

2023 ANNUAL REPORT



EVERYTHING FOR A BETTER LIFE

The Kahramanmaraș-centred earthquake disaster that occurred on February 6, 2023, shook us all deeply.

Tens of thousands of our citizens lost their lives and hundreds of thousands were injured.

Our wounds are still very fresh; our pain is still endless...

After the earthquake, which was the biggest natural disaster in the history of our Republic, we started working together to heal our wounds from the first day, and we still continue.

May God have mercy on those who lost their lives in the earthquake, and we express our condolences to their relatives.



About Us

"Established in 2009 as a not-for-profit science-based organization, our vision is to make a significant contribution towards improving public health in Türkiye and beyond"

Our foundation was established to honour the memory of Sabri Ülker, a veteran of the Turkish Food industry and well-known philanthropist in Türkiye and beyond. We operate under 3 key pillars, namely:

- Education promoting a healthy, balanced diet and an appropriate level of physical activity
- Research supporting and encouraging scientific research and other initiatives in the field of food and nutrition, and
- Communications presenting the public with relevant information derived from a variety of reliable sources.

The programme of our Foundation is managed by a Science Committee comprising an international group of scientists who are experts in a range of disciplines relevant to our objectives. A permanent team based in Istanbul is responsible for implementing the programme of the Foundation together with the Science Committee. An important element of our modus operandi is collaboration with internationally recognised centres of excellence including The British Nutrition Foundation (**BNF**), The European Food Information Council (**EUFIC**), The Nutrition Society of Great Britain and Ireland (**The NS**), the International Life Sciences Institute, and The Federation of European Nutrition Societies (**FENS**) among others.

We also partner with many Universities in Türkiye and elsewhere and with research programmes of the European Union (EU) on a wide range of projects.

In addition to this we work closely with and have responsibility for the communication activities of the Hotamışlıgil Lab, Sabri Ülker Center, Harvard TH Chan School of Public Health. This research group is focused on nutrient, genetic and metabolic research with a view to establishing new therapeutic solutions to today's greatest threats to global human health. https://gsh.sph.harvard.edu/.

OUR VISION

The Sabri Ülker Foundation is a not for profit science-based organization making a significant contribution towards improving public health in Türkiye and beyond.

OUR MISSION

We operate under 3 key pillars, namely: Education – promoting a healthy, balanced diet

- and an appropriate level of physical activity
- Research supporting and encouraging scientific research and other initiatives in the field of food and nutrition, and
- Communications presenting the public with relevant information derived from a variety of reliable sources.

OUR WAY OF WORKING

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Examples include:

- The British Nutrition Foundation (BNF)
- The European Food Information Council (EUFIC)
- The Nutrition Society of Great Britain and Ireland (The NS), and
- The International Life Sciences Institute, and
- The Federation of European Nutrition Societies (FENS)
 Among others

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Our Foundation follows closely the activities of reference organizations such as the European Food Safety Authority (EFSA), the American Food and Drug Administration (FDA), the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) among others.

A key goal of our foundation is to empower the public to better consider the role of nutrition and physical activity in achieving and maintaining better health. We accomplish this by way of direct contact with the public via education initiatives including our award-winning Balanced Nutrition Education Project and our Website https://en.sabriulkerfoundation.org. We also interact with media and healthcare professionals, hosting workshops and conferences and providing the tools for them to communicate sound science in a useful format.

We are proud of our achievements thus far and look forward to a healthier future.

Table of Contents

About Us, 02 From Our Chairman, 06 Our Science Committee, 10

Projects and Events, 13

Balanced Nutrition Education Project, 14 Sabri Ülker Science Award, 16 For Accurate Science Platform, 20 Geçmiş Olsun TV, 22

National and International Congresses and Events, 25

International Conference on Nutrition and Public Health, 26 14th European Conference on Nutrition, 28 3rd International Conference on Nutrition, Health Literacy and Education, 30 17th Conference on Public Health and Primary Health Care, 33 Sabri Ülker Metabolic Research Center, 35

Metabolism and Life Symposium, 38

National and International Collaboration

European Union Projects, 44

Improvement of Food Systems and Value Chain Activity, 44 Fruit Attraction Fair, 46 EIT Food - Food Educators, 47 Career Days, 48 agroBRIDGES Final Conference, 50

Sabri Ülker Foundation in Communication, 55

Sabri Ülker Foundation Publications, 56 Türkiye Children's Book Reading Habits Research, 64 Sabri Ülker Foundation Healthy Living Centre, 68 2023 Media Communication, 72 2023 Digital Media Communication, 76



From Our Chairman...



Dr. Talat İçöz Chairman of the Sabri Ülker Foundation Before sharing with you the activities of the Sabri Ülker Foundation over the past year, I would like once again to express my condolences to all those affected by the earthquake disaster of February 6, 2023.

Since its establishment in 2009, the Sabri Ülker Foundation has aspired to encourage the adoption of optimal nutrition and physical activity habits in all sectors of society for a healthy future. To this end we work under the 3 pillars listed in the "About Us" section above.

During the last year, we hosted and participated in many events both nationally and

"We aspire to being a 'go-to' resource for those seeking input on health and nutrition,

in pursuit of a healthier future."

internationally, collaborating with many prestigious groups from around the world. We are proud of the contribution these have made to the science and communication of key topics in the field of nutrition and health. A good example was the Metabolism and Life Sumposium, which we have organised every two years in conjunction with the Sabri Ülker Center. Under the leadership of Prof. Dr. Gökhan Hotamışlıgil the Center conducts ground-breaking research into nutrients, genetics, and metabolism. The symposium highlighted the latest work of the Center and hosted a group of leading scientists from around the world who also shared their latest findings with a multidisciplinary audience.

The Sabri Ülker Science Award,

has been encouraging and supporting young scientists since 2016. This year's winner was

Assoc. Prof. Dr. Elvan Böke. I

would like to congratulate once again Ms Böke, who is the Group Leader of the Centre for Genomic Regulation (CRG) in Spain and researches on cell ageing and reproductive problems in women.

We successfully completed the **agroBRIDGES** project which has run for three years. This has been conducted under the auspices of the European Union Horizon 2020 Research and Innovation Framework Programme, of which we have been a Turkish partner. The closing conference was held in Istanbul.

Our Foundation has participated in the **"EIT Food - Food Educators"** project of the European Institute of Innovation and Technology (EIT). The objective has been to raise awareness about healthy and sustainable food among children and young people.

We are delighted to report the success of Sabri Ülker Foundation Publications in 2023. The publishing group, which was launched with the slogan **"For Everyone to Read"**, has won four awards during the year.

In addition to external activities. we have also worked with our own colleagues to enhance their knowledge of healthy eating and lifestyle. Under the auspices of the Sabri Ülker Foundation Healthy Living Centre, we have provided consultations to approximately 1,500 employees over the last 3 years. We have provided healthy life coaching and encouraged the achievement of an ideal weight. Participants have been entitled to receive the **"Nutrition-Friendly and Physical Activity Supporting Workplace** Certificate".

Back in 2022 we were very happy that more than four thousand delegates from 62 countries attended the conference entitled "Nutrition for Healthcare **Professionals: Achieving health** through diet". The event was organized by the Sabri Ülker Foundation as a hybrid in-person and online event in collaboration with The Nutrition Societu of the United Kingdom and Ireland. We are delighted to report that the proceedings have now been published in the prestigious British Journal of Nutrition (accessible via the following link: https://doi.org/10.1017/S00071145 23000260)

This year, in pursuit of our goal of extending our activities beyond Türkiye, we organized the "Tbilisi International Conference on Nutrition and Public Health" in collaboration with the Georgian Nutrition Society in Tbilisi, Georgia. The primary purpose was to review the status of nutrition and health in Georgia and to inspire improvements by sharing examples of best practices from elsewhere.

Around the world, new approaches in the science of nutrition are emerging and we receive new information every day. It is essential for us to harness the best of these innovations in order to create behaviour change in all areas of society, not only for future generations to be healthier, but for all of us to live healthier lives today.

On behalf of the Sabri Ülker Foundation, I would like to thank all the institutes and organisations that have supported us in our efforts towards achieving this goal.

Best Regards Dr. Talat İçöz "For Everyone to Read," Sabri Ülker Foundation Publications has reached over **10 million** people and won **4 awards** this year.

