

## Nordic Forum

### *Less fat, less salt – Produce wisely*

**31 October, 2008 10.30-15.15**

**Venue:** Estonian Fairs Centre, address: Pirita tee 28, Tallinn, Estonia

**Moderator:**

**Sirje Potisepp**, Director, Association of Estonian Food Industry

#### PROGRAMME

- |                      |  |
|----------------------|--|
| 10:30 -11:00         | Registration   |
| <b>11:00 -11:05</b>  | <b>Opening speech:</b><br><b>Carita Pettersson</b> , Head of the Nordic Council of Ministers' Office in Estonia  |
| <b>11:05 -11:15</b>  | <b>Raivo Vokk</b> , Ph.D, Tallinn University of Technology, Estonia<br><i>The influence of salt on human bodies</i><br>(presented by Tiiu Liebert)                     |
| <b>11:15 – 11:30</b> | <b>Tiiu Liebert</b> , Associate Professor, Tallinn University of Technology<br><i>The influence of fat on human bodies</i>   |
| <b>11:30 – 11:45</b> | <b>Olga Volkova</b> , MSc, the Health Protection Inspectorate, Estonia<br><i>Overview of WHO Salt Action</i>   |
| <b>11:45 – 12:25</b> | <b>Eero Puolanne</b> , Ph.D (Meat Technology), University of Helsinki<br><i>Challenges to the food industry in reducing salt and fat in ready-to-eat food products</i> |
| <b>12:25 - 13:30</b> | <b>Lunch</b><br><i>Degustation of Estonian ready-to-eat food products</i>  |
| <b>13:30 - 14:00</b> | <b>Pirjo Pietinen</b> , D.Sc, National Public Health Institute of Finland  |

*Nutrition in Finland: Experiences in changing the diet of the population*

- 14:00 - 14:20**      **Soile Käkönen**, HK Ruokatalo Oy, Finland  
*Experiences in reducing fat and salt in convenience food*
- 14:20 - 14:35**      **Ave Arulepp**, Product Developer, Meleco, Estonia  
*Good practice examples in the Estonian food industry*
- 14:35 – 14:50**      **Margot Makstin**, Masters Student, Department of Food Processing,  
Tallinn Technical University  
*Analysis of ready-to-eat food products on the Estonian market*
- 14:50 – 15:15**      Discussion, closing

**The official languages of the Forum are English and Estonian**