

**LIVIA AUGUSTIN, PHD**, RESEARCH FELLOW  
**RISK FACTOR MODIFICATION CENTRE**  
**ST. MICHAEL'S HOSPITAL** (TORONTO, CANADA)

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Dr. Livia Augustin is a research fellow at the Clinical Nutrition and Risk Factor Modification Centre at St. Michael's Hospital in Toronto. She was born in Toronto, grew up in Italy and returned to Canada where she completed her university studies, earning an MSc in nutritional sciences at the University of Toronto and a PhD in human nutrition at the University of Guelph.

Her major interest is in the investigation of the effect of dietary carbohydrate quality, i.e. the glycemic index, on chronic diseases including diabetes management and cancer prevention. Dr. Augustin started the investigations of the glycemic index in cancer risk in two epidemiology research centres in Aviano and Milan (Italy). She has developed glycemic index databases in Italy, Greece and Canada which have been used in numerous epidemiological studies. She has been an invited speaker at international scientific meetings, at public health talks, universities and elementary schools. Dr. Augustin has over 40 scientific publications in peer-reviewed scientific journals as well as chapters in international textbooks on carbohydrate metabolism and glycemic index. Dr. Augustin has conceived and co-organized the International Scientific Consensus Summit on the Glycemic Index, Glycemic Load and Glycemic Response.

**SARA BAER-SINNOTT**, PRESIDENT  
**OLDWAYS** (BOSTON, USA)

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Sara has been an instrumental figure at Oldways since its early days, joining the staff in 1992. After serving for many years as Executive Vice President, she assumed the presidency of Oldways in May 2010 on the death of founder K. Dun Gifford. She now develops company strategy, oversees all Oldways projects and programs, and works closely with all members of the Oldways staff.

In her two decades at Oldways, Sara has been an integral part of Oldways' growth and success. She has helped develop ground-breaking programs including the nonprofit's Traditional Diet Pyramids; the Whole Grains Council; Healthy Pasta Meals; African Heritage and Health; High Five Children's Cooking Curriculum; Oldways Nutrition Exchange and Supermarket Dietitian Symposium; the Oldways Vegetarian Network; Oldways Culinarias; and many others.

Before joining Oldways, Sara was the Special Projects Editor at *Inc. Magazine* and also worked for state and federal government agencies. She has a BE in economics from Hobart and William Smith Colleges, and an MA in regional planning from the University of Massachusetts at Amherst.

**ALAN W. BARCLAY, PHD**, HEAD OF RESEARCH/CHIEF SCIENTIFIC OFFICER  
**AUSTRALIAN DIABETES COUNCIL/GI FOUNDATION** (SYDNEY, AUSTRALIA)

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Alan Barclay graduated from Curtin University of Technology in Perth, Western Australia in 1993 with a distinction in nutrition and dietetics, then worked in clinical dietetics at a variety of hospitals and in private practice throughout Australia. He earned a PhD at the University of Sydney on the association between glycemic carbohydrate (glycemic index and glycemic load) and the risk of developing lifestyle-related diseases like type 2 diabetes, heart disease and some cancers. To date, he has had over 20 scientific papers published in scientific journals on this and related topics, and has presented this research at numerous conferences. He received a National Service Award from the Dietitians' Association of Australia for his contributions to the dietetic profession.

Dr. Barclay has worked with the Glycemic Index Foundation since 1999, helping develop food criteria and categories to help their front-of-pack certification trademark become recognized as a symbol of healthy food choice; he is currently their Chief Scientific Officer. He has also worked for Diabetes Australia / Australian Diabetes Council since 1998, currently as Head of Research (part-time), and prior to that as Research and Development Manager (full-time). An expert in nutrition communication, he is a member of the Editorial Board of Diabetes Australia's / Australian Diabetes Council's consumer magazines *Conquest/Diabetes Connect*, and their health professional magazine, *Diabetes Management Journal*, and has written a significant number of the association's fact sheets and booklets on the nutritional management of diabetes over the last 15 years. Alan is also a senior spokesperson for the Dietitians Association of Australia.