Our Science Committee Members

Honorary Members



Dr. Talat İçöz Chairman of the Sabri Ülker Foundation



Prof. Diána Bánáti Vice Dean of the Faculty of Engineering, University of Szeged



Prof. F. Nur Baran Aksakal Gazi University Faculty of Medicine, Department of Public Health, President of the Division of Environmental Health, WHO European Region European Immunization Technical Expert Group (European Technical Advisory Group of Experts on

Immunization-ETAGE) Member



Prof. Gökhan Hotamışlıgil J.S. Simmons Professor of Genetics and Metabolism and Nutrition, Harvard University, President of the Sabri Ülker Center



Dr. Julian D. Stowell Member of the Science Committee of the Sabri Ülker Foundation



Dr. Laura Fernández Celemín Director General of the European Food

Information Council (EUFIC)



emín Prof. Serhat Ünal

Vice-Rector of Hacettepe University Faculty of Medicine, Head of Department of Infectious Diseases and Clinical Microbiology and Director of Vaccine Institute



Dr. Zeki Ziya Sözen Member of the Science Committee of the Sabri Ülker Foundation



Prof. Beraat Özçelik Honorary Member of Sabri Ülker Foundation



Prof. Hans K. Biesalski Honorary Member of Sabri Ülker Foundation



Prof. Dr. M. Temel Yılmaz Honorary Member of Sabri Ülker Foundation



Projects and Events

Balanced Nutrition Education Project





This project was initiated 12 years ago with the aim of providing detailed education on nutrition, physical activity, and health to schoolchildren. Good practices are best learnt early in life when there is a good chance that they would be sustained.

During this time, the Balanced Nutrition Education Project has reached some 7 million students, parents and teachers.

The project is continuing, expanding and developing based on feedback.



Currently the programme is being implemented in the following 22 cities throughout Türkiye:

Adana, Adıyaman, Ankara, Antalya, Aydın, Batman, Bursa, Diyarbakır, Elazığ, Erzurum, Eskişehir, Gaziantep, İstanbul, İzmir, Kahramanmaraş, Kayseri, Malatya, Mardin, Niğde, Rize, Sinop, Trabzon

The Sabri Ülker Science Award





Assoc. Prof. Dr. Elvan Böke

SABRİ ÜLKER SCIENCE AWARD

SABRİ ÜLKER SCIENCE AWARD

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As our Chairman has outlined, the Sabri Ülker Science Award is designed to encourage young scientists in their research relevant to genetics, metabolism, nutrition and health.

The eighth award was presented this year to Assoc. Prof. Dr. Elvan Böke, Group Leader of the Centre for Genomic Regulation (CRG) in Spain. The focus of Dr Böke's research is cell ageing and reproductive problems in women with reference to metabolic disorders in egg cells.

It has been discovered that the organelles of egg cells mediate their resistance to damage by toxic proteins. Assoc Prof. Dr. Elvan Böke and her team aim to further elucidate the biochemistry of-egg cells in the hope of addressing **fertility problems** especially in women over the age of 40.





Prof. Dr. Elvan Böke was presented with her award at an award ceremony at Kadir Has University. The award was presented by Ali Ülker, Chairman of the Board of Directors, Yildiz Holding, Prof. Dr. Gökhan Hotamışlıgil, President of the Harvard University Sabri Ülker Center, Prof. Dr. Sondan Durukanoğlu Feyiz, Rector of Kadir Has University and Prof. Dr. Randy Schekman, Nobel Prize winner.

ÜLÜ KAZANANI E AN BÖ

"For Accurate Science" Platform

A key aim of the Sabri Ülker Foundation is to prevent incorrect information relating to health being disseminated, especially via social media, and we continue to implement projects with this focus.

Our Foundation launched the "For Accurate Science" platform in back in 2011. This was Türkiye's first digital platform focused on health and nutrition. The aim is to communicate accurate, science-based, understandable, and accessible information on health and nutrition to a wide cross-section of society.

Our Science Committee reviews media insertions with reference to the most up-to-date science and publishes its opinions on the "For Accurate Science" website. Experts addressing different topics and complex questions in the area of health and nutrition present their perspectives on YouTube.

In this way, the public is better informed about health and nutrition issues and can access accurate information. In addition, the articles on the "For Accurate Science" platform are also published in book format in order to reach a wider audience.



Geçmiş Olsun TV

Geçmiş Olsun TV (translated in English as "Get well soon") started broadcasting on YouTube on March 14th, 2023, with contributions from our Foundation. The channel features health content from experts and physicians.

Geçmiş Olsun TV conveys to its viewers, in a simple and understandable language, insights on a wide range of topics from skin diseases to common misconceptions about nutrition, from tumour types and treatments to gynaecological diseases, from wrong diets and proper nutrition to cardiology, gastroenterology and urology.

At the end of each episode, key points distilled from accurate and reliable information sources provided by experts, are presented to the audience in the "PRESCRIPTION" section. Geçmiş Olsun TV had registered 346.972 views at the time of writing this report. The highest viewer numbers have been recorded for the following episodes:

- "How Should We Play with Children", which provides ideas for constructive play with children.
- "Why Stomach Pain Happens" an explanation of possible causes
- "What to Pay Attention to After Colonoscopy", and,
- "Ways to eliminate acne.



346.972 views

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National and International Congresses and Events

International Conference on Nutrition and Public Health

3-4 October, Tbilisi, Georgia

Changes in eating habits in Georgia over the last two decades have created additional health challenges as elsewhere. Against this backdrop the Georgian Nutrition Society encourages an integrated approach to achieving and maintaining good health via optimum nutrition and physical activity.





The Sabri Ülker Foundation partnered with the Georgian Nutrition Society and The Nutrition Society of the United Kingdom and Ireland to host a conference and workshops in Tbilisi, Georgia with the following aims and objectives:

- To review the role of diet and nutrition in health and non-communicable diseases.
- Raising awareness of the role and importance of nutrition in the health and welfare of society,
- Emphasizing the need for relevant, up-to-date, science-based education accessible to all stakeholders,
- To become familiar with the status quo in Georgia and elsewhere,
- To learn about inspiring initiatives that have made a positive difference, and
- Above all to identify opportunities for improving the situation in Georgia and beyond

Conference speakers included Prof. Dr. Nur Baran Aksakal from Gazi University Faculty of Medicine, Department of Public Health; Dr. Julian Stowell, a member of our Science Committee; Prof. Diána Bánáti from Szeged University in Hungary; Dr. Manana Stanley, Eka Bobokhidze and Rusudan Gvamichava of the Georgian Nutrition Society; Prof. John Mathers and Dr Oliver Shannon of the Human Nutrition & Exercise Research Centre, Population Health Sciences Institute, Newcastle University, UK; Dr Avril Aslett-Bentley, Freelance Consultant Dietitian/Nutritionist, West Yorkshire, UK; Dr Caroline Saunders, pladis Global, London, UK and Begüm Mutus of the Sabri Ülker Foundation.

The event attracted a multidisciplinary capacity audience in the conference room combined with online participation. The workshops on the second day facilitated lively discussions and the clear take-home message was that a wide cross-section of stakeholders in Georgia are motivated to see improvements in the health and nutrition status of their population. The positive international input was much appreciated. It is intended to publish the proceedings as a reference point.

14th European Conference on Nutrition (FENS2023)

14-17 October, Belgrade



The 14th European Nutrition Conference of the Federation of European Nutrition Societies (FENS) was hosted this year by the Serbian Nutrition Society in Belgrade. This event is held at different European locations every four years.

The conference focused on balanced, sustainable, and adequate nutrition for all, bringing science and practice closer together, focusing on development goals and major health issues related to nutrition. Expert academics from the UK, the USA, the Netherlands, Germany and Greece shared their perspectives. The conference included keynote speeches, symposia, training workshops, interactive sessions, poster presentations, and meet-and-greet sessions with food sectors of interest, as well as an exhibition for stakeholders from the food sector.

At the conference, the Sabri Ülker Foundation had the opportunity to organize a joint symposium in cooperation with EUFIC. **Prof. Dr. Ali Atıf Bir** represented the Foundation with an oral presentation entitled '**The Role of Communications in Enhancing Nutrition Literacy in Türkiye'.**

Our Foundation also presented a poster, endorsed by EIT's Scientific Committee, entitled **"Preliminary findings regarding nutrition information needs among Family Physicians in Türkiye: A Pilot** **Study".** This attracted considerable interest.

Özlem Üliç Çatar, Secretary General of the Sabri Ülker Foundation, highlighted in her presentation the work our Foundation has done in collaboration with Prof Nur Baran Aksakal and colleagues focused on nutrition education for medical practitioners.

A successful programme with family physicians under the auspices of the Federation of Family Physicians Associations (AHEF) will be followed by a training programme for internal medicine physicians. Together these programmes will bring us a step closer to our goal of informing society about the role of optimal nutrition in health."



3rd International Conference on Nutrition, Health Literacy and Education

8 December, Ankara

The 3rd International Conference on Nutrition, Health Literacy and Education was held in Ankara on December 8. This is an activity of our Foundation that emphasizes the importance of a scientific basis for communications on food, nutrition and health.



