



iMCSalt

INTERNATIONAL CONFERENCE 3rd DECEMBER 2021

09:30 Welcome Session

FCNAUP | Pedro Graça
INEGI | João Paulo Pereira
Co-Responsible Researcher | Olívia Pinho
Principal Researcher | Carla Gonçalves

09:45 Too much Salt: a global health problem

Moderator: Carla Gonçalves
Salt and health | Pedro Moreira (FCNAUP)

10:30 Coffee break

10:45 Round Table

Innovation in the salt: From Academy to Consumers

Moderator: Cecília Malheiro
Academy | Carla Gonçalves
Engineering | Luís Oliveira (INEGI)
Industry | Susana Rufino (DOMPLEX)
Catering | José Carvalho (Gertal)
Occupational Health – Pedro Norton (Serviço Saúde Ocupacional CHUSJ)
Consumer | Samanta Morais

12:15 Efforts in reducing the salt intakes in populations

Moderator: Pedro Graça
WHO global sodium benchmarks for different food categories | *Clare Farrand (WHO)*

13:00 Lunch time

iMC Salt findings - Salt beyond hypertension – crosslinks

14:00 Session 1

Moderator: Sílvia Esteves

Results of the iMC SALT intervention with an innovative equipment to monitor and control salt usage during cooking at home | Tânia Silva-Santos (FCNAUP)

Pilot study to reduce added salt on a university canteen through the use of an innovative dosage equipment | Ana Patrícia Faria (FCNAUP)

Microbiota and salt | Paulo Pinho e Costa (INSA)

Discussion

16:00 Coffee break

16:20 Session 2

Moderator: Patrícia Padrão

Salt and iodine | Adriano Bordalo e Sá (ICBAS)

High adherence to Mediterranean diet is not associated with an improved sodium and potassium intake | Giulia Viroli (Università degli Studi di Milano)

Association between ultra-processed foods consumption and sodium and potassium excretion in university workers | Inês Anjos (FCNAUP)

Discussion

17:40 Closing remarks

Olívia Pinho



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