Join us at this half-day seminar where new findings on Salt, Sugar and Sleep will be presented. Speakers will provide an update on the consumption, assessment and effects of dietary salt and sugar intake, as well as, the effects of sleep deprivation, for the identification of deficiencies and/or excess in different population groups as guidance in the promotion and maintenance of health and formulation of agenda for research and development.

**PROGRAM TOPICS**

- **Sodium and Sugar Intake of Filipinos**  
  Imelda A. Agdeppa, PhD, Food and Nutrition Research Institute (FNRI)

- **Sodium and Sugar Food Intake Measurement: Is there a “gold” standard?**  
  Sofia V. Amarra, PhD, University of the Philippines Diliman

- **Health Consequences of Excessive Salt and Sugar Intake**  
  Nemencio A. Nicodemus, Jr., MD, University of the Philippines- College of Medicine

- **Regulatory Development on Salt and Sugar: Past, Present and Future**  
  Dennis Jose R. Barot, LL.B., Philippine Chamber of Food Manufacturers

- **Meeting the Challenges of Salt and Sugar Reduction: Industry Perspective**  
  - Salt Reduction: Unilever Learnings and Examples  
    Meyrick T. Principe, RND, MSc, Unilever Philippines
  - Salt Reduction through Umami  
    Deborah A. Sales, RND, Ajinomoto Philippines Corporation
  - Expansion of Portfolio: Introducing Low and No Calorie Options  
    Sharon Garcia-Tanganco, Ms, Coca-Cola Philippines

- **Effects of Sleep Deprivation on Health**  
  Virginia S. Delos Reyes, MD, Lung Center of the Philippines

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### Registration Category

<table>
<thead>
<tr>
<th>Registration Category</th>
<th>Early Registration Rate</th>
<th>On-site Registration Rate</th>
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<tr>
<td>Government/ Academia</td>
<td>P 1,500.00</td>
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<tr>
<td>Industry (ILSI Member)/ Private Participants</td>
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**Note:**

- *Registration is only confirmed upon receipt of registration fees.*
- *Please pay on or before March 16, 2020 to avail the Early Registration rates.*
- *The seminar fee is non-refundable. Substitute Participant may be accepted*  
  *Seminar Fee includes heavy snacks, beverages and seminar materials.*

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**Who should attend:**

Nutrition and Health Professionals from Government agencies, Research Organizations, Academia, Food Industries and other relevant organizations

**REGISTER HERE:**  
http://tiny.cc/SaltSugarSleep2020

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**For more information, please contact**

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09750911343