre. Beltsville, MD, USA.
- 10. David Jenkins** Department of Nutritional Sciences, University of Toronto. Toronto, Canada.
- 11. Emilio Ros** Lipid Clinic, Department of Endocrinology and Nutrition, Hospital Clínic de Barcelona, IDIBAPS. Barcelona, Spain.

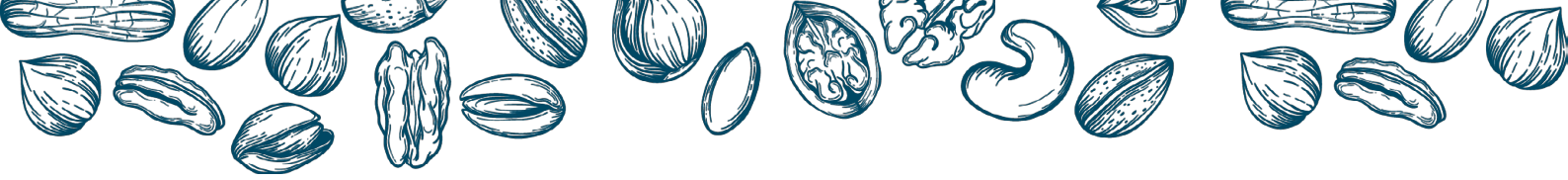




- 12. Frank Hu** Department of Nutrition, Harvard T.H. Chan School of Public Health. Boston, MA, USA.
- 13. Giuseppina Mandalari** Department of Chemical, Biological, Pharmaceutical and Environmental Science, University of Messina. Messina, Italy.
- 14. Graham Finlayson** Faculty of Medicine & Health, University of Leeds, UK.
- 15. Heinz Freisling** Nutritional Methodology and Biostatistics Group, International Agency for Research on Cancer. Lyon, France.
- 16. Joan Sabaté** Department of Nutrition, School of Public Health, Loma Linda University. CA, USA.
- 17. John Sievenpiper** Department of Nutritional Sciences, University of Toronto. Toronto, Canada.
- 18. Jordi Júlvez** Harvard T.H. Chan School of Public Health. Boston, MA, USA. Institute of Health Research Pere Virgili (IISPV). Reus, Spain.
- 19. Jordi Salas-Salvadó** Human Nutrition Unit, Biochemistry and Biotechnology Department, IISPV, Universitat Rovira i Virgili. Reus, Spain.
- 20. Linda Tapsell** School of Medicine, Faculty of Science, Medicine and Health, University of Wollongong. Wollongong, Australia.
- 21. Marta Guasch-Ferré** Department of Nutrition, Harvard T.H. Chan School of Public Health. Boston, MA, USA.
- 22. Michelle Dalton** School of Psychology and Therapeutic Studies, Faculty of Social and Health Sciences, Leeds Trinity University, Leeds, England, United Kingdom.
- 23. Nágila RT Damasceno** Department of Nutrition, School of Public Health and Division of Nutrition and Dietetics, University Hospital, University of São Paulo, São Paulo, Brazil.







**24. Noushin Mohammadifrad**

Nutrition Department, Cardiovascular Research Institute.  
Isfahan, Iran.

**25. Penny Kris-Etherton**

Department of Nutritional Sciences, Pennsylvania State  
University. PA, USA.

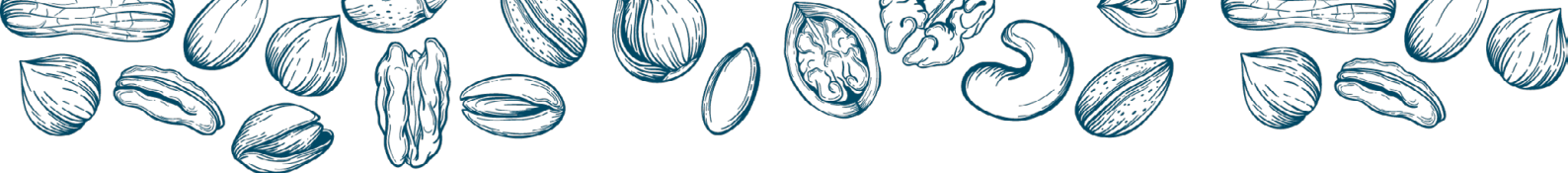
**26. Stephanie Nishi**

Department of Nutritional Sciences, University of Toronto.  
Toronto, Canada.