Prof. Dr. Hünkar Korkmaz from the Department of Educational Sciences at Hacettepe University and Assoc. Prof. Dr. Mustafa Öztürk from the Department of Educational Sciences at Boğaziçi University participated in the conference together with contributions of experts from the USA, Canada, the Netherlands and Scotland as well as Türkiye.

The key theme of the event was "Sustainable Approaches in Education, Health and Nutrition". Participants included

experts in nutrition, health, and education, as well as students, teachers and parents.

During the conference, topics that were discussed in detail included the vision of education for a sustainable future, school nutrition programmes, technology trends, health literacy goals, children's mental health, the role of dietitians in the context of sustainable nutrition, and climate education.



Prof. Hünkar Korkmaz

Department of Educational Sciences, Hacettepe University, Türkiye

Assoc. Prof. Mustafa Öztürk

Department of Educational Sciences, Boğaziçi University, Türkiye

Prof. Zehra Büyüktuncer Demirel

Department of Nutrition and Dietetics, Hacettepe University, Türkiye

Dr. Ece Varlık Özsoy

Department of Psychology, Akdeniz University, Türkiye

Dr. İbrahim Hüseyin Cansever

Süleyman Demirel University, Türkiye

Prof. Pınar Sökülmez Kaya

Department of Nutrition and Dietetics, Samsun Ondokuz Mayıs University, Türkiye

Prof. Betül Czerkawski

College of Applied Science and Technology, University of Arizona, USA

Dr. Qudsia Kalsoom

Department of Educational Research, University of Dundee, Scotland

Dr. Ellen Field

Faculty of Education, Lakehead University, Canada

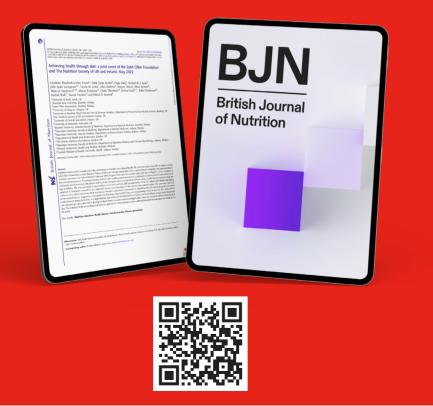
Prof. Felisa Tibbitts

Human Rights Education and UNESCO Department of Human Rights and Higher Education, Utrecht University, Netherlands



Nutrition for Healthcare Professionals: Achieving Health Through Diet May 2022, Istanbul

As our Chairman noted in his introduction, we are delighted to report that the proceedings of last May's conference "Nutrition for Healthcare Professionals: Achieving health through diet" have now been published in the prestigious **British Journal of Nutrition** (accessible via the following link: <u>https://doi.org/10.1017/S0007114523000260</u>



17th Public Health and Primary Healthcare Conference

Prof. F. Nur Baran Aksakal, a member of our Foundation's Science Committee, participated in the 17th Public Health and Primary Healthcare Conference with an oral presentation entitled **"Preliminary Findings Regarding Nutrition Information Needs Among Family Physicians in Türkiye"**. This presentation was afforded the accolade of the **'Best Presentation Award'**.





Sabri Ülker Metabolic Research Center

Hotamışlıgil Lab, Sabri Ülker Center, the Harvard TH Chan **School of Public Health**



Prof. Dr. Gökhan Hotamışlıqi

The Sabri Ülker Foundation. headquartered in Istanbul, and the Sabri Ülker Center, located in the T H Chan School of Public Health, Harvard University, work side-by-side on different aspects of public health.

Whilst the Foundation concentrates on direct interactions with the public and initiatives with those responsible for interacting with the public, the Center specializes in fundamental research into nutrients, genetics and metabolism. The Sabri Ülker Foundation undertakes communication activities on behalf of the Sabri Ülker Center.

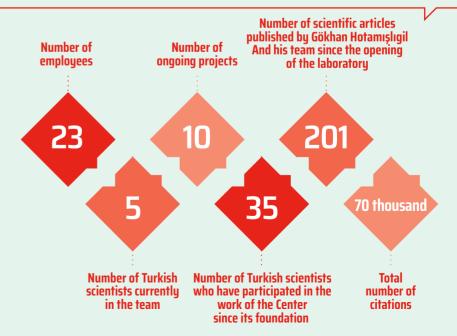
The Hotamışlıgil Lab, Sabri Ülker Center studies innate adaptive pathways involved in metabolic health and diseases such as obesity, diabetes, cardiovascular disease, hepatosteatosis, and asthma. For the past 25 years, our lab has made important foundational contributions to the burgeoning field of "immunometabolism", studying the interactions between metabolic and immune responses as critical drivers of numerous chronic diseases. In the last decade, we have approached immunometabolism in these two highly integrated paths: organelle homeostasis and lipid metabolism. Using biochemical, genetic, and physiological studies, we aim to find novel pathways and preventive, therapeutic solutions to today's greatest threats to global human health.

The Center is under the leadership of world-renowned academician and scientist Prof. Gökhan Hotamıslıqıl. The Center brings together a highly gualified and dedicated multidisciplinary team of scientists from around the world. They work together, inspire each other and have made many groundbreaking and impactful discoveries. We are delighted to note that Turkish scientists are well-represented in the Laboratory and their continued links with Türkiye lead to an enrichment of scientific capabilities in Türkiye and elsewhere. Future activities of the Center will focus on progressing these discoveries in practical terms for the benefit of human health

Research into Advanced Electron Microscopy with Focused Ion Beam Scanning, conducted by Prof. Dr. Gökhan Hotamışlıgil and his team, is a good example of the work of the Sabri

Ülker Center, Focused Ion Beam Scanning Advanced Electron Microscopy has been used to understand how regulation of liver subcellular architecture controls metabolic homeostasis. In this research, which was performed for the first time in the world at this volume and resolution. dunamic structural differences within the cell in healthy and disease conditions were revealed by imaging the 3-dimensional molecular architecture of the intact liver tissue. The most important issue revealed by the research is that it is possible to restore normal metabolic functions in the cell with the molecular repair of the deteriorated form. The findings have been published in the Journal Nature (Parlakgül, G et al, Nature. 2022 March; 603(7902): 736-742. doi:10.1038/s41586-022-04488-5).

The Sabri Ülker Metabolic Research Center in Numbers



The fourth Metabolism and Life Symposium

9-10 May 2023, Istanbul

This symposium, organized by Harvard University's Sabri Ülker Metabolic Research Center, was held at Kadir Has University in Istanbul. This year marked our return to in-person events after a long hiatus. We also celebrated the 100th anniversary of the Turkish Republic, making this an exciting year for our Symposium.



Symposium Speakers

Randy W. Schekman, PhD
 University Of California, Berkeley

Akiko Iwasaki, PhD Yale University

Erika Pearce, PhD Johns Hopkins University

James Ntambi, PhD University Of Wisconsin-Madison

• Kathryn Wellen, PhD University Of Pennsylvania

Brendan Manning, PhD Harvard T.h. Chan School Of Public Health

Matthew Vander Heiden, MD, PhD Massachusetts Institute Of Technology

Rui-Ping Xiao, MD, PhD Peking University

Helen Hobbs, MD University Of Texas Southwestern Medical Center

Kathryn Moore, PhD New York University

Daniel Drucker, MD University Of Toronto

Mitch Lazar, MD, PhD University Of Pennsulvania

Barbara Kahn, MD Harvard University

Tugce Aktas, PhD Max Planck Institute. Berlin

Sinem Saka, PhD Embl Heidelberg

Baran Ersoy, PhD Weill Cornell Medicine

Elvan Böke, PhD Centre For Genomic Regulation, Barcelona

For more details, visit the Symposium website:



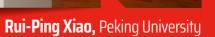






Erika Pearce, Johns Hopkins University

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A panel entitled **"Sabri Ülker Science Award Winners from Past to Present"** was held during the gala night of the symposium. Former winners of the Sabri Ülker Science Award were participants in the panel which was moderated by Prof. Dr. Gökhan Hotamışlıgil. Dr. Ebru Erbay, Dr. Ömer Yılmaz, Dr. Elçin Ünal, Dr. Elif Nur Fırat Karalar and Dr. Tamer Önder took part in this discussion forum. Former winners of the Sabri Ülker Science Award also sit on the judging panel for subsequent awards.



Other Projects

Our Foundation is committed to participating in EU research projects under the Horizon Europe programme and others. Horizon Europe is the European Union's framework programme for research and innovation for the period 2021 to 2027. We offer EU researchers a unique insight from our position in Türkiye and facilitate the extension of EU research projects into Türkiye. In return, we are networked into a far-reaching world-class enterprise. This raises the profile of our Foundation and provides us with inspiration for new initiatives of our own.

