

# WORKSHOP

## SATURATED FATS, HEALTH, AND NUTRITION.

SEPT  
**26**  
2022

8:30 A.M. - 12:30 P.M.  
U. LIBRE - BARRANQUILLA  
DOWNTOWN AUDITORIUM

SPOTS  
**100**

REGISTRATION REQUIRED  
**FREE**

### OBJECTIVES

- ▶ To raise awareness of the importance of fats and oils in human consumption for the proper functioning of the organism in the different stages of life.
- ▶ To show health professionals the latest scientific evidence related to saturated fats and their effect on health.

### SUBJECTS

Palmitic acid and palm  
oil biocomponents.

Fats in the different stages of life, saturated fat,  
and cardiovascular disease.

### SUMMARY

The objective of this scientific event is to raise awareness of the importance of fats and oils at a nutritional and functional level.

Showing the recent scientific evidence related to saturated fats and highlighting the benefits and nutritional attributes of palm oil as a 100% Colombian product, natural, versatile, source of vitamin A, vitamin E, and free of trans fats.

Being a balanced oil in its composition of fatty acids and source of antioxidants makes it the first choice in fried foods. Additionally, it is used in different food compositions as a source of tocotrienols and carotenes, improving the health of people who consume it on a regular basis.

### AGENDA

- **8:30 A.M. - 9:00 A.M.**  
Registration and check-in.
- **9:00 A.M. - 9:10 A.M.**  
Welcoming Speech Jesus A. Garcia- Processing and VA Coordinator.
- **9:10 A.M. - 9:40 A.M.**  
Yadyra Cortés - Yadira Cortés - Fats in the different stages of life.
- **9:40 A.M. - 10:10 A.M.**  
Nora Álvarez - Palmitic Acid and Breast Milk Substitutes.
- **10:10 A.M. - 10:30 A.M.**  
Active break by sports medical center.
- **10:30 A.M. a 11:00 A.M.**  
Refreshments (preparation with palm oil).
- **11:00 A.M. a 11:30 A.M.**  
David Diamond- Saturated Fats and Cardiovascular Health.
- **11:30 A.M. a 12:00 P.M.**  
Kanga Rani Selvaduray - Tocotrienols and carotenes and their health effects.
- **12:00 A.M. a 12:30 A.M.**  
Q&A End of Session.

**REGISTER HERE**