**27. Sujatha Rajaram**

Department of Nutrition, School of Public Health, Loma  
Linda University. CA, USA.





## 7. Proceedings

**Important note: Manuscripts should be sent no later than November 1, 2022**

### **Guidelines for Handling and Drafting the Proceedings of the Nuts2022 in the Journal *Nutrients***

Website: [https://www.mdpi.com/journal/nutrients/special\\_issues/NUTS\\_2022](https://www.mdpi.com/journal/nutrients/special_issues/NUTS_2022)

A special issue of *Nutrients* (ISSN 2072-6643). This special issue belongs to the section “Nutritional Epidemiology”.

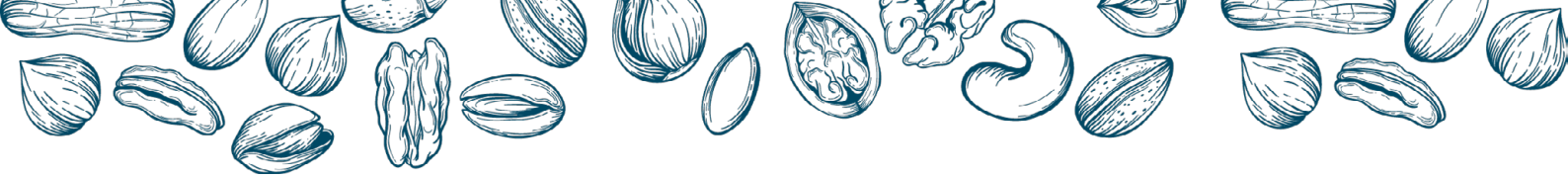
Please, beware of the “Instructions for Authors” (<https://www.mdpi.com/journal/nutrients/instructions>). Briefly, use the Microsoft Word template (click to download it). Note that *Nutrients* has no restrictions on the length of manuscripts, provided that the text is concise and comprehensive.

### **Considerations**

1. **One manuscript** should be written for each NUTS2022 **topic/session** (10 in total).
2. Expenses for publication will be **fully covered** by the NUTS2022 budget.
3. **One speaker** of each session will be in charge of **contacting the other speakers** and **define/reach consensus for** a tentative **index** for each manuscript.
  - a. NUTS2022 will **facilitate** the contact **information** of the speakers to the moderators ahead of time.
  - b. As soon as the preliminary **index is drafted**, it will be **notified** to the **Editors** via e-mail: **editors.nuts2022@gmail.com (deadline July 31, 2022)**.
4. The **Speakers and Moderators** of a specific topic will establish manuscript **authorship** according to the amount of work spent in drafting by his/her collaborators. Please note that, in case there is no consensus, the Editors will take part in the decision.
  - a. **First** authorship may be shared.
  - b. Up to two **corresponding authors** can be included and the last author will be the **senior** one if appropriate.
  - c. **Other co-authors** may be **invited** to participate up to a total number of **8-10** authors for each manuscript.

Remember that the aim of the manuscripts is to summarize the latest evidence on the salutary effects of nuts, but also to define new topics, needs and opportunities in nut research for the future.





Deadline for manuscript submissions to the journal is **December 31, 2022**. Therefore, manuscripts should be sent to the **Editors (editors.nuts2022@gmail.com)** no later than **November 1, 2022** for revision prior submission to the journal.

If a NUTS2022 speaker or moderator plans to submit to this Special Issue of Nutrients an original article, please first notify the Editors.

**Contact information: [editors.nuts2022@gmail.com](mailto:editors.nuts2022@gmail.com)**

## *8. Sponsor*

International Nut and Dried Fruit Foundation (INC).

## *9. Technical Secretariat*



For any query about logistics, please contact BCO Congressos by e-mail at [nuts2022@bcocongresos.com](mailto:nuts2022@bcocongresos.com) or phone 0034 938 823 878.