Improving Food Systems and Value Chains Event

21 September, Brussels

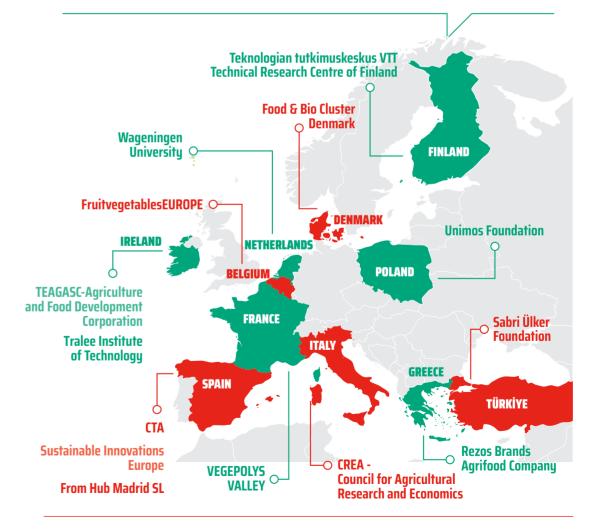
This event titled "Improving Food Systems and Value Chains", brought together stakeholders from across the food system who discussed concepts, developments, and recommendations for improving food systems and value chains in Europe.

The event included a discussion of the dissemination activities of the agroBRIDGES project of which the Sabri Ülker Foundation is one of fifteen partners. The focus was on policy recommendations to support a shorter food supply chain in Europe and Türkiye and reduce the steps between producers and consumers. The importance of promoting climate-friendly agricultural practices was also discussed. The digital tools developed within the scope of the project aim to increase the proportion of farmers selling directly to consumers in the medium and long term.



THE FIFTEEN PARTNERS

in the agroBRIDGES project Q-PLAN International (Greece), consortium lead



Fruit Attraction Fair

3-5 October, Madrid

At the Fruit Attraction fair held at the IFEMA Convention Centre in Madrid between 3-5 October, agroBRIDGES introduced an innovative toolbox consisting of 12 digital tools. The session explained how this digital tool will contribute to shortening food supply chains. It attracted considerable interest from the participants.



EIT Food -Food Educators



FoodEducators is an EIT Food programme that provides teachers with fun, creative and interesting activities to engage young people, mainly schoolchildren. Easily accessible, science-based food education materials enhance students' learning so they can become better informed, conscious consumers of the future.

FoodEducators is a dynamic community of food education stakeholders including teachers, schools, universities, non-governmental organisations (NGOs) and small and medium-sized enterprises (SMEs). The aim is to reach thousands of children and young people each year through partners in 15 countries in Europe and beyond. This project fits perfectly with our **Balanced Nutrition Education** Programme and we are proud that our Foundation is representing Türkiye for this important project. We joined the preliminary meeting in Bilbao and will support the goals of the project via our ongoing **Balanced Nutrition Education** Programme.

Career Days

We organized a factory visit under the auspices of Career Days and as an element of the EIT Food - Food Educators project.

The main purpose of the Career Days Project is to raise awareness of the role of food in modern life and to demonstrate the importance of achieving the UN Sustainable Development Goals. Additionally, it is aimed to support the next generation of children and adolescents in the areas of agriculture/aquaculture, industry, academia and research, as well as entrepreneurship.

We organized a factory visit under the auspices of Career Days and as an element of the EIT Food - Food Educators project.

70 students from Bahçeşehir Dragos Campus, one of the schools included in our EIT Food-Food Educators project, participated in the event with their advisor teachers. Workshops held in the pilot facility



and R&D centre gave children the inspiration to develop their own science, technology, engineering and mathematics (STEM) skills outside the classroom environment. Students observed the baking stage of biscuits, learnt about raw materials and ingredients and had the opportunity to develop their own recipes.





agroBRIDGES Final Conference

15 December, İstanbul

agr S BRIDGES

Our Foundation hosted the final conference of the agroBRIDGES Project in Istanbul on the 14th and 15th of December. We have been a Horizon2020 partner in this project for the last three years.



Participants in this event included representatives of the 15 institutes involved in the project, as well as groups active in agriculture in Europe and Türkiye, along with delegates from the European Institute of Innovation and Technology (EIT).

The digital tools developed during the project aim to facilitate the shortening of the supply chain from farmers to consumers resulting in a range of benefits to the key stakeholders.

Speaking at the conference, Özlem Üliç Çatar, Secretary General of our Foundation, stated that the project aims to help producers increase their profits and adopt a more conscious production model by meeting consumers directly.



66 More than 400

stakeholders operating in food and agriculture were involved in this project. There has been an increase in the number of farmers selling directly to consumers. Approximately 150 farmers and stakeholders received training on Sustainable Food Supply Chains. There was a significant increase in the profitability and therefore the income of the farmers participating in the project."

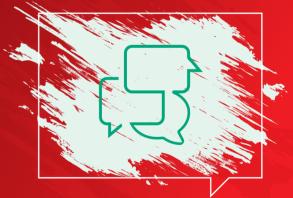


As an element of the project, we came together with the students of the Gastronomy and Culinary Arts Department of Nişantaşı University.

Here, young chefs had the opportunity to showcase their skills in producing healthy options prepared with local products. The meeting, helped to raise awareness about the use of local products for a sustainable future, fitting in well with the objectives of the agroBRIDGES project in which we are a communication partner.







Sabri Ülker Foundation in Communication

Sabri Ülker Foundation Publications





Our foundation launched Sabri Ülker Publications under the banner "Let's get everyone reading". In 2023 we reached **1,317,936** people with these publications.

> Since establishing our publications in 2019, we have offered our readers information on a wide range of subjects under two main headings, namely: Academic and Popular Science, and Children's Books, the latter focusing on education and entertainment.

New releases in the science series this year have been: "Neurogastronomy", "100 Chemical Myths", "Expiration Date" and "Food Wars". In the children's category new releases have included: "Lots of Activities That Improve Visual Attention", "Intelligence Development with Activities" and "How to Be Healthy".

THE LATEST

Sabri Ülker Foundation Publications

SPECIALLY FOR CHILDREN

Lots of Activities That Improve Visual Attention

The book "A Lot of Activities to Improve Visual Attention" includes colourful and entertaining information on each page. This inspires children to enrich their imagination and creative thinking power, and supports cognitive processes such as attention, perception, and memory.





THE LATEST

Sabri Ülker Foundation Publications

SPECIALLY FOR CHILDREN

Intelligence Development through Activities

This series, which includes fun and educational activities, includes **a Logic Book, Attention Book, Puzzle Book** and **Concepts Book**.



THE LATEST

Sabri Ülker Foundation Publications

SPECIALLY FOR CHILDREN

How to Be Healthy Series

The "How to Be Healthy" series explains healthy living step by step in an entertaining language. The series consists of books including: **"Bath Time: Being Clean", "Brush, Floss and Rinse: Tooth and Gum Care", "Get Up and Move: Being Active"** and **"Nourishing the Body: Healthy Nutrition"**.



THE LATEST Sabri Ülker Foundation Publications

SCIENCE SERIES

Neurogastronomy

100

KİMYASAL

EFSANE

ACIKI AMALAR

YANLIŞ KAVRAMLAR YANLIS ANLAŞILMALAR

In his book, famous neuroscientist Gordon M. Shepherd lays the foundations of a new scientific area with the concept he calls "human brain taste system": Neurogastronomy.

100 Chemical Myths

This book examines various myths about foods, medicines, natural disasters, environmental problems, chemicals and other contentious subjects, addressing misconceptions and providing accurate, science-based information to set the record straight.

GORDON M. SHEPHERD

NÖROGASTRONOMİ

THE LATEST

Sabri Ülker Foundation Publications

SCIENCE SERIES

Expiration date

This book provides information on the content of ready meals, explains how to extend the life of vegetables and fruits, and explains the role of nanotechnology in food processing. This is accomplished in a style which is understandable by the non-expert.





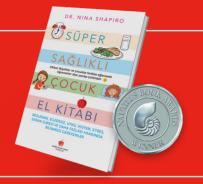
Food Wars

In "Food Wars" vital questions are addressed including "What do we eat? Where does the food we eat come from and how is it produced?" as well as information on other topics ranging from the promises of agricultural technology to taste policy.

In 2023 the Sabri Ülker Foundation Publications received **4 AWARDS**

Since its establishment, Sabri Ülker Foundation Publications has introduced many important publications to its readers and has been awarded the most prestigious accolades in its field this year.

The Super Healthy Child Handbook published by Sabri Ülker Foundation Publications received a silver medal from the Nautilus Awards.



"Sabri Ülker Foundation Publications" won the **Best Corporate Social Responsibility** award of 2023 at the **Best Business Awards** in England.

