6th International Carbohydrate Quality Consortium (ICQC) Meeting

Date

October 16-17, 2025

Location

Elite City Resort
Kalamata, Greece

Organizers

Nfi NUTRITION FOUNDATION OF ITALY

Toronto 3D Knowledge Synthesis

Program October 16

08:30-09:00	Registration
09:00-09:10	ICQC Chairs' welcome note **Walter Willett (USA) and David Jenkins (Canada)**
09:10-09:15	ICQC activity update **Livia Augustin (Italy)**

Session I: Dietary fiber definition and types

Chairs: Cyril Kendall, Simin Liu

09:15-09:30	The diverse meaning of fiber **David Jenkins (Canada)**
09:30-09:45	Fiber structure/fiber types and health: the role of fiber fermentability **Gabriele Riccardi (Italy)**
09:45-10:00	Role of fermentable fibers in cancer survivors **Livia Augustin (Italy)**
10:00-10:15	Carbohydrates are not all equal **Marie-Ann van Ginkel (UK)**
10:15-10:30	Dietary fibre, is variety more important than quantity? Exploring the synergistic effects of fibres with differing physico-chemical properties on glucose metabolism **Balazs Bajka (UK)**
10:30-11:00	Panel Discussion
11:00-11:45	**Coffee/Refreshments**

Session II: Carbohydrate quality

Chairs: John Sievenpiper, Marie-Ann van Ginkel

11:45-12:00	Carbohydrate Quality, Genes and Risk in Harvard Cohorts: An Update **Walter Willett (USA)**
12:00-12:15	Carbohydrate Quality Across the Lifespan: from childhood neurodevelopment to dementia risk **Mònica Bulló (Spain)**
12:15-12:45	Panel Discussion
12:45-14:00	**Lunch**

Program October 16

Session III: Glycemic Index

Chairs: Jennie Brand-Miller, Alan Barclay

14:00-14:15	Evolution of Dietary Glycemic Index in China **Yuexin Yang (China)**
14:15-14:30	The glycemic index and glycemic load of a representative sample of the Greek population **Georgia Vourli (Greece)**
14:30-14:45	Association of dietary GI and GL with the metabolic syndrome in a representative sample of the Greek population **Eleni Peppa/Antonia Trichopoulou (Greece)**
14:45-15:00	Development of a global dietary glycemic index and load database **Simin Liu (USA)**
15:00-15:15	Update on the development of a dietary glycemic index and load database in countries of the Mediterranean region **Angela D'Angelo (USA)**
15:15-15:30	Relations between GI, food groups and other carbohydrate or food quality indices **Geoff Livesey (UK online)**
15:30-16:30	Panel Discussion
16:30-17:00	**Coffee/Refreshments**

Social activities

17:30 Visit to the Archaeological Museum of Messinia in Kalamata

20:00 Dinner at Elite City Resort

Program October 17

08:30-09:00	Registration
09:00-09:05	Chairs' welcome note **Walter Willett/David Jenkins**

Session IV: Sugars reduction strategies: What, where, and how much?

Chairs: Carlo La Vecchia, Livia Augustin

09:05-09:20	SWEET: the role of sugars in human evolution **Jennie Brand-Miller (Australia)**
09:20-09:35	Refining the Target: Differentiating Sugar Types, Sources, and Substitutions for Cardiometabolic Health **Karen Della Corte (USA online)**
09:35-09:50	The role of sugars in cardiometabolic health and public health implications of reformulations for sugars reduction **Laura Chiavaroli (Canada)**
09:50-10:05	Rare sugars and honey and small quantities of sugars to promote healthy foods consumption **Tauseef Khan (Canada)**
10:05-10:20	Food regulations and caloric/non-caloric sweeteners **Alan Barclay (Australia)**
10:20-10:45	Panel Discussion
10:45-11:15	**Coffee/Refreshments**

Program October 17

Session V: Role of low and no calorie sweeteners

Chairs: Laura Chiavaroli, Gabriele Riccardi

11:15-11:30	Reconciling signals of low- and no-calorie sweeteners and health outcomes in large US cohorts **Walter Willett (USA)**
11:30-11:45	Low/no calorie sweeteners, vascular diseases and cancer: addressing open issues related to reverse causality and confounding **Carlo La Vecchia (Italy)**
11:45-12:00	Global guidelines and robust methods for reconciling the disagreements between randomized trials and the epidemiology of low- and no-calorie sweeteners and health outcomes **John Sievenpiper (Canada)**
12:00-12:15	Updates on a mega-cohorts pooling project to strengthen causal inferences in analyses of low- and no-calorie sweeteners and health outcomes **Tauseef Khan (Canada)**
12:15-12:30	Low- and no-calorie sweeteners and microbiota **Sabrina Ayoub-Charette (Canada)**
12:30-12:45	Systematic overview of global public health dietary guidelines and clinical practice guidelines for low- and no- calorie sweeteners **Tauseef Khan/Sabrina Ayoub-Charette (Canada)**
12:45-13:15	Panel Discussion
13:15-14:30	**Lunch**

