

ICQC meeting 2019 (Cilento, Italy)



Possible topics for ICQC 2019 Day 1: Dietary fiber

1. Updates on dietary fiber studies in T2D, CVD and cancer.
2. **Dietary fiber and the microbiome**
3. Dietary fiber and GI/GL
4. **Dietary fiber types on food labels/food tables: there is a need for food tables and labelling to reflect that fibre is not homogenous (food matrix).**
5. **Dietary fiber claims revisited: beta glucans**
6. Polyphenols, antioxidants and other micronutrients in high fiber carbohydrate foods
7. **Functional high fiber foods** (specialty breads/pizza/vegan burgers/beverages)



Possible topics for ICQC 2019 Day 2: Glycemic index

1. **Diabetes and prediabetes in Asia**
2. **Glycemic Index testing and legislation in Asia**
3. **Updates on GI studies**
4. **GI symbol program in EU: steps forward**