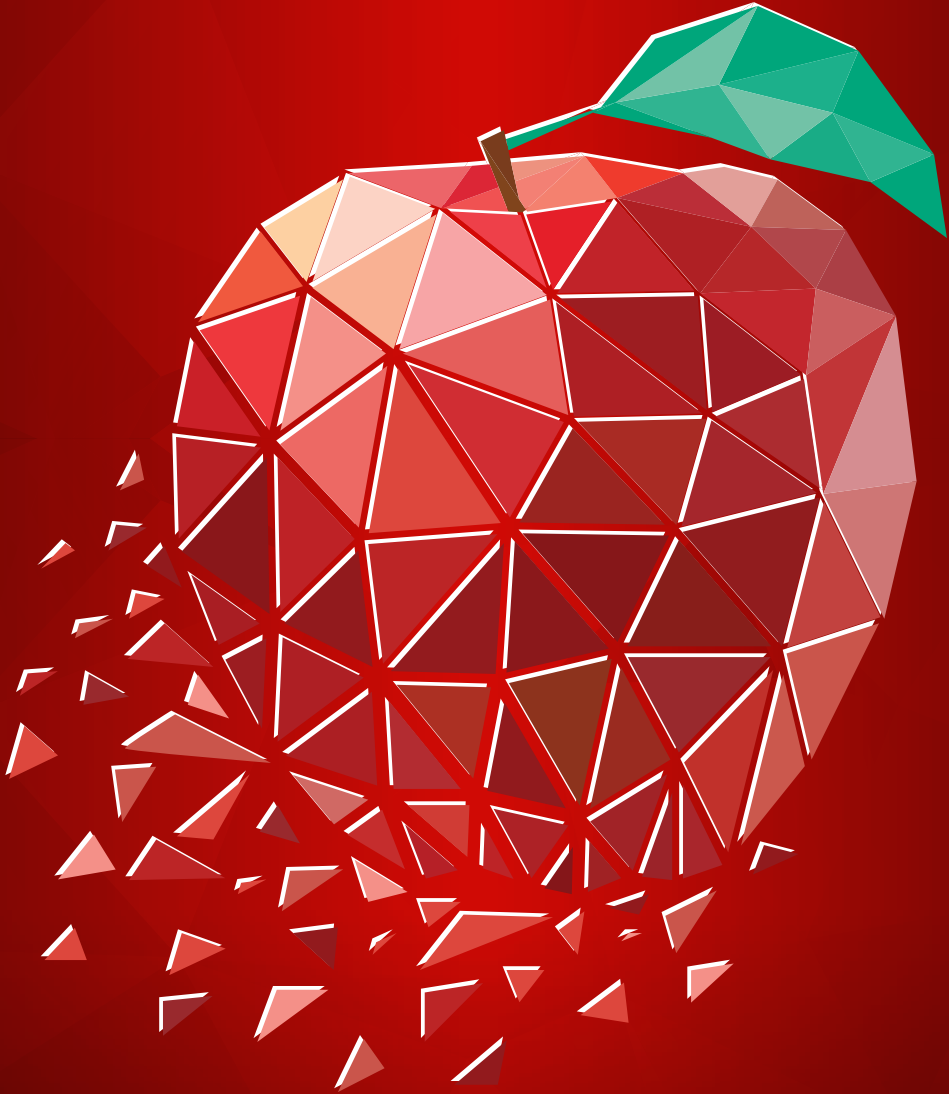




SABRİ ÜLKER
FOOD RESEARCH
FOUNDATION

2023 ANNUAL REPORT



EVERYTHING FOR A BETTER LIFE

The Kahramanmaraş-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 (**EUFI**C), 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

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Examples include:

- The British Nutrition Foundation (BNF)
- The European Food Information Council (EUFI
- 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

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.

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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 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.

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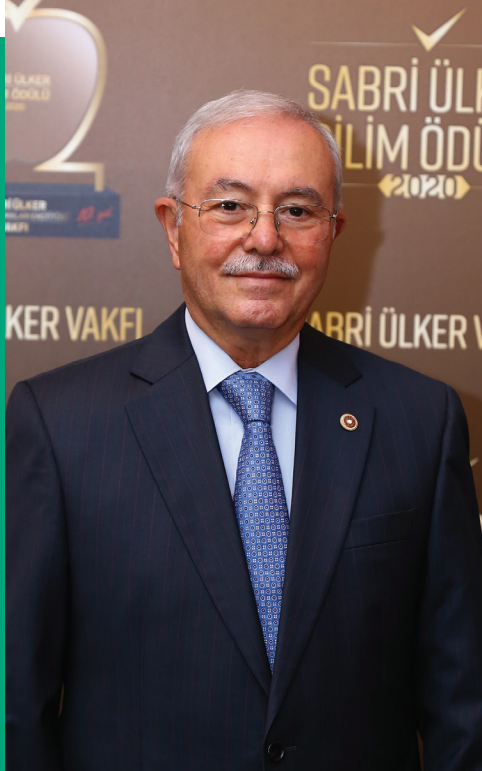
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From Our Chairman...