**INGER BJÖRCK, PHD**, PROFESSOR OF APPLIED NUTRITION  
MANAGING DIRECTOR, ANTIDIABETIC FOOD CENTRE  
**LUND UNIVERSITY** (LUND, SWEDEN)

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Inger Björck is professor of applied nutrition at the Department of Applied nutrition and Food Chemistry, Lund University, Sweden. Her main research topics concern starch bioavailability in foods, evaluation of postprandial blood glucose and hormonal responses, and satiety, and how these parameters can be tailored by conscious choice of raw material and processing conditions. In addition to the GI concept, the concept of glycaemic profile has been introduced to depict the course of glycaemia also in the later postprandial phase, with potential impact on cognitive performance in the late post-prandial phase, and on glucose and lipid metabolism at a subsequent meal.

Dr. Björck's recent research involves the influence of indigestible carbohydrates of a particular meal on glucose tolerance at subsequent meals – research that indicates possible product development possibilities for reducing disease risk factors and increasing long-term satiety. Other recent research links the release of satiety hormones and hormones involved in intestinal barrier function to gut fermentation of indigestible carbohydrates, providing new insights on gut microbiota. She is also researching specific protein fractions and/or specific amino acids to facilitate post-prandial glycaemic regulation and the extent to which various food features that modulate risk factors in the metabolic syndrome, also may affect measures of cognitive function. Dr. Björck's scientific production includes about 330 items; she is represented on the ISI Highly Cited list. She has been involved in several EU projects, and engaged in writing of national and international consensus documents. She is Managing Director of a multi-disciplinary centre of excellence in research and innovation "[Antidiabetic Food Centre](#)", a research consortium at Lund University.

**JENNIE C. BRAND-MILLER, PHD**, PROFESSOR  
BODEN INSTITUTE OF OBESITY, NUTRITION, EXERCISE AND EATING DISORDERS  
**UNIVERSITY OF SYDNEY** (SYDNEY, AUSTRALIA)

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Professor Jennie Brand-Miller (AM, PhD, FAIFST, FNSA, MAICD) holds a Personal Chair in Human Nutrition in the Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders and the School of Molecular Bioscience, at the University of Sydney. She studies food science and technology before obtaining a doctorate in nutrition at the University of New South Wales.

She is recognised around the world for her work on carbohydrates and the glycemic index (or GI) of foods, with almost 250 scientific publications. She received the 2003 Clunies Ross Medal for contributions to science and technology in Australia. Her books under the series title *The New Glucose Revolution* have made the GI a household word and sold over 3.5 million copies world wide in 12 languages. She is a past-President of the Nutrition Society of Australia, immediate-past Chair of the National Committee for Nutrition of the Australian Academy of Science, and President of the Glycemic Index Foundation Ltd, a not-for-profit company that administers a food symbol program for consumers in partnership with the Juvenile Diabetes Research Foundation (Australia). Jennie is the proud recipient of two Nucleus® bionic ears.

**FURIO BRIGHENTI, DRPH, PROFESSOR OF HUMAN NUTRITION  
DEPT. OF FOOD SCIENCE, UNIVERSITY OF PARMA (PARMA, ITALY)**

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Educated as a Food Scientist at the faculty of Agricultural Sciences, and as a Public Health Nutritionist at the Faculty of Medicine, University of Milan, Furio Brighenti is currently professor of Human Nutrition at the department of Food Science, University of Parma.

His scientific career included post doc research fellowships at the INRA of Nantes (France) and at the Department of Nutritional Sciences of the University of Toronto (Canada), where he had the privilege to be trained by Professor David Jenkins on the concept of the Glycaemic Index of foods. These experiences oriented his research interest on the effect of foods on metabolism, including the now-emerging topic of food-gut microbiota interactions. His team is now deeply involved in unraveling the complex interlinks which exist between food polyphenols / dietary carbohydrates and intestinal microenvironment, to cast new light on the effects of whole grains and vegetable foods in preventing human disease. On these topics he also maintains a strict collaboration with the Italian sites of the EPIC study. Besides his academic activity, he served on the board that defined the last two editions of both the Italian Nutritional Guidelines, and the Italian DRVs (LARN). He is member of the Commission Scuola e Cibo (Food & School) of the Italian Ministry of Education, University and Scientific Research. He is the current President of the Italian Nutrition Society and member of different national and European public scientific boards dealing on foods, nutrition and nutritional education. He serves as Editor-in-Chief of the *International Journal of Food Sciences and Nutrition*.