14:30-16:30 **Round table: Internal Consensus on Sweeteners**
Chairs: W. Willett, D. Jenkins

Coffee/Refreshments

Social activities

17:30 Exercise time

20:00 Dinner at Elite City Resort

Spaakers and participants

Augustin LSA, National Cancer Institute IRCCS Fondazione G. Pascale Naples (Italy); ICQC Member and Coordinator
Ayoub-Charette S, University of Toronto (Canada)
Balazs B, King's College London, (United Kingdom)
Barclay AW, University of Sydney (Australia); ICQC Member
Brand-Miller J, University of Sydney (Australia); ICQC Member
Bulló M, Rovira i Virgili University and CIBERobn Obesity and Nutrition, Instituto Carlos III, Reus (Spain); ICQC Member
Chiavaroli L, University of Toronto (Canada); ICQC Member
D'Angelo A, University of California, Irvine (USA)
Dall'Asta M, Università Cattolica del Sacro Cuore, Piacenza (Italy)
Della Corte K, Brigham Young University (USA); ICQC Member
Jenkins DJA, University of Toronto and St. Michael's Hospital, Toronto (Canada); ICQC Chair
Kendall CWC, University of Toronto and University of Saskatchewan (Canada); ICQC Member
Kendall K, Calorie Control Council (USA)
Khan T, University of Toronto (Canada)
La Vecchia C, University of Milan La Statale, Milan (Italy); ICQC Member
Liu S, University of California, Irvine (USA); ICQC Member
Livesey G, Independent Nutrition Logic, Wymonddham (United Kingdom); ICQC Member
Peppa E, Academy of Athens, Center for Public Health Research and Education (CEPHRE) (Greece)
Pyrogianni V, International Sweeteners Association (Belgium)
Rapetti V, Barilla G. e R. Fratelli (Italy)
Riccardi G, University of Naples Federico II (Italy); ICQC Member
Roberts S, Calorie Control Council (USA)
San Miguel M, The Sugar Association (USA)
Sievenpiper JL, University of Toronto and St. Michael's Hospital, Toronto (Canada); ICQC Member
Trichopoulou A, Academy of Athens, Center for Public Health Research and Education (CEPHRE) (Greece); ICQC Member
van Ginkel MA, University of Brighton (United Kingdom), ICQC Member
Vourli G, Academy of Athens, Center for Public Health Research and Education (CEPHRE) (Greece)
Willett WC, Harvard T.H. Chan School of Public Health, Boston (USA); ICQC Chair
Xiang X, National Institute for Nutrition and Health (China)
Yang Y, Chinese Nutrition Society (China); ICQC Member
Zemdegs J, Danone Research & Innovation (France)

Information

Scientific Committee:

Livia S.A. Augustin, PhD, National Cancer Institute IRCCS Fondazione G. Pascale Naples (Italy)

David Jenkins, MD, PhD, DSc, University Professor and Canada Research Chair in Nutrition and Metabolism, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto, Director, Risk Factor Modification Centre, St. Michael's Hospital (Toronto, Canada)

Cyril W.C. Kendall, PhD, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto; Clinical Nutrition and Risk Factor Modification Centre, St. Michael's Hospital; Director, Toronto 3D Knowledge Synthesis and Clinical Trials Foundation (Toronto, Canada)

Andrea Poli, MD, President Nutrition Foundation of Italy (Milan, Italy)

John L. Sievenpiper, MD, PhD, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto; Clinical Nutrition and Risk Factor Modification Centre, St. Michael's Hospital; Director, Toronto 3D Knowledge Synthesis and Clinical Trials Foundation (Toronto, Canada)

Walter C. Willett, MD, DrPH, Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health (Boston, USA)

Meeting Coordinators:

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Organizers:

ICQC – International Carbohydrate Quality Consortium: www.carbquality.org

The ICQC is a non-profit, worldwide organization whose mission is to support, summarize and disseminate the science around dietary carbohydrate and health with a focus on quality and to harmonize the work of scientists from academia, industry and governmental bodies. The ICQC activities focus primarily on carbohydrate nutrition and health promotion and include activities to improve food labels, claims and the carbohydrate quality of consumers' food choices.

NFI – Nutrition Foundation of Italy: www.nutrition-foundation.it, Milan, Italy

NFI – Nutrition Foundation of Italy was created in December 1976 with the goal of enabling interaction and collaboration with government bodies, universities and industry to contribute to the development of scientific research, to the exchange of information in the field of nutrition and to the promotion of interdisciplinary researches in this area. NFI has a Scientific Committee of Experts with recognized competence in the different disciplines related to food and beverage. NFI is partner of the European Nutrition Foundations Network.

Toronto 3D Knowledge Synthesis and Clinical Trials Foundation, Toronto, Canada

The Toronto 3D foundation was created in 2014 to support international scientific meetings, knowledge synthesis, clinical trials and provide student scholarships and awards in the area of nutrition and chronic disease.

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