

You are kindly invited to attend
the **BREAKFAST Symposium**

**IS SNACKTIME AN OPPORTUNITY TO
PROMOTE HEALTHIER EATING AND
DRINKING HABITS IN CHILDREN?**



Friday, March 3, 2017 • 8:00 -10:00 AM

Hall Effectenbeurszaal

Chaired by **Max Lafontan** (INSERM, France).

Co-Chaired by **Luis Moreno** (University of Zaragoza, Spain).

An overview of eating and drinking habits of children at snack time.

Luis Moreno (Public Health, University of Zaragoza, Spain).

Fluid and water intake at snack time: Importance for hydration in children.

Jeanne Boffin (Hydration physiology, Danone Nutricia Research, France).

Parental strategies to encourage healthy food consumption at snacktime.

Helen Coulthard (Developmental psychology, De Montfort University, UK).



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