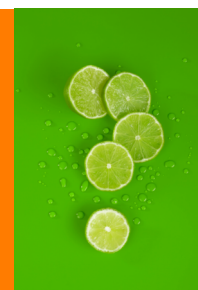


# The Perfect Diet: The Reality Check

A rational assessment of the evidence from the experts

Tuesday 30 June 2009, 9.45am – 4pm  
Webster Theatre, Veterinary Science Conference Centre

*Last updated 19 June 2009 – minor changes may occur*



## Program

9.45	Welcome	Professor Ian Caterson AM
10.05	Session one – Evolution of diets and dietary guidelines	Chair – Professor Louise Baur
	Evolution of diets	Professor Jennie Brand-Miller
	Evolution of dietary guidelines	Professor Stewart Truswell
	Current recommendations	Associate Professor Tim Gill
	<b>Panel discussion</b>	Ms Clare Hughes and Professor Linda Tapsell will join the speakers from this session.
11.15	Morning tea	
11.35	Session two – Chronic disease prevention and management	Chair – Professor Maria Fiatarone Singh
	Diabetes	Professor Linda Tapsell
	Cardiovascular disease	Barbara Eden
	Cancer	Ms Kathy Chapman
	Microvascular disease	Dr Vicki Flood
	<b>Panel discussion</b>	
1.00	Lunch	
2.00	Session three – Current controversies I	Chair – Professor Adrian Bauman
	Popular diets for weight loss – how do they stack up?	Ms Janet Franklin
	Super foods – fact or fiction?	Ms Clare Hughes
	Diets for peak performance	Dr Janelle Gifford
	Diets to reduce your carbon footprint	Dr Christopher Dey
	<b>Panel discussion</b>	
3.00	Session four – Current controversies II	Chair - Professor Stephen Colagiuri
	Do we really need 8 glasses of water each day?	Assoc Prof Margaret Allman-Farinelli
	Are chocolate and wine really that good for you?	Professor Adrian Bauman
	Should vegemite be banned?	Ms Jacqui Webster
	Organic food – extra goodness?	Ms Meika Foster
	Will eating less make you live longer, or will it just feel that way?	Associate Professor Arthur Everitt
	<b>Questions</b>	Professor Ian Caterson and Associate Professor Tim Gill will join the speakers from this session.
3.40	The final word	Professor Ian Caterson AM



The University of Sydney

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## Speakers & chairs

### Professor Ian Caterson AM

Boden Professor of Human Nutrition, School of Molecular & Microbial Biosciences and Director, Institute of Obesity, Nutrition & Exercise, University of Sydney

### Associate Professor Margaret Allman-Farinelli

Associate Professor in Nutrition & Dietetics, School of Molecular & Microbial Biosciences and Institute of Obesity, Nutrition & Exercise, University of Sydney

### Professor Adrian Bauman

Professor in Public Health (Behavioural Epidemiology and Health Promotion), School of Public Health and Institute of Obesity, Nutrition & Exercise, University of Sydney

### Professor Louise Baur

Professor, Discipline of Paediatrics and Child Health, The Children's Hospital at Westmead Clinical School and Institute of Obesity, Nutrition & Exercise, University of Sydney

### Professor Jennie Brand-Miller

Professor in Human Nutrition School of Molecular & Microbial Biosciences and Institute of Obesity, Nutrition & Exercise, University of Sydney

### Ms Kathy Chapman

Nutrition Program Manager, Cancer Council NSW

### Professor Stephen Colagiuri

Professor of Metabolic Health, Institute of Obesity, Nutrition & Exercise, University of Sydney

### Dr Christopher Dey

Senior Research Fellow, Centre for Integrated Sustainability Analysis, School of Physics, University of Sydney

### Barbara Eden

Food Supply Policy Manager, Heart Foundation, NSW Division

### Honorary Associate Professor Arthur Everitt

Department of Physiology, University of Sydney and The Centre for Education and Research on Ageing, Concord Hospital

### Professor Maria Fiatarone Singh

John Sutton Chair of Exercise & Sport Science, Discipline of Exercise and Sport Science and Institute of Obesity, Nutrition & Exercise

### Dr Vicki Flood

Nutritional epidemiologist, Institute of Obesity, Nutrition & Exercise, University of Sydney

### Ms Meika Foster

Nutritionist, School of Molecular & Microbial Biosciences, and Institute of Obesity, Nutrition & Exercise, University of Sydney

### Ms Janet Franklin

Senior Dietitian, Metabolism & Obesity Services, Royal Prince Alfred Hospital

### Dr Janelle Gifford

Accredited Practising Dietitian/Sports Dietitian and Lecturer, School of Molecular & Microbial Biosciences, University of Sydney

### Associate Professor Timothy Gill

Principal Research Fellow, and Scientific Programs Manager, Institute of Obesity, Nutrition & Exercise, University of Sydney

### Ms Clare Hughes

Senior Food Policy Officer, CHOICE

### Professor Linda Tapsell

Professor, School of Health Sciences, Faculty of Health and Behavioural Sciences, University of Wollongong Director, Smart Foods Centre

### Emeritus Professor Stewart Truswell

School of Molecular & Microbial Biosciences and Institute of Obesity, Nutrition & Exercise, University of Sydney

### Ms Jacqui Webster

Senior Project Manager, Australian Division of World Action on Salt and Health, The George Institute for International Health

### Upcoming symposium

Did you enjoy today's symposium?

If so, keep 24<sup>th</sup> November 2009 free. We intend to hold our next reality check on that date. As we like to keep the content topical, we will advise the theme closer to the date.

We also hold seminars throughout the year as opportunities arise. To hear about them, just join our email list. Simply email [ione@usyd.edu.au](mailto:ione@usyd.edu.au) with 'subscribe' in the subject.

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## Institute of Obesity, Nutrition & Exercise

Led by key researchers across the University of Sydney, the Institute of Obesity, Nutrition & Exercise (IONE) unites expertise in basic, clinical, public health and health policy research in the areas of obesity, nutrition, physical activity and metabolic health; clinical intervention and practice; public health programs and policy formulation and implementation.

IONE is committed to:

- improving the quality and quantity of research addressing the interface of obesity, nutrition, exercise, metabolic health and clinical intervention;

- increasing the opportunities for and improving the quality of teaching and training addressing the interface of obesity, nutrition, exercise, metabolic health and clinical intervention;
- contributing to, and directly influencing, the development of improved public policy on obesity, nutrition and exercise at a national and international level; and,
- fostering excellence in the clinical management of obesity-related chronic diseases.