**ANETTE E. BUYKEN, PHD, RESEARCH ASSOCIATE  
DEPARTMENT OF NUTRITIONAL EPIDEMIOLOGY  
UNIVERSITY OF BONN (BONN, GERMANY)**

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Anette Buyken is a Research Associate working with the DONALD Study at the University of Bonn. She received her Masters in Nutritional Science (1994) and her PhD in Nutritional Epidemiology (2001) from the University of Bonn. Other experience in the field of nutrition includes post-doctorate work with Professor Jennie Brand-Miller at the University of Sydney, a position as Chief Scientific Officer of the International Task Force for Prevention of Coronary Heart Disease in Münster, Germany, and work as a research assistant with the German Diabetes Research Institute as well as at a hospital in Buenos Aires, Argentina.

Dr. Buyken's major research focus is the prospective relevance of nutrition and growth characteristics for features of the metabolic syndrome in childhood and young adulthood (e.g. the role of early life factors and long-term relevance of carbohydrate nutrition). She is Deputy Editor of the British Journal of Nutrition, and her work has been widely published, with more than a hundred publications to her name, to date.

**ANTONIO CERIELLO, MD**, HEAD OF RESEARCH, DIABETES AND CVD  
**INSTITUT D'INVESTIGACIONS BIOMÈDIQUES AUGUST PI I SUNYER**  
(BARCELONA, SPAIN)

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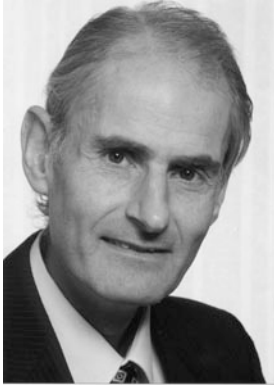


Professor Antonio Ceriello is Head of the Research Department on Diabetes and CVD at the Institut d'Investigacions Biomèdiques August Pi i Sunyer (IDIBAPS), Barcelona, Spain. Until 2006 he was Chair of Endocrinology and Director of the School of Specialty in Geriatrics at the University of Udine, Italy and from 2006 to 2009 Professor of Endocrinology at the University of Warwick, UK.

Professor Ceriello has published widely in the area of diabetes with over 300 original papers and several book chapters. He has been a consultant with the National Institutes of Health, U.S.A. for research on cardiovascular disease and type 1 diabetes and a member of the American Heart Association committee tasked with writing guidelines on "Acute Hyperglycemia and Acute Coronary Syndromes." He recently chaired the IDF committee for the development and 2011 update of the "Guideline for Management of Postmeal Glucose" and currently is the President of the EASD Study Group on "Diabetes and Cardiovascular Diseases." He also served as Review of the 2012 "European Guidelines on Cardiovascular Disease Prevention in Clinical Practice." From 2009 to 2012 he has been a member of the Board of IDF Europe and currently is the President Elect of the Associazione Medici Diabetologi (AMD). He also served as Associate Editor of "Diabetes Care" from 2003 to 2011, and currently serves as Associate Editor of "Diabetic Medicine" and as a member of the Editorial Board of "Diabetes Research and Clinical Practice" and "Diabetes and Vascular Disease Research". Professor Ceriello's awards include "Italian Annual Award for Young Researcher" (1984), "National Award for Research on the Pathophysiology of Diabetic Complications" (1990), "National Award Italian Society of Diabetology" (1998) and the "Camillo Golgi Prize" of the EASD (2004).

**DAVID J.A. JENKINS, MD, PHD, DSc PROFESSOR AND PHYSICIAN**  
**UNIVERSITY OF TORONTO** (TORONTO, CANADA)

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Educated at Oxford University, Dr. Jenkins is currently a professor in both the Departments of Nutritional Sciences and Medicine, Faculty of Medicine, University of Toronto, a staff physician in the Division of Endocrinology and Metabolism and the Director of the Clinical Nutrition and Risk Factor Modification Center, St. Michael's Hospital.

He has served on committees in Canada and the United States that have formulated nutritional guidelines for the treatment of diabetes and most recently recommendations for fibre and macronutrient intake for the general population under the new joint United States-Canada DRI system (RDAs) of the National Academy of Sciences (Washington, DC).