Sabri Ülker Foundation Publications won the award in the **"Corporate Publications"** category at the **21st Golden Compass Awards**, organized annually by the Turkish Public Relations Association (TÜHİD). Sabri Ülker Foundation President Dr. Talat İçöz, Sabri Ülker Foundation Secretary General Özlem Üliç Çatar and Sabri Ülker Foundation Publications Publishing Consultant Prof Dr Ali Atıf Bir attended the award ceremony held in Istanbul.

We also won an award in the **"Corporate Publications and Reports"** category at the **Prida Awards** organized by the Communication Consultants Companies Association (IDA).



21st Golden Compass Awards, "Corporate Publications" Category



Prida Awards, "Corporate Publications and Reports" Category

Research into Turkish Children's Book Reading Habits

Children whose parents read books are more likely to acquire reading habits

Research into Turkish Children's Book Reading Habits revealed many interesting results. Children are becoming increasingly accustomed to audiobooks and e-books and families tend to find the prices of books too high.

Sabri Ülker Foundation Publications conducted a research programme together with the FRAM research company.

Some 309 mothers aged between 20 and 55 with children aged between 3 and 10, who read books or read books to their children were interviewed in 13 different provinces in Türkiye. According to the results of the research, it was revealed that the majority of children like to read books and children whose parent's read books are more likely to acquire the habit of reading books. In addition, among the notable results was that audiobooks and e-books were widely preferred among children.

Some 11 members of the press attended the press conference where we shared the results of the research. Subsequently these results were featured in 232 news articles, including 26 written, 205 online and 1 television programme.





Other results of the research are as follows:

80% of children enjoy reading books.

- Parents also try to develop their children's love of books and reading habits by reading books to them. 73% of the mothers participating in the research state that they read books to their children at least 3 days a week.
- While 92% of mothers state that they generally read books, 63% read books at least 3 days a week. 58% of mothers with children aged 3-5 and 67% of mothers with children aged 6-10 read books to their children at least 3 days a week.

It is clear that the children of mothers who read books also like to read books.

- The favourites of children aged 3-5 are fairy tales, stories, and picture books, whilst children aged 6-10 prefer stories and comics.
- 37% of children read e-books on phones and tablets. Additionally, 45% of mothers let their children listen to audiobooks. 70% of children aged 3-5 and 44% of children aged 6-10 listen to audiobooks. Children mostly listen to audiobooks on YouTube with a rate of 81%.

In the research, the recommendations of teachers (61%) and the environment (51%) are among the most effective sources for families when buying books for their children. The rate of those who do research using at least one of the social media and internet sources when buying a book is 75%.

 According to the research, the most basic determining factor in buying books is price. The average budget that families allocate for books is 180 Turkish Lira per month. Mothers turn to online shopping to benefit from discounts and campaigns. When looking at the book purchase details, it is stated that half of the books are purchased physically from the store and the other half are purchased online.

Of the mothers participating in the research, **73% state that** *Hey read books to their children* at least three days a week.

The Sabri Ülker Healthy Living Centre



The Sabri Ülker Foundation Healthy Living Centre has received the **"Nutrition-Friendly and Physical** Activity Supporting Workplace" certificate from the Türkiye Republic Ministry of Health in recognition of its activities in 2023.

Our quest to improve public health has included a focus on our own colleagues.

We have established an in-house "Healthy Living Centre" where we are dedicated to guiding our work colleagues towards a balanced approach to nutrition and an appropriate level of physical activity. A wide range of projects and initiatives have been implemented with the goal in mind of achieving a healthier and fitter workforce.

We have provided seminars, invited experts to share their knowledge and sought to inspire our colleagues to focus on improving their nutrition and physical activity levels. Perhaps most importantly we have offered individual consultations, some **1,121** in 2023 alone. These have resulted in many improvements. As examples,



daily water consumption has, on average, increased by **70**% and



the rate of physical activity has increased from 21% to
 67% of those participating in the activities of the
 "Healthy Living Centre".



Continuing Healthy Conversations

Our Healthy Conversations series, which our foundation holds every Ramadan, continued this year with an expert dietitian.

Assoc. Professor Dr. Gamze Şanlı Ak shared tips for taking care of our health during Ramadan and shared delicious recipes for fruitful iftar tables..



Healthy Living Day

We held our 5th Healthy Living Day, which we organize every year as an activity of the Healthy Living Centre to raise awareness of healthy living, on Thursday, October 26, with the participation of 150 of our colleagues.

At the event, dietician Assoc. Prof. Dr. Gamze Şanlı Ak and Sports Trainer Halil Kılıç shared "Healthy Nutrition and Physical Activity Recommendations at Work" with our colleagues. The event included a workshop led by Assoc. Prof. Dr. Gamze Şanlı Ak. This focused on the preparation of smoothies whereby employees experienced smoothie recipes using a range of different ingredients.





2023 **Media Communication**



Hekimlere beslenme eğitimi

Beslenme kavramı, dünya ve Brürkiye'de çok özel durumlar haricinde tıp müfredatının bir parçası değil. Hekimlerin genel olarak nme ve özel hastalık durumlarında eğitim aldığını belirten Gazi Üniversites Tıp Fakültesi Halk Sağlığ Anabilim Dalı Öğretim Üvesi Prof. Dr. Nur Baran Aksakal, "Tır müfredatında kapsanmas gereken konu vükü oldukca fazla, Mezunivet

sonrası dönemde de bu konuda eğitimler neredeyse hiç vok" dedi

ONCE 'ZARAR VERME' İLKESİ

Takviye besin elementlerinin sadece ihtiyaç durumunda kişiye özel secilerek ve gerekli dozda uvgulanmasi gerektiğini anlatan Aksakal, "Yani D vitamini eksikliğiniz varsa D vitamini Folik asit eksikliğiniz yarsa folik asit. demir eksikliği aneminiz varsa demi size uygun doz ve formda verilir. Bu takviveler herkese uvacak sekilde ve dozda üretilmez. Azlığı gibi gereksiz kullanımı da sağlığı tehlikeve sokar. Hekimler bunu bildikleri icin önce gerekli testleri yaparak eksikliği saptar, ardından tedaviyi düzenler Avrıcı **Takviye gıdalar** güncel kür ya da destek tedavi için önerilen ürünlerde yeterli araştırma yeterince bilinmiyor

da çoğunlukla çok az ya da hiç yok. Böyle bir durumda hekimler güvenli tarafta dururlar "önce zarar verme" Aile Hekimleri Dernekleri Federasyonu, doktorların eğitim ilkesiyle hareket ederler ifadelerini kullandı. Takviye ihtiyacını belirleme anketi carpıcı sonuclar ortaya koydu. Çalışma süresi ortalama 15 yıl olan bin 308 hekimin online olarak katıldığı ankete göre, hekimlerin besin elementi semsivesi altındaki binlerce ürüne işaret eden Aksakal, şu ifadelerini kullandı: yüzde 24'ü vitamin, mineral gibi takvive "Hangi besin vitamin ve besinlerin kullanım alanları konusunda bilgi düzeyini yeterli bulmuyor. Aynı soruya evet diyenlerin oranı yüzde 13'te kalırken, kısmen diyenlerin oranı ise yüzde 63 oldu. mineral açısından zengin hangi ürün ne miktarda ne icerivor cok detaylı incelemel gerekiyor. Hekimler toplumda bu Hastaların beşlenme ile ilgili sorularına yanı verirken kendi veterli hisseden hekimlerir alanda bilgi düzeyi en yüksek grup oranı yüzde 27 olurken, bu soruya yüzde 18'i hayır cevabı verdi. Hekimlerin yüzde arasında M avrintisini bilmedikler alanda yetersiz olduklarını açıkça ifade edebiliyorlar ki bu da bilimin gereği. 55'i ise kendini kısmen yeterli hissediyor Avni anket, hekimlerin hastalarina võnelik Tıp eğitimleri boyunca bu çeşitlilikte bir içerik eğitim müfredatında da yer takviye besin elementi önerip önermediğir de masaya yatırdı. Bu soruya hekimlerin yüzde 14'ü Evet her zaman yanıtı verirken, almıyor. Bu alanda da kendilerine geliştirecekleri eğitim programı yok ya da sınırlı. Tam da buradaki ihtiyaçtan vüzde 77'si ise soruvu evet bazen seklinde yantiadi. Hekimlerin yüzde 9'u ise takviye önersinde bulunmadığını belirtti. Söz konusu ankete göre, aile hekimleri yüzde vola cıkarak Aile Hekimi Dernekleri Federasyonu (AHEF) ve Sabri Ülker Vakfi iş birliği ile bir beslenme eğitim 26.8 oranında vitamin takviyeleri, yüzde 23.3 mineral takviyeleri, yüzde 23.4 destek besin tedavileri ve yüzde 23.8'i ise takviye programı hazırladık aile hekimlerimize narak başladık. Devamını getirmek gıdalarla ilgili eğitim almak istivor.



