



Rome, 10 February 2011

FAO Austrian room

Seminar on

“Promoting a healthy lifestyle through proper nutrition and exercise”

- -12,00: Introduction
 - C. Dumont, FAO Medical Service
- -12,10: The FAO Medical Service Coronary Heart Disease Prevention Program: how healthy are we?
 - R. Volpe, National Research Council of Italy
- -12,20 Food composition and body composition
 - B. Burlingame, FAO Nutrition Requirements and Assessment Group
- -12,30 How to read/interpret nutrition labels
 - J. Albert, FAO Nutrition Requirements and Assessment Group
- -12,40: Promoting health through exercise
 - C. Dumont and C. Saxbe, FAO Medical Service
- -12,50: Discussion



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