His team was the first to define and explore the concept of the glycemic index of foods and demonstrate the breadth of metabolic effects of viscous soluble fiber, including blood glucose and cholesterol lowering. His studies on combining cholesterol lowering food components (dietary portfolio) have been recognized as creating an effective dietary alternative to drug therapy (statins) for many people and was the only dietary approach referenced in 2004 Guidelines update of the US National Cholesterol Education Program (ATP III) and the Canadian Cardiovascular Society (CCS) guidelines for 2012. He has received many National and International awards in recognition of his contribution to nutrition research. He believes that diets have to be palatable and more readily available to encourage dietary adherence, equally they have to be environmentally sustainable.

**CYRIL W.C. KENDALL, PHD, RESEARCH ASSOCIATE/ADJUNCT PROF.**  
**UNIV. OF TORONTO / UNIV. OF SASKATCHEWAN** (TORONTO, CANADA)

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Cyril Kendall is a Research Associate in the Department of Nutritional Sciences, Faculty of Medicine, University of Toronto, and the Clinical Nutrition and Risk Factor Modification Center, St. Michael's Hospital, as well as an Adjunct Professor in the Department of Pharmacy, College of Pharmacy and Nutrition at the University of Saskatchewan. He earned his Honors BS and graduate degrees, MS and PhD, at the University of Toronto; he also conducted research and received training at Purdue University and the Children's Hospital Medical Center in Cincinnati.

His primary research interest is the role of diet in the prevention and treatment of chronic disease (cardiovascular disease, diabetes, and obesity) and the development of functional foods and nutraceuticals to control these disease states. Cyril has over 120 publications in peer-reviewed medical journals and has been invited to present at numerous international conferences. His studies on combining cholesterol lowering food components (dietary portfolio) are recognized as creating an effective dietary alternative to drug therapy (statins) for many people and were the only dietary approach referenced in the Current Guidelines of the US National Cholesterol Education Program (ATP III). He has also conducted much research on the role of healthy diets, including low glycemic index diets, in the control of type 2 diabetes. To make therapeutic diets more accessible, he has worked with the food industry to develop products for the supermarket with specific health attributes.

**CARLO LA VECCHIA, MD, CHIEF OF EPIDEMIOLOGY / PROFESSOR  
MARIO NEGRI INSTITUTE / UNIVERSITY OF MILAN (MILAN, ITALY)**

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Dr. La Vecchia received his medical degree from the University of Milan and a master of science degree in clinical epidemiology from Oxford University. He is recognized worldwide as a leading authority in cancer etiology and epidemiology. Presently, he is Chief of Epidemiology at the Mario Negri Institute in Milan, Italy and Professor of Epidemiology at the School of Medicine at the University of Milan. Dr. La Vecchia serves as an editor for numerous clinical and epidemiologic journals. He is among the most renowned and productive epidemiologists in the field with over 1,710 peer-reviewed papers in the literature and is among the most highly cited medical researchers in the world, according to ISIHighlyCited.com, the developer and publisher of the Science Citation Index. Dr. La Vecchia is an Adjunct Professor of Medicine at Vanderbilt Medical Center and the Vanderbilt-Ingram Cancer Center and of Epidemiology at the University of Lausanne, CH.

Dr. La Vecchia is a temporary advisor at the International Agency for Research on Cancer IARC/WHO and at the World Health Organization in Geneva, and a registered journalist in Milan. He was Adjunct Associate Professor of Epidemiology at Harvard School of Public Health between 1996 and 2001. Dr. La Vecchia's main fields of interest include cancer epidemiology and the risk related to diet, tobacco, oral contraceptive use and occupational or environmental exposure to toxic substances; and analysis of temporal trends and geographical distribution of mortality from cancer, cardiovascular diseases, perinatal and other selected conditions.

**SIMIN LIU, MD, SCD, PROF. OF EPIDEMIOLOGY AND MEDICINE  
BROWN UNIVERSITY (PROVIDENCE, USA)**

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Dr. Simin Liu is an epidemiologist whose work unites molecular genetics, nutrition, physiology and clinical medicine. He earned his medical degree from Jinan University in China and master of public health and doctoral degrees in both epidemiology and nutrition from Harvard University. Dr. Liu also completed a fellowship in public health and preventive medicine in the Epidemic Intelligence Service (EIS) program at the Centers for Disease Control and Prevention (CDC).