| beslenme eğitimi verildiğini anlatan Gazi Üniversitesi'nden Prot Aksakal, bu sayede hastalara daha bilinçli yönlendirme yapıldığını a | |
|---|---|
| Türkiye'de beslenme bilinic çalışmalarıyla öne çıkan Sabri Ülker Vaki, Aile Hekimleri Dernekleri Federasyonu'nun (AHEF) iş birliğiyle önemli bir projeye imza atın. Ülkemizde ilk kez gerçekleştirilen projeyle 9 bin aile hekimine beslenme eğitimi verlidi. Projemin detaylarını | iş birliğiyle hayata geçirilen Aile Hekimlerine Yönelik Beslenne ve Beslenne İletişi programıyla Türkiye genelind 9 bine yakın aile hekimine kil kontrolü yaklaşımları, besin takviyelerinin hastalıklarla etkileşimleri, vitamin takviyeleri gibi alanlarda ücretsiz eğitim verdik" dedi. |
| anlatan Gazi Üniversitesi Tıp Fakültesi Halk Sağlığı Anabilim Dalı öğretim üyesi Prof. Dr. Nur Baran Aksakal, "Toplum sağlığı açısından önem taşıyan çevresel unsurların başında beslenme geliyor. Diyabet, kalp hastalıkları, yüksek tansiyon ve kolesterol gibi yaygın | İC HASTALIKLARI UZMANLARINA DA EĞİTÜ Alle hekimleriyle başlayar projenin yeni bir aşamaya evrildiğini ifade eden Sabri Ülker Vakfi Genel Şekreteri Özlem Üliç Çatar ise, yeni aşamada iç hastalıkları |

kronik ha doğru be:

Yedikleriniz Yüzünden Tatilde Tadınız Kaçmasın



Genç yeteneklerden bayrama özel tarifler

Sabri Ülker Vakti'nın veterli ve dengeli beslenmeye katkıda bulunmak hedefiyle hayata geçirdiği Yemekte Denge Mutfağı, çeşitli besinler ve pişirme yöntemleriyle hazırlanan lezzetli, besleyici ve pratik tariflere yer veriyor.

Rukive SELCUK cak. İste Kurban Bayramına özel "Genç Şeflerden Sağlık-Dış kaplama için 2 demet pazı mek icir İncikli Firikli Pazı Bohçası Malzemel 2 adet kuzu incik 1 adet pırasa ni bölümü 3. vr 1 adet pirasa 1 adet havuç 1 adet kereviz 1 tatlı kaşığı (15 g domates salçası attı. Projede yer alan öğrer iler, proje için özel Bulgur pilavı için 1 küçük boy (50 gran 1 küçük boy (50 gram) xur a soğan 1 vemek kaşığı ayçiçek yağ 2.5 vernek kasığı (50 gran 2,5 yemek kaşığı (50 gram firik bulguru 1 çay bardağı (75 gram) pilavlık bulgur Yarım orta boy (50 gram) inarken sofralara oa oon e çesit katıyor. Birbirinden iezzetli 12 tarif videosu, Sab-2 avuç (50 gram)

Favdalı Bilgiler Ne yediğin kadar, nasıl pişirdiğin de önemli



| | toplum sağlığının geleceği için çalışan Subri Ulkur Vakfi, tüket- tiğimiz besinler kadar besinleri nasıl pişirdiğimizin de sağlığımızı | ler gibi zararlı olma potansiyeli olan maddelerin olaşamana neden olabiliyor. Etinizin lezzetli ve gizvenli olması içir; |
|--|--|---|
| | erkilediğini hatırlatarak doğru pişirme tekniklerine dair ipuçları paylapıyor. | Etin utgarada kalma süresini kontrol edin:: Etin sıcaklığını ölçmek için bir termometre kullanabilirsiniz, bu sayede et istenen sıcaklığa |
| | Kurulodaju 2009 ylindun bagine, gula, beslemme ve sajlakli yujam bilincinin gelipmesine karki sajlamak; toplarna bu konslandaki en doğra, güned ve bilinasıl bilgiyi aktarmak hodefiyi çalaşma- larna sürdüren bildu Etta bili yakı dengeli ve ytetrih beslemme kadır vedilderinini nasıl ettirildirinizin de biriyik örem tasahlaran akadır vedilderinini nasıl ettirildirinizin de biriyik örem tasahlaran | ulaştığında ızgaranın üzerinden alabilirsiniz. |
| | | Eti marine edin: Eti çeşitli soslarda, marine etmek zararlı bileşen- lerin oluşmasını engelleyebilir ve bu bileşenlerden korunmada yararlı olabilir. |
| | dåkat çekiyor. Vakaf, pişirme tekniklerine ilişkin bilimsel bilgiler veriyor. | Yanmış eti tiketmeyin: İtin fazla yanmış kısımlarını tiketmemeye özen gösterin. |
| | Doğru pişirme yöntemi lezzeti artırıyor | Aynı yağı birden çok kez kullanmayın |
| | Benisterizzi ugara yaparkan, mangala pijariken brikag basit lajence ve pijaran yelometan di kasika ederek hen kenzetni arturabit hem da benis digat kappdaran en aan dindribitraisti. En jajariken ya da digat napaka anga na kawarap kontralegit- menek, ekongly za da digat napaka pisan gara kawarap kontralegit- meteri ya kalianama digi bi denterhe benjariken hem lenzetni arture hem de basin digat kapitan na indira. E Pijstrirken Dikkat | Yemelderinlei daha önceden kallanitmu olan yağlarıla pişirmek sakcey yemeğin tadım etiklerene aynı zaranala polsiklik asema- ya leçar. Arrupa daha Giraviniji Oraniti (1555), hi bileşikler- in sağlı kişin alınmar etikleri bilirnalığına dikkar oktore vi bu nederle yemekler pişirirken mızıhak teniz yağ kalland- masını öneriyoz. |
| | Kırmun eti, tavuk ya da balığı aşırı miktarda pişirmek sağlığa | |
| | | |
| | | |

lam 125 gr (firik bulgu-ru+normal bulgurun toplam miktan) bulgur jein 1 su bar-dağı (200 ml) su gerekir.)Pi siye dizin. Pathecanları bir fırçı lav piştikten sonra didilmiş Hazırlanısı batırın, ezmeden yumu ı. İncikleri az yağda mü-eyin. Pırasa, kereviz ve

Iav pittiken som didlimis pindamysh haffer yalgayn elle karstrupt Anter fruity, inar taneferi vi baharatt ekki jin Adamung parkom danartt jin Adamung parkom danartt jin Adamung parkom danartt jin Adamung parkom danartt jin Adamung parkom danartt jin Adamung parkom danartt jin Adamung parkom danartt jin Adamung parkom danartt mikanda etti karipati karina kaitu adamung danartt jin ve bohab kalinannak taree ayri aharat satestan haratta adamung danartt haratta satestan haratta adamung danartt haratta satestan danartt haratta satestan haratta danartt haratta satestan ede salca ile rin. Ardından 7 bardak lığınız yemeğin suyunu 1 tat-i kaşığı kadar nişastayla bağ-ayın. Ardından bohçaların izerine dökerek sıcak olarak ervis edin. Afiyet olsun. ip yarısı pilay, diğer ya uzup yarısı pilav, diğer yarı-ı da yemeğin sosu olarak kul-anmak için ayırın.Soğanlar ninik küpler halinde doğrayıp ıy çiçek yağında renk alma-Fesleğenli Patlıcan Sarması Malzemeler 2 adet bostar teleyin. Bulgurları ekle 1 kilogram domates 350 gram kıyma

firm kabına verleştirin. Büti

derecede 10 dakika pişirin. Üz

hürük boy (200 grar 1 buyuk boy (200 gram) kuru soğan 2 diş sarımsak Yarım demet maydanoz 1 dal fesleğen 3 yemek kaşığı zeytinyağı

Karabiber Pişirmek için zeytinyaş

Hazırlanısı

Obeziteye ve diyabete karşı doktorlara eğitim



Prof. Dr. Nur Baran Aksakal

Hastalıkların beslenmeyle ilişkisine dair 9 bin aile hekimine yönelik eğitim seminerleri gerçekleştiren Sabri Ulker Vakfi, obezite ve

