

IN-PERSON CE EVENT

Brought to you by the SNDA Metabolic Syndrome Interest Group



SINGAPORE NUTRITION AND
DIETETICS ASSOCIATION

CHRONO-NUTRITION

An Emerging Area of Research



5 NOV '22 (3.30 TO 5.45 PM)



LIFELONG LEARNING INSTITUTE
11 EUNOS RD 8, SINGAPORE 408601



PROGRAMME

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| 3.00 - 3.30 PM | REGISTRATION AND REFRESHMENT |
| 3.30 - 4.15 PM | NOCTURNAL EATING & HEALTH OUTCOMES IN PREGNANT WOMEN DR. LOY SEE LING, KKH, DUKE-NUS |
| 4.15 - 5.00 PM | IS THERE A UTILITY OF CHRONO-SPECIFIC DIETS TO IMPROVE CARDIOMETABOLIC HEALTH? DR. SUMANTO HALDAR, SIFBI, A*STAR |
| 5.00 - 5.30 PM | CHRONO-NUTRITION INFLUENCE ON APPETITE AND BODY WEIGHT PROFESSOR ALEXANDRA JOHNSTONE, UNIVERSITY OF ABERDEEN |
| 5.30 - 5.45 PM | Q&A |

PLEASE REGISTER VIA "EVENTS" ON SNDA WEBSITE



LATEST BY 1 NOVEMBER 2022



NON-MEMBERS
\$20.00

CHRONO NUTRITION

SPEAKERS' BIO



DR. LOY SEE LING

Dr. Loy See Ling is a principal investigator from the Department of Reproductive Medicine in KKH, and an Assistant Professor with Duke-NUS Medical School. She attained her PhD in Nutrition in year 2014, specialising in life course epidemiology and chrononutrition. She is currently involved actively in planning and initiating a new model-of-care to improve mother-child health in a life-course manner.

Talk synopsis: It is well documented that chronodisruption in pregnant women resulting from routine night shifts contributes to adverse obstetrics and birth outcomes. However, most pregnant women including those who do not engage in night shifts, practise inappropriate meal timing such as late-night eating, irregular eating or prolonged eating window that can also induce disturbance to the circadian system, with potential adverse pregnancy complications. We will discuss the time profile of food intake in pregnant women, specifically nocturnal eating and related health implications.



DR. SUMANTO HALDAR

Dr. Sumanto Halдар is a Principal Investigator at the Singapore Institute of Food and Biotechnology Innovations (SIFBI), A*STAR. He has a primary research interest on how foods and food components effect cardiometabolic disease risk, in particular type 2 diabetes and CVDs. Through his recent work, he has been contributing to the understanding of how timing of consumption of foods and food components affects cardiometabolic health. He has over 15 years of experience working both in UK and in Singapore, undertaking and managing over 25 clinical trials in nutrition, which included extensive collaboration with the food industry. He has published numerous papers and presented at several conferences and is an alumni of the European Nutrition Leadership Programme (ENLP), founding joint-secretary of the ASEAN Nutrition and Food Science Network (ANFSN) and members of several learned bodies of nutrition globally.

Talk synopsis: Eating during later part of the day (i.e., at evening or at night) is generally associated with misalignment of our body clock and their associated functions, which in turn can increase the risk of cardiometabolic diseases, such as type 2 diabetes, heart disease etc. Due to our modern-day lifestyles, whilst it may not be practical to avoid eating late altogether, this talk will highlight some of the diet-based approaches that can be embraced to reduce such risks. These include (1) the manipulation of the quality and quantity of certain foods and nutrients that may be consumed at specific times during the day, as well as (2) the incorporation of certain dietary components in these foods as 'chronobiotics', with the ability to directly improve body clock related functions and thereby improve cardiometabolic health.



PROFESSOR ALEXANDRA JOHNSTONE

Professor Alexandra Johnstone is a nutrition scientist at the Rowett Institute, part of the University of Aberdeen, School of Medicine, Medical Sciences and Nutrition. She leads the Obesity, Nutrition and Disease Theme at the Rowett and is active in the field of obesity and appetite control. Her latest £1,6M grant is addressing Food inequalities and obesity, with emphasis on the retail food sector. She is passionate about sharing research to promote health and well-being. She will discuss her recent publication in CELL METABOLISM on chrono-nutrition.

Talk synopsis: Is it true that when we eat is as important as what we eat to influence appetite and body weight? There are lots of interesting discussions if a calorie is a calorie at different times of the day, and this session will discuss the most recent evidence in this area.