Dr. Liu is currently Professor of Epidemiology and Medicine at Brown University. He has also served as Professor of Epidemiology and Medicine at UCLA, where he was founding director of the Program on Genomics and Nutrition at the UCLA School of Public Health, the Burroughs Wellcome Fund Inter-school Training Program in Metabolic Diseases and the Center for Metabolic Disease Prevention. Prior to joining the UCLA faculty, Dr. Liu served as Instructor, Assistant, and Associate Professor of Medicine in the Department of Medicine at Harvard Medical School and Brigham and Women's Hospital in Boston, and Assistant and Associate Professor of Epidemiology at the Harvard School of Public Health. He has served on international advisory committees including the World Health Organization (WHO) and Food and Agriculture Organization (FAO) of the United Nations addressing policy issues related to public health and nutrition.

**GEOFFREY LIVESSEY, PHD, DIRECTOR**  
**INDEPENDENT NUTRITION LOGIC** (WYMONDHAM, UK)

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Dr. Livesey is an experienced nutritional biochemist applying his knowledge in research and consulting undertaken at various locations worldwide. Formerly with the Universities of Surrey, Keele, Oxford, and East Anglia in the United Kingdom, and associated with two of their University Hospitals (Radcliff at Oxford, and Norfolk and Norwich at East Anglia) he is now a Director of the consultancy firm Independent Nutrition Logic Ltd (UK).

He is well known for his contributions in energy and carbohydrate metabolism, and more widely contributed to nutrition and health with several roles: in experimental study of nutrition, nutrition methodology, critical–systematic and meta–analytical reviews in nutrition, contribution to expert bodies (WHO, FAO, IOM, LSRO, BNF, ILSI), advice to the food industry and to regulatory scientists, and research commissions from commercial and governmental organizations. He has over one hundred publications in science journals, books and reports with a high proportion as first author. He is currently a Registered Public Health Nutritionist with The Association for Nutrition, a full member of The Nutrition Societies in the UK and America, a Professional Member of Diabetes UK, and a Fellow of the Royal Society of Medicine.

**ANDREA POLI, MD, SCIENTIFIC DIRECTOR**  
**NUTRITION FOUNDATION OF ITALY** (MILAN, ITALY)

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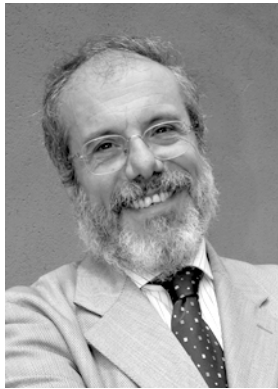
Dr. Andrea Poli earned a Degree in Medicine cum laude, from the University of Milan and a Specialization in Pharmacology cum laude, from the University of Milan. In the past, Dr. Andrea Poli had a long-term collaboration with the Center for the Prevention and Therapy of Atherosclerosis and Dismetabolic Diseases, Niguarda "Cà Granda" Hospital, Milan. From 1986 to 1993, he was involved as Scientific Secretary in the Italian National Educational Program on Cholesterol Control. Currently, he is collaborating with the "Servizio di Epidemiologia e Farmacologia Preventiva" (SEFAP) of the Department of Pharmacological Sciences of the University of Milan; he is a member of the Review Board of the Istituto Autodisciplina Pubblicitaria, and Editor-in-chief of *Nutrafoods*, a peer-reviewed quarterly journal focusing on nutraceuticals,

From 1996 to 2001 Dr. Andrea Poli had teaching contracts with the University of Milan, for a series of lessons on clinical trials methodology and on nutrition and health. Now he has a position as Visiting Professor at the University of Parma, where he is responsible for a course on "Nutrition and Prevention of Degenerative Diseases". Since 1996 Dr. Poli has been the Scientific Director of NFI-Nutrition Foundation of Italy. His main scientific interests are in the area of lipoprotein disorders and atherosclerosis, population interventions in atherosclerosis prevention, and the study of the distribution of risk factors in the Italian population. He is the author of more than 50 PubMed referenced publications.



**GABRIELE RICCARDI, MD, PROFESSOR**  
**FEDERICO II UNIVERSITY (NAPLES, ITALY)**

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A medical doctor and nutritionist, Gabriele Riccardi is Professor of Endocrinology and Metabolic Diseases. He was President of the Società Italiana di Diabetologia (SID) from 2010-2012 and member of the Leadership Committee of the Council on Nutrition, Physical Activity and Metabolism of the American Heart Association. He is Chief of the Diabetes Clinic and the Metabolic Ward of the University Hospital.