Bilgi kirliliği! diyabete karşı, iç has-Vakfın Bilim Kurulu üyes talıkları uzmanları icin Prof. Dr. Nur Baran Aksakal da "Obezite gibi kronik hastalıklar eğitim programı düzenleneceğini duyurdu. Avrupa beslenmeden kaynaklanıyor Beslenme Dernekleri ve beslenmeve iliskin cok ciddi Federasyonu'nun bilgi kirliliği yaşanıyor. Toplumun Sirbistan'in baskenti doğru bilgi icin danışabileceği bir Belgrad'da gerçekleştir otorite olmalı. Bunun en doğru diği 14. Avrupa Beslenme adresi de doktorlar" dedi. Konferansı'nda has-talıkların beşlenmeyle beslenmeve dair bilimsel bil-

gileri toplumun her kesimine ilişkisi masaya yatırıldı. ulastırmak icin, toplumun en 9 bin aile hekimi çok danıştığı kesim olan doktor Sağlıklı yaşamda beşlenme. lara yönelik beslenme eğitimi nin rolü, yeni gıdalar, obeziteyi düzenlediklerini kaydetti. Proje önlemeye yönelik yaklaşımlar kapsamında ilk olarak Aile Hekimleri Federasyonu'yla isprobiyotikler, vitaminler ve gıda takviyeleri gibi konularda birliği yaparak 9 bin aile akademisvenlerin sunumlar hekimine ulastıklarını anlatan Çatar, "İlk aşamada toplumla yaptığı konferansta, toplumun beslenme konusunda doğru

bire bir temas kuran aile hekim bilgilendirilmesi gerekliliğine d lerine yönelik çalışma yaptık. vurgu yapıldı. Konferansa katılan Sabri Projenin ikinci adımında ise ic hastalıkları uzman hekimlerine Ülker Vakfi Genel Sekreteri yönelik eğitim programı başlatı-yoruz" ifadelerini kullandı. Özlem Üliç Çatar da, sağlıklı

RAMAZAN AYINDA SAĞLIKLI **BESLENMEK İÇİN ÖNERİLER**



Ramazan ayında beslenme düzeni değişiyor, ana öğün sayısı ikiye düşüyor açlık süresi uzuyor. Peki Ramazan ayı süresince ve Ramazan Bayramı'nda dengeyi kurabilmek, mevcut sağlık durumunu korumak için nasıl beslenmeli, elere dikkat edilmeli? Beslenme ve sağlıklı yaşam alanlarında bilimsel bilgileri kamuovuna tasıvan Sabri Ü r Vakfi önerilerini pavlasıyor.

72 SABRİ ÜLKER FOUNDATION IN COMMUNICATION

istiyoruz



r Vakfi, konferansi

ransı'nda dünvadar

Avrupa Beslenme görüslerini pavlastı, Sat Dernekleri Federasyonu (FENS) tarafından dört yılda bir düzenlenen Avrupa Türkiye'den katılan tek kurum oldu ve örnek projelerini paylaştı. Ben de konferansa katılarak, Avrupa'nın beslenmede me Konferansı bu vi Sim Beslenme Demeði e Sırp Beslenme Derneği e sahipliğinde Belgrat'ta düzenlendi. Beslenme ve sağlık alanında dünyanın verdiği sınava tanıklık o ÖRNEK PROJELER pek çok ülkesinden Vakfin Genel Sekrete kademisyen ve uzman Özlem Üliç Çatar, "14. konferansta bir arava geld Avrupa Be Beslenmevle ilgili öneml farklı örnekleri dinledik, yen sadlık sorunlarının ele dönem yol haritamızı şekillendirirken onlardan ilham alma fırsatı yakala alındığı konferansta İngiltere, ABD, Hollanda manya, Yunanistan git kelerden uzmanlar der de projelerimiz



endikasyonu verilerek anlattık, Milli anlatik. Mill Egitim Bakanığı Temel Eğitim Genel Müdürlüğü iş birliğiyle 22 ilde devam eden Yemekte Denge Eğitim Projesi'yle ilköğretim çağındaki çocukların sağlık beslenme alışkanlığı geliştimelerini amaçlıyoruz. paylaşıldıysa, asıl tedavilerini negatif etkileyebilecek şeyler oluyor. Mesela rutin oluyor. Mesela rutin tedavisini ilacını bırakara bu ürüne yöneliyor ya da ilaçları kesmiyor ama onların yanında kullanmı başlıyor. Mevcut sağlığı geliştirmelerini amaçııyoruz Kaliteli, sağlıklı ve uzun bir yaşam sürmek için denge kötüye gidebiliyor, ilaç etkileşimleri de ortaya nmek gerekivor. Bu alıskanlığı kücük vaslarda çıkabiliyor. Toplum sağlığ edinmek de sağlıklı nesille etkilenivor. Bu tür etkileniyor. Bu tur durumlarda birincisi kaynak nedir ona bakılmalı. İkincisi, bu kişi hangi alanda çalışıyor... Üçüncüsü başka bir çıkarı da olabiliyor. Bu yetişmesine katkı sağlıyor Ayrıca Aile Hekimleri Ayrıca Alle Hekimleri Dernekleri Federasyonu'nun (AHEF) iş birliğiyle yürüttüğümüz aile hekimlerine vönelik kisiler sadece bazen söhret 'Beslenme ve Beslenme icin bu isi vapabilivo İletişimi' programı kapsamında yeni bir adım atarak iç haştalıkları uzmai Dördüncüsü ise bunu kim sövlüvor ona da bakmak atarak iç hastalıkları uzman hekimlerini de eğitimlere dahil ediyoruz" dedi. ŞÖHRET İÇİN TOPLUM SAĞLIĞINI KÖTÜ ETKİLİYORLAR SAĞLIĞIN PROF. Dr. Nur Barar Aksakal, sosval medva üzerinden hastalıkla kullanılarak yapılan ürün inin tonlun nazarlamal pazarlamalarının toplum sağlığını kötü etkilediğini söyleyerek, şöyle dedi: "İnternet ortamında ulaşılabilen bilgilerin yüzde 95'ten fazlasının kişiler tarafından üretildiğini biliyoruz, Bu kisiler kendi çıkarları için bu bilgileri çarpıtabiliyor ya da uygunsuz şekillerde endikasyon vererek uygunsuz şekillerde endikasyon vererek 'Hastalığınıza iyi gelecek, bu ürünleri kullanın, diyabet ilaçlarına kullanmanıza

Obezite küresel bir sağlık sorunu haline

geldi. Belgrat'taki Avrupa Beslenme Kongresi'nde

eğitimindeki örnek projeleriyle ilgi odağı oldu.

beslenme alarmı verildi. Türkiye ise kongrede beslenme

Üyesi ve Gazi Üniversitesi Tıp Fakültesi Halk Sağlığı Anabilim Dalı öğretim üyesi Prof. Dr. Nur Baran Aksakal,

menin geldiğini rek "Bugün diyabe

toplum sağlığı acısındar

önem taşıyan çevresel unsurların başında

kalp hastalıkları, yüksek

toplumumuzda vavgir

doğru besle nme ile enmesi hayati önem

VERDIN

şekilde görülen pek çok

rahatsızlığın tedavisinin

taşiyor" dedi. '20 BİN AİLE HEKİMİNE BEŞLENME EĞİTİMİ

Prof. Dr. Aksakal, AHEF

tansiyon ve kolesterol gibi

hekimlerimize kilo kontrolü

yaklaşımları, besin takviyelerinin hastalıklarla etkilesimleri, vitamin

etkileşimleri, vitamin takviyeleri gibi alanlarda ücretsiz eğitimler verdik. Hekimlere besin ve besin takviyelerinin hastalık varlığında nasıl sunulabileceği konusunda bildiler verditir dedi

bilgiler verdik" dedi. 'SIRADA 12 BIN İÇ

VAP

HASTALIKLARI UZMAN

VAR' Şimdi de projenin yeni bir aşamasını hayata geçireceklerini belirten Prof. Dr. Aksakal, "İç hastalıkları uzmanlarına bu alanda

benzer eğitim vermeye başlıyoruz. 12 bin iç

hastalıkları uzmanımız va Hedefimiz Türkiye genelinde iç hastalıkları uzmanlarına ulaşıp onlarır hastalarıyla beslenme takviyeleri beslenme ve ila

takviyeleri beslenme ve ila etkileşimleri gibi alanlarda destekleyici bilgiler

paylaşabilmelerin

sağlamak" dedi

gibi birtakım hedefler koyarak bu bilgileri çarpıtıyor. Özellikle hastalık

gerek kalmayacak ya da bi haftada kilo vereceksiniz' VAKEIN Bilim Kunu

düşünmeniz gerekir. Bir hastalık toplumda ne kadar nastalik toplumda ne kadar çok görülüyor, ne kadar çok insanı etkiliyorsa, bu tip mesajların ulaştığı grup da o kadar artıyor. Aslında bizim beslenme uzmanlarımızın ve kronik hastalıkları izleyen hekimlerimizin influencerlik nekimierimizin influencenik yapması gerekir bu alanda. Kendileri yapamıyorsa influencerlara ulaşmaları lazım. Sözü dinlenen, takip edilen, rol model alınan insanlara ulaşıp onlara doăru bilgileri iletmek de



