



Livia Augustin, PhD

Dr. Augustin is a nutrition researcher at the Clinical Nutrition and Risk Factor Modification Centre at St. Michael's Hospital in Toronto (Canada). Her major interest is the investigation of dietary carbohydrate quality on chronic diseases. Dr. Augustin hypothesized that the glycemic index may be relevant in carcinogenesis; she started and led the investigations of the glycemic index in cancer risk. Dr. Augustin conceived and co-organized the International Scientific Consensus Summit on the Glycemic Index, Glycemic Load and Glycemic Response (Stresa, 2013). She has been an invited speaker at international scientific meetings and she is a Visiting Professor at the University of Catania (Italy). Dr. Augustin has many scientific publications in peer-reviewed journals and textbook chapters on carbohydrate metabolism. She is a member and coordinator of the ICQC, member of the ASN, CNS and the EFSA expert database. Dr. Augustin

serves as review editor and as reviewer for international scientific journals.

International Carbohydrate Quality Consortium (ICQC) update

The International Carbohydrate Quality Consortium (ICQC) is a non-profit, worldwide organization created in 2013 in response to scientific, governmental and public needs for more clarity on the science around dietary carbohydrates quality and health. Scientific world experts joined the two-day meeting in 2013 with the goal of summarizing the evidence on the possible impact of the glycemic index, on chronic disease and release a consensus statement. Our founders envisioned the organization to move the science forward by investigating the gaps and possible solutions, creating new collaborations, encouraging scientific dialogue and harmonizing the carbohydrate discussions within and between academia, industry and governmental bodies. In order to do this we planned to meet every two years. This presentation is a summary of the main points discussed at the ICQC meeting of June 9th 2015 in Toronto.

Learning objectives:

1. What is the ICQC and what is its role?
2. Where are we at with carbohydrate research, labeling and guidelines?
3. Industry perspective