

# Should we focus on sugar, starch or saturated fat?

## WHAT IS THE MAJOR DIETARY SOURCE OF PALMITIC ACID (C16:0) IN THE HUMAN BODY?

The saturated fatty acid C16:0 has been debated for decades regarding its link to coronary heart disease and some tumours. There is much less debate about what we know for certain are the dietary sources of this assumed problematic fatty acid.

NMBU cordially invites **you** to join us in such a discussion – a discussion constrained by the Norwegian eating habits.

**10th of June 10:00 - 15:00**

Vitenparken, NMBU, Ås (<http://vitenparken.no/om-oss/>)

Registration fee **NOK 290,-**

For registration, send e-mail to [lene.ruud.lima@nmbu.no](mailto:lene.ruud.lima@nmbu.no)  
(at the latest 1st of June)

The meeting is sponsored by the NFR network:

*Next generation's food production for a healthy life*

Project leader professor Bjørg Egelandstad, IKBM, NMBU.  
Email: [bjorg.egelandstad@nmbu.no](mailto:bjorg.egelandstad@nmbu.no)



Host

**Norwegian University of Life Sciences (NMBU)**

Faculty of Bio veterinarian Sciences, Departments  
of Chemistry, Biotechnology and Food (IKBM)  
and Animal and Aquacultural Sciences (IHA)

### PROGRAM

#### 10:00 Opening remarks

*Professor Bjørg Egelandstad (IKBM, NMBU)*

#### **The dietary recommendations on fat, protein and carbohydrate intake**

*Director of Department of Preventive Health, Henriette Øien, Norwegian  
Directorate of Health*

#### **De novo lipogenesis in the liver: "old" biochemistry revisited!**

*Professor Birger Svihus (IHA, NMBU)*

#### **Short break**

#### **Established "truths" are hard to challenge**

*Professor Anna Haug (IHA, NMBU), in dialogue with Birger Svihus  
Auditorial questions will be welcomed.*

#### 11:45 Lunch

#### 12:45 **Palmitic acid - Epidemiologist's views on its sources and effects**

*Dr Imamura, University of Cambridge School of Clinical Medicine*

#### **Obesity and non-alcoholic fatty liver: risk factors and potential dietary treatment options**

*Professor and Director of The Centre of Obesity in Trondheim, Bård Kulseng*

#### **Panel Discussion**

#### 15:00 Closing remarks