Kışın su içmeyi ihmal etmeyin!

le birlikte pek çoğumuzun vasam tarzı, beslenme ve su tüketim alıskanlıkları da deăisivor. Ancak mevsim ne olursa olsun saălıăımızı korumak icin veterli miktarda su tüketmeve özen aöstermek gerekiyor Sabri Ülker Vakt suvun vücudumuz icin havati önem tasıdığını hatırlatarak kış ayarında su tüketiminin ihmal edilmemesi gerektiğinin altını çiziyor.Su, vücudun tüm fonksiyonları için gereklidir. olabilmektedir.Yetiskin sağlık Vücudun yüzde 60'ının su lı, fiziksel aktivitesi düşük bir olduğunu düşünürsek yeterbirey günlük 6-8 su bardağı li miktarda su içilmediğinde, 2-2,5 litre su içmelidir. İklim öncelikle konsantrasyonda bozulma, yorgunluk, halsizlik, enerji düşüklüğü görülürken, ilerlediğinde karaciğer ve böbrek fonksiyonlarında bozulmalar; bu da uzun va- tüketmediğinizi düşünüyorsa-

den aün icinde su tüketmeve özen gösterin. Cav ve kahve nin suyun yerine geçmediğini unutmavın ve kafein iceren içeceklerin aşırı tüketiminin vücuttan su atımına vol actığı nı göz önünde bulundurarak çay ve kahve tüketimini ılımlı düzeyde tutup aynı oranda su tüketmeve özen gösterin. »AB Haber Merkezi



SOSYAL MEDYADAKİ ÖLÜMCÜL TEHLİKE Fenomenler sağlığımızı da riske atiyor

leri'ne şüpheyle yaklaşılması gerektiğini tavsiyel eden uzman lar, bilim dışı ve kanıtı olmayan tavsiyelerin sağlıkta geri dönüşümsüz sonuçlara vol acabileceği uvarısında bulunuvor

> şey tersine dönüyor. Bütün bunların sonu cunda karaciğer ve böbrek yetmezlikleri ve hatta ölüm vakaları meydana geliyor" diye konuştu. n diğer influencer ların top İSVİÇRELİ DEĞİL TÜRK BİLİM

> > or. Bilgi fik bir

lir Bu du

mak için kay

ADAMLARı Daha önceleri geleneksel medya-duğumüz küçük çaplı spekialati bilimsel çalışma hazelerle işenellikle tevizetli bilim "avalarına dayandırılırdı. Şindilerde "avada kendi alamı dışınd "vanan bazı dı" ayat tarzı ve ürün pazalarken sağlık influencetlarının da "merdiven alı" sağlık tavsiyeleri ile top-lum sağlığını tehdit ettiğine dikkat çeken uzmanlar, sağlık tavsiyesi içeren sosyal medya mesağlarına karşı dikkatli olunma-si uyarısında bulunuyor. Sosyal medyada dolaşan sağlık bilgi-lerinin yüzde 95'inin "kişlier tarafından" terinin yuke 90 min Kajet (animani tiretildigini söyleyen Gazi Universitesi Tp Fakultesi Halk Sağlığı Ana Bilim Dalı öğretim üyesi Prof. Dr. Nur Baran Aksa-kal "Bu kişiler kendi okuduklarını, kendi anlayabildikleri gibi aktarıyorlar. Daha da köttisü mesağlarını kendi çıkarları döğrü-tusunda çarpıtarak verebiliyorlar. Çoğu zaman da soccalı medvadanı ulastikları ta

mış bir bilgi ol bile sunsanız e isel sağlık deneyimlerini bi si gibi sunuyorlar. Ne yazık dan daha büyük kabul görüvor" dedi. UCUNDA ÖLÜM VAR Sosyal medya ünlülerinin birçok aland anıtım yaparak, "bilgi" paylaşarak kit-eleri etkilediğine dikkat çeken Prof. Dr.

D

cok doğru bilgivi doğru lde aktarma conulardan çok daha önemli olduğuna şaret etti. Prof. Dr. Kabasakal "Çünkü bu erektiğine





uzmanlarına b<mark>eslenme</mark> eğitimi desteği verilecek okuyalım? Obezite ve buna bağlı kronik hastalıkla ı giderek arttığı günümüzde, bütün bu stalıklarla mücadele etme noktasında enmenin önemi büyük. Belgrad'da nlenen 14. Avrupa Beslenme Konfe i'nda (FENS) veni dönem prolelerin

paylaşan Sabri Ülker Vakfı, AHEF (Aile Hekimleri Dernekleri Federasyonu) ile lan uzmanları ile bes beslenme iletişimi konusunda bir çalış yapılacağını duyurdu. Aile Hekimlerin Yönelik Beslenme ve Beslenme İletisin 9 bine yakın alle hekimine ulaşıld anlatan Sabri Ülker Vakfı Genel Sc İzlem Üliç Çatar "Ülaştiğmiz aile erine, kilo kontrolü yaklasırıları" takviyeleri gibi al er verdik. Hekimler rinin hastalık varlığında nası ileceği ve bu imdi de projemizin yeni bir aşam ata geçiriyoruz ve iç hastalıkları ı

u alanda benzer eğitimle voruz. Hedefimiz Türkiye

YANILTICI BILGININ 7 SINYALI



Kış Mevsimi Gözünüzü Korkutmasın!

Gıda, beslenme ve sağlık konula- tüketiminin bağışıklık sistemini rında geliştirdiği projelerle toplum desteklediği ve bu savede enfek sağlığının geleceği için çalışan siyon ve soğuk algınlığına karşı Sabri Ülker Vakfı, kışın gelmesiy- koruyucu etkisi olduğu biliniyor. le birlikte sikça karşılaşılan sağlık Sebze-meyveler, iyi bir vitamin ve sorunlarından korunmanınçokzor mineral kaynağı olmalarının yanı olmadığını hatırlatıyor. Vakif, ba- sıra, posa ve yüksek su içerikleri ğışıklık sistemimizi korumak ve nedeniyle özellikle sonbahar ve güçlendirmek için alınacak önlem- kış aylarında hareketsizliğe bağlı lere dair önemli bilgiler pavlasıvor, ortava cıkabilen kabızlık gibi sindi-

Havaların soğumasıyla rim sistemi sorunlarının önlenme-birlikte,kapalı alanda geçirdiğimiz sine de yardımcı oluyor. vakit artarken bunun bir sonucu Ellerinizi sık sık yıkayın olarak fiziksel aktivitemiz azalı-Yış mevsimiyle birlikte yor. Yaşam tarzımızın yanı sıra grip, enfeksiyon vb. sağlık sorunbeslenme ve su tüketim alışkan- ları sıklıkla okul, iş yeri ve toplu lıklarımız da değişiyor, hastalıkla- kullanıma açık alanlarda ortaya ra yakalanma riskimiz de artiyor çıkabiliyor. Bu riskin önüne geç-Özellikle bu dönemlerde bağışık- mek için elleri sık sık yıkamak, lık sistemimizi korumak ve güçlen- hasta olan bireylerle çok yakın dirmek daha da önem kazanıvor, temas kurmamak, tüketilecek be-Kurulduğu 2009 yılından bugüne, sinlerin bol suyla yıkanması gib gıda, beslenme ve sağlıklı yaşam basit önlemler hastalıkların önüne bilincinin gelişmesine katkı sağla- geçilmesine yardımcı oluyor. mak, topluma bu konulardaki en Düzenli uykuyu ihmal etmeyin!

Mak, tophana do kontaianteaki en Dezeni dyakiju imma eurejmini doğru, gluncel ve bilimsel bilgiyi Sağılık sorunlarını onlar aktarmak hedefiyle çalışmalarını menin en onemli yollarından biri sırduren Sasını Ülker Makif, kış de düzenli uyku... Yetersiz uyku mevsiminde hastalıklardan ko-bağışıklık sistemini zayfifatarak, runmak için beslenme ve yaşam vücudu hastalıklara karşı dana tarzımızda nelere dikkat etmemiz davanıksız hale getiriyor. Yeterl kisinden favdalanın etkileverek okul ve is vasamında Taze meyve ve sebze fayda sağlıyor. * Haber Merkezi

koşulları, ortam sıcaklığı, fiziksel aktivite düzeyi ve vücuttan atılan su miktarına bağlı olarak her bireyin su ihtiyacı farklıdır. Yeterli miktarda su dede ciddi hastalıklara sebep nız susama hissini bekleme-

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