He has been involved in many multicenter research projects. From 2002 to 2005, he was chief of the Research Group on Body Weight Regulation, Insulin Sensitivity and Diabetes Risk of the European Community action plan on the Process for the Assessment of Scientific Support for Claims on Foods. Subsequently he was responsible for the long term intervention trial of the Healthgrain project. He is presently national coordinator of a research project on functional foods and chronic diseases. He serves on scientific committees of several Research Institutions; including the Barilla Center for Food and Nutrition, the Nutrition Foundation of Italy and the Antidiabetic Food Center of Lund University, Sweden. From 2009 to 2010 Dr Riccardi was involved in the Joint Committee of the European Society of Cardiology and the European Atherosclerosis Society for the Guidelines on Management of Dyslipidaemias and is presently member of the Consensus Panel on plant sterols of the European Atherosclerosis Society. He has collaborated with prestigious research groups all over the world and has been part of the editorial board of a number of scientific journals; from 2002 to 2007 he was Editor-in-Chief of *Nutrition, Metabolism and Cardiovascular Diseases*. His research results have been published in the major international journals of nutrition, diabetology and metabolism.

**SALWA RIZKALLA, MSc, MD, DSc, SENIOR RESEARCHER**  
**INSERM (PARIS, FRANCE)**

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Salwa Rizkalla has 25 years experience studying the metabolic effects of starchy foods, with expertise in the manipulation of dietary lipids in animal models and in clinical studies; in glycaemic index studies; and in nutritional regulation of metabolic and cardiovascular risk factors in obesity and diabetes. She received an MD (1972), and MSc in physiology (1978) from Cairo University, along with a DSc in physiology of human nutrition (1985) from the faculty of medicine Xavier Bichat, University of Paris. After working as a research associate, lecturer and then Professor in the Department of Physiology, Faculty of Medicine at Cairo University, she moved to France, where she joined the National Institute of Health and

Medical Research (INSERM) U341 the Diabetes department, and began work at Hotel Dieu Hospital, Paris, as a researcher and then as a senior researcher.

More recently she joined the Centre of Research in Human Nutrition at INSERM and the ICAN Institute of Cardiometabolism & Nutrition, at Pitié-Salpêtrière, Paris in 2011, where she is responsible for the team dealing with nutrition and metabolism, and is engaged in research in the field of human nutrition, obesity and the control of hyperglycaemia in both clinical, experimental and molecular approaches. She is an active member of several diabetes and nutritional associations, an active speaker, and has published widely in the area of diabetes and nutrition with over 70 original papers in highly ranked journals.

**JOHN L. SIEVENPIPER, MD, PHD, RESEARCHER / RESIDENT PHYSICIAN**  
**ST. MICHAEL'S HOSPITAL / MCMASTER UNIV. (ONTARIO, CANADA)**

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Dr. Sievenpiper completed an MSc and PhD in Nutritional Sciences at the Faculty of Medicine, University of Toronto under Prof. Vladimir Vuksan, then completed a 4 year Doctor of Medicine (MD) at St. Matthew's University, School of Medicine with clinical rotations across England and Scotland. He resumed his research training from 2007-2009 with a Postdoctoral Fellowship under Prof. David JA Jenkins at the University of Toronto, which included work on several large dietary trials as well as the development of a systematic review and meta-analysis working group. He is currently the Knowledge Synthesis Lead of the Toronto 3D Knowledge Synthesis and Clinical Trials unit at St. Michael's Hospital, University of Toronto and a Resident Physician in the department of Pathology and Molecular Medicine at McMaster University. His research interests are focused on using meta-analytical techniques and randomized trials to investigate the effect of diet on cardiometabolic risk. He holds several grants including 2 Canadian Institutes of Health Research (CIHR) grants. Dr. Sievenpiper has been appointed to the Clinical Practice Guidelines Expert Committee for Nutrition Therapy of both the Canadian Diabetes Association (CDA) and European Association for the study of Diabetes (EASD), as well as the American Society for Nutrition (ASN) writing panel for a scientific statement on the metabolic and nutritional effects of fructose, sucrose and high fructose corn syrup. He has authored 65 scientific papers, 8 book chapters, 99 abstracts, and 18 successful grant applications and his work has been cited a total of 1039 times for an h-index of 18.

