

**08:15- 08:30 Welcome Introduction by Prof. Laura Piazza** (University of Milan, Department of Environmental Science and Policy - CRC GAIA2050)

**08:30 -10:00 SESSION 1 - EAT lancet: the role of whole grains in sustainable diets**

**Chair:** Marjukka Kolehmainen - University of Eastern Finland/FI

	<i>Presenter</i>	<i>Topic</i>
08:30	Marjukka Kolehmainen University of Eastern Finland, FI	<b>EAT Lancet Report – summary presentation</b>
08:50	Alexandra Meynier Mondelēz, FR	<b>Literature review on the barriers and levers to increase WG consumption</b>
09:10	Stefano Renzetti Wageningen Food & Biobased Research, NL	<b>Understanding the impact of food reformulation strategies on blood glucose and short-term well-being</b>
09:30	Valeria Deon Barilla, IT	<b>Barilla “Good for You, Good for the Planet” Mission: the nutrition journey</b>
09:45	Plenary Discussion, All HGF members	<b>How can the proposed target for WG intake in the EAT-Lancet recommendations ever be met?</b>

**10:00-10:30 Coffee Break\***

**10:30-12:30 SESSION 2 - Technology and Sustainable Grain Food Production**

**Chair:** Giancarlo Riboldi – Barilla/IT

	<i>Presenter</i>	<i>Topic</i>
10:30	Marco Silvestri Barilla, IT	<b>“Carta del Mulino”: a set of 10 rules for sustainable farming of soft wheat</b>
10:50	Silvia Folloni Open Fields, IT	<b>Evolutionary populations for climate-resilient agricultural systems</b>
11:10	Marco Spaggiari University of Parma, IT	<b>Cereal co-products exploitation for food ingredients</b>
11:30	Cesare Ronchi Barilla, IT	<b>Barilla Sustainable Farming to promote more efficient cropping systems for durum wheat to reduce environmental impacts and to improve the quality</b>
11:50	Luca Colombo, FIRAB, IT	<b>Agroecology: a transformative agenda</b>
12:10	Plenary Discussion, All HGF members	<b>Technology and Sustainability in respect to HGF</b>

**12:30-13:30 Lunch Break\***

**13:30-14:30 HGF General Assembly** incl. discussion on input for common projects at the EU 2030 Programme  
**Chair:** Nesli Sözer

**14:30-16:00 SESSION 3 - Grain Components & Whole Grain Food Definition**

**Chair:** Nesli Sözer – VTT/FI

	<i>Presenter</i>	<i>Topic</i>
14:30	Nesli Sözer VTT, FI	<b>Ultra-processed cereals: beauty and the monster</b>
14:50	Stefania Iametti University of Milan, IT	<b>Natural ways of improving the nutritional value of whole grains</b>
15:10	Jan Willem van der Kamp TNO, NL	<b>Global Definitions of Whole Grain – progress and key questions</b>
15:30	Sehrish Naveed University of Eastern Finland, FI	<b>Dietary fiber and cognition in children - Association of dietary carbohydrates and fatty acids and cognition in school-aged children</b>
15:45	Plenary Discussion, All HGF members	<b>Discussion on the whole grain food definition</b>

\*Catering services are offered by HGF