



# NATIONALKOMMITTÉN FÖR NUTRITION OCH LIVSMEDELSVETENSKAP

THE ROYAL SWEDISH ACADEMY OF SCIENCES

3 NOVEMBER 2009, THE ROYAL SWEDISH ACADEMY OF SCIENCES, LILLA FRESCATIVÄGEN 4 A, STOCKHOLM

## SYMPOSIUM

### Dietary fatty acids and health

The prevalence of obesity, diabetes and coronary heart disease in the population is mainly determined by our life style – and to a large extent by our food habits. Fat in the diet contributes about one third of our daily energy intake, but there is some controversy regarding the optimal content and type of fat in the diet. The aim of the symposium is to present the latest knowledge concerning the physiological role of dietary fatty acids and the importance of different types of dietary fat for our health. The invited lecturers represent the international research front within this area. The symposium will be concluded by a discussion concerning the relevance of current dietary recommendations and to identify important areas for future research.

08.30 REGISTRATION

09.15 **Introduction**

*Gunnar Öquist, Permanent Secretary of the Royal Swedish Academy of Sciences  
Thomas Olivecrona, member of the Royal Swedish Academy of Sciences*

9.30 **Fatty acids in the diet and in the body – food sources and endogenous metabolism**

*U. Schwab, Kuopio University, Kuopio, Finland*

10.00 **Fatty acids and gene expression**

*Bart Stäels, Institut National de la Sante et de la Recherche Medicale, Lille, France*

10.30 INTERMISSION. COFFEE/FRUIT

11.00 **Storage and mobilisation of fatty acids in adipose tissue**

*Keith Frayn, Oxford University, Oxford, UK*

11.30 **Fatty acids and liver steatosis – pathogenesis and metabolic consequences**

*Hannele Yki-Järvinen University of Helsinki, Helsinki, Finland*

12.00 **Dietary fatty acids, cholesterol and coronary heart disease**

*Martijn Katan, VU University, Amsterdam, The Netherlands*

12.30 LUNCH IN THE ACADEMY CLUB VILLA

13.30 **Role of dietary fatty acids for insulin resistance and diabetes**

*Ulf Riserus, Uppsala University, Uppsala, Sweden*

14.00 **Inflammation, immunity and fatty acids**

*Philip Calder, University of Southampton, Southampton, UK*

14.30 **Is the dietary n-6/n-3 ratio a useful concept?**

*Tom Sanders, Kings College, London, UK*

15.00 INTERMISSION. COFFEE/FRUIT

15.30 **N-3 fatty acids, mood and behaviour**

*Katherine M Appleton, Queens University of Belfast, Belfast, UK*

16.00 **Final discussion in relation to current Nordic Nutrition Recommendations on dietary fat quality. Relation to latest knowledge? Specific areas for future research?**

*Kjell Asplund, Umeå university, Sweden and Marja Mutanen, University of Helsinki, Helsinki, Finland*

16.30 END OF THE SYMPOSIUM

**Please register at [www.kva.se/kalendarium](http://www.kva.se/kalendarium) no later than 28 October, 2009.**

**A fee of 200 SEK (to cover lunch and coffee) to be paid upon arrival to the Academy on the 3rd of November. Cash or credit card accepted.**