**VITTORIO SILANO, PROFESSOR OF HEALTH LEGISLATION**  
**UNIVERSITY OF ROME TOR VERGATA (ROME, ITALY)**

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Vittorio Silano has a Degree in Chemistry (University of Naples) and a Teaching Qualification in Applied Biochemistry (University of Rome). Before coming to the University of Rome, he worked at the Ministry of Health of Italy as Head of the Department of Innovation (2005-2008); Head of Department for Human Health Protection, Veterinary Public Health and International Relations (2000-2005); Director General for International Relations and Community Policies (1998-2000); Director General for Medicines Evaluation and Pharmacovigilance, (1996-1998), for "Prevention and Drugs" (1995-1996), for Food Safety and Nutrition (1989-1995); and at the Ministry of Environment, for "Environmental Pollution Prevention and Reclamation" (1986- 1989). From 1968 to 1986, he was a member of the scientific staff of the National Institute of Health and Director of its Toxicology Laboratory. He has written about 250 papers and books, and has been a member of the editorial board of several scientific journals.

He was Chairman of the EFSA Scientific Committee (2003-12) and since 2012 a member of the CONTAM panel. He also participated in the work of the EEC Scientific Committee for Food as a member (1979-81), vice-chairman (1982-84), and chairman (1985-87). In 1996 he was a member of the Scientific Committee for Medicines Evaluation of the EMEA and he has worked for WHO/Euro as a consultant in toxicology. He was chairman of the OECD Expert Group (1982-84) to define criteria to set priorities among existing chemicals for health purpose and, in 1985, as the chairman of the meeting on hazard assessment. He has also served on committees on flavorings (1979-83) and on cosmetics (1983-86) for the Council of Europe.

**CESARE SIRTORI, MD, PHD**, PROFESSOR OF PHARMACOLOGY  
**UNIVERSITY OF MILAN** (MILAN, ITALY)

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Professor Cesare Sirtori has had a distinguished career as a Clinical Pharmacologist, after earning a degree in Medicine and Surgery at the University of Milan and a PhD in Clinical Pharmacology at the University of Kansas. He is Board certified in Cardiology. In 1972 he founded, in Milan, one of the first centers for the study of metabolic diseases with a high atherosclerosis risk. The University Center for Dyslipidemias is one of the world's largest lipid clinics and a leading center for clinical research in the field of hyperlipoproteinemias, thrombosis and non-invasive monitoring of vascular lesions.

At the University of Milan, he has served as professor of chemotherapy (1980-88), professor of clinical pharmacology (1990-present) and Dean of the Faculty of Pharmacy (2006-12). He is the author of over 600 scientific publications, with more than 350 in prestigious international biomedical journals, covering topics including: the description and characterization of the first mutant of human apolipoprotein (Apo A-IMilano), which was recently demonstrated to be of possible use in the treatment of vascular disease; the definition of clinical activity and mechanism of action of a soy protein diet in the treatment of hypercholesterolemia; original data on the mechanism of action of many hypolipidemic compounds from the fibrate probucol; and the first observations on the activity of metformin in the treatment of insulin resistance syndrome. Professor Sirtori has made significant contributions in the field of clinical pharmacology, including kinetics of anti-diabetic biguanides; kinetics and mechanism of action of various compounds (celiprolol, ribavirin, Acipimox, etc.) with detection of the first P-450 polymorphism (now CYP2D6) with phenformin; activity of different oral contraceptives on the P-450 system, and of hypolipidemic agents on platelet aggregation/fibrinolysis.

**ANTONIA TRICHOPOULOU, MD, PHD**, PROFESSOR AND DIRECTOR  
WHO COLLABORATING CENTRE FOR FOOD & NUTRITION POLICIES  
**UNIVERSITY OF ATHENS MEDICAL SCHOOL** (ATHENS, GREECE)

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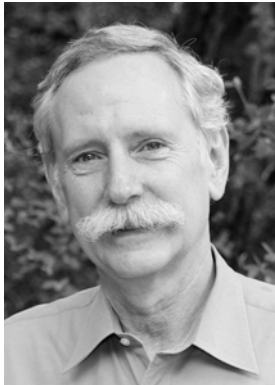


Antonia Trichopoulos, MD, PhD, Professor and Director of the World Health Organization (WHO) Collaborating Centre for Food and Nutrition Policies at the Department of Hygiene, Epidemiology and Medical Statistics, School of Medicine, National and Kapodistrian University of Athens. She has served as president of the Federation of the European Nutrition Societies (FENS) and as chairperson or key member of numerous Greek, European Commission and World Health Organization Committees. She has received numerous honors and awards and was decorated by the President of the Greek Republic with the Golden Cross of Honor for her work in nutrition and public health. In 2011, she received the Federation of European Nutrition Societies (FENS) Award for her "outstanding nutritionist career".

