



European 5 a day Symposium
Fruits and Vegetables in Nutrition:
What do Science, Politics and Economy Contribute?
September 23, 2021

- 9:00 am Welcome address Celine Keidel (European Commission/ Directorate-General for Agriculture and Rural Development)
Welcome address (BMEL) (requested)
Introduction by Moderator Kaasten Reh,
Dr. Michael Blass (AMA), Dr. Andrea Lambeck (5 am Tag/ VDOE)
- 9:15 **Keynote: "Vegourmets - The culinary future is plant-based"**
Dr. Hanni Rützler, Futurefoodstudio
- 10:00 break
- 10:30 **Health effects of vegetables and fruits consumption**
Dr. Kiran Virmani (DGE)
Prof. Dr. Jürgen König (Universität Wien)
- 11:30 break
- 12:00 **Eating Behaviour**
Prof. Ulrike Arens-Azevedo (HAW Hamburg): „Boosting healthy food choices by nudging in canteens, schools, nursing homes”
- 12:45 lunch break
Invitation to join a short work-out session with world champion Christina Obergföll (BARMER)
- 1:45 pm **New approaches to improve vegetables and fruits consumption**
Dr. Andrea Lambeck (5 am Tag/ VDOE)
Philippe Binard (Freshfel Europe)
Manuel Moñino (5 a day Spain, AIAM5): *International Year of Fruits and Vegetables 2021: Highlighting health and nutritional benefits through consumption of fruits and vegetables”*
- 2:35 pm break
- 3:00 pm **Panel discussion**
Dr. Lorenz Franken (BMEL)
Celine Keidel (European Commission/ Directorate-General for Agriculture and Rural Development)
Priv. Doz. Karin Schindler (BMSGPK Vienna)
- 3:45 pm closing of the symposium