Dr Trichopoulos has published more than 400 papers in international scientific journals and her work is widely cited. Her scientific work has focused on public health nutrition and nutrition epidemiology, with emphasis on the health effects of the Mediterranean diet and traditional foods. In the early 2000s she took the lead in creating the Hellenic Health Foundation, a non-profit organization, which is dedicated to serving public health and undertaking quality research concerning health determinants, including diet.

**WALTER WILLETT, MD, DRPH**, FREDERICK JOHN STARE PROFESSOR OF  
EPIDEMIOLOGY AND NUTRITION CHAIR, DEPARTMENT OF NUTRITION  
**HARVARD SCHOOL OF PUBLIC HEALTH** (BOSTON, USA)

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Dr. Walter Willett is Professor of Epidemiology and Nutrition and Chairman of the Department of Nutrition at Harvard School of Public Health and Professor of Medicine at Harvard Medical School. He studied food science at Michigan State University, and graduated from the University of Michigan Medical School before obtaining a Doctorate in Public Health from Harvard School of Public Health.

Dr. Willett has focused much of his work over the last 30 years on the development of methods, using both questionnaire and biochemical approaches, to study the effects of diet on the occurrence of major diseases. He has applied these methods starting in 1980 in the Nurses' Health Studies I and II and the Health Professionals Follow-up Study.

Together, these cohorts that include nearly 300,000 men and women with repeated dietary assessments are providing the most detailed information on the long-term health consequences of food choices.

Dr. Willett has published over 1,500 articles, primarily on lifestyle risk factors for heart disease and cancer, and has written the textbook, *Nutritional Epidemiology*. He also has three books for the general public: the best-seller *Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating*; *Eat, Drink, and Weigh Less*, co-authored with Mollie Katzen; and most recently, *The Fertility Diet*, co-authored with Jorge Chavarro and Pat Skerrett. Dr. Willett is the most cited nutritionist internationally, and is among the five most cited persons in all fields of clinical science. He is a member of the Institute of Medicine of the National Academy of Sciences and the recipient of many national and international awards for his research.

**THOMAS M.S. WOLEVER, MD, PHD, PROFESSOR**  
**UNIVERSITY OF TORONTO** (TORONTO, CANADA)

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Thomas Wolever obtained a Bachelor of Medicine and Bachelor of Surgery from Oxford University, UK in 1980, a PhD in Nutritional Sciences from the University of Toronto in 1986 and a Doctorate in Medicine from Oxford University in 1993. His current position is Professor and Graduate Coordinator in the Department of Nutritional Sciences, University of Toronto. He also has the following cross appointments: Professor, Department of Medicine, University of Toronto; Scientist, Keenan Research Centre of the Li Ka Shing Knowledge Institute, St. Michael's Hospital, Toronto; Member, Active Medical Staff, Division of Endocrinology and Metabolism, St. Michael's Hospital, Toronto; and Member, Consulting Medical Staff, Centre for Addiction and Mental Health, University of Toronto. His research interests are the effects of dietary carbohydrates on human physiology and metabolism.

Dr. Wolever is, perhaps, most well known for work on the glycaemic index which was first developed in conjunction with Dr. David Jenkins and other collaborators, while he was a medical student. He has written or co-authored over 300 papers in peer-reviewed scientific journals, and also authored a book entitled: *The Glycaemic Index: A Physiological Classification of Dietary Carbohydrate* published in 2006 by CABI ([www.cabi.org](http://www.cabi.org)). In 1997 he founded GI Testing, Inc. to provide confidential GI testing services to industry. To cope with the high demand for GI testing and to enable a wider range of clinical research services to be provided, Glycemic Index Laboratories, Inc. ([www.gilabs.com](http://www.gilabs.com)) was formed in 2004; he is President of this corporation. More important than anything else, he is married with 3 children aged 24, 22 and 16 years; he also enjoys orienteering, cycling and recorder playing.