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 Symposium**, which we have organised every two years in conjunction with the Sabri Ülker Center. Under the leadership of **Prof. Dr. Gökhan Hotamışligil** 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 Society 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/S0007114523000260>)

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



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)



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

Honorary Members



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.



12 YEARS



22 PROVINCES



7 MILLION
STUDENTS, THEIR PARENTS
AND TEACHERS

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

SABRI ÜLKER SCIENCE AWARD
2023



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, Yıldız Holding, Prof. Dr. Gökhan

Hotamışlıgil, President of the Harvard University Sabri Ülker Center, Prof. Dr. Sonda Durukanoğlu Feyiz, Rector of Kadir Has University and Prof. Dr. Randy Schekman, Nobel Prize winner.



“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.



<https://foraccuratescience.sabriulkerfoundation.org/en/>

Geçmiş Olsun TV

geçmiş
olsun tv



346.972

views

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.



<https://www.youtube.com/@gecmisolsuntv>

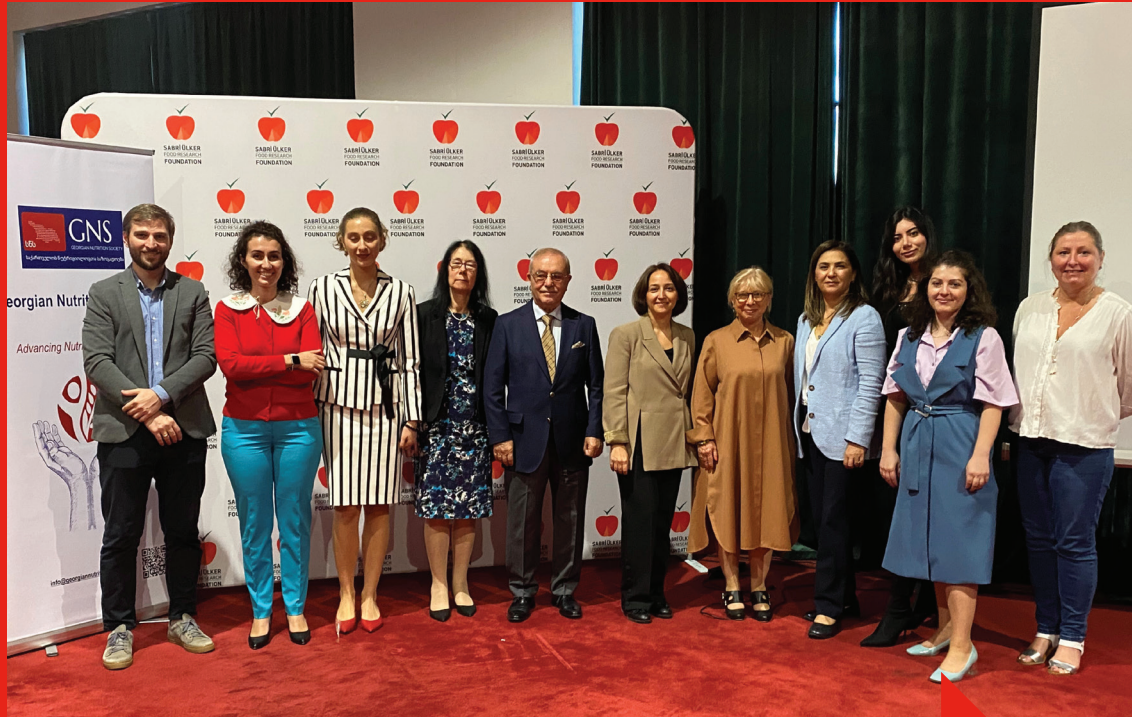


National and International Congresses and Events

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.

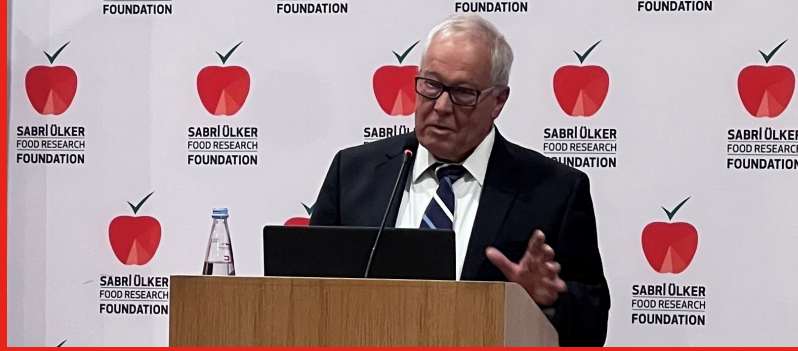
The key theme of the event was **"Sustainable Approaches in Education, Health and Nutrition"**. Participants included experts in nutrition, health, and education, as well as students, teachers and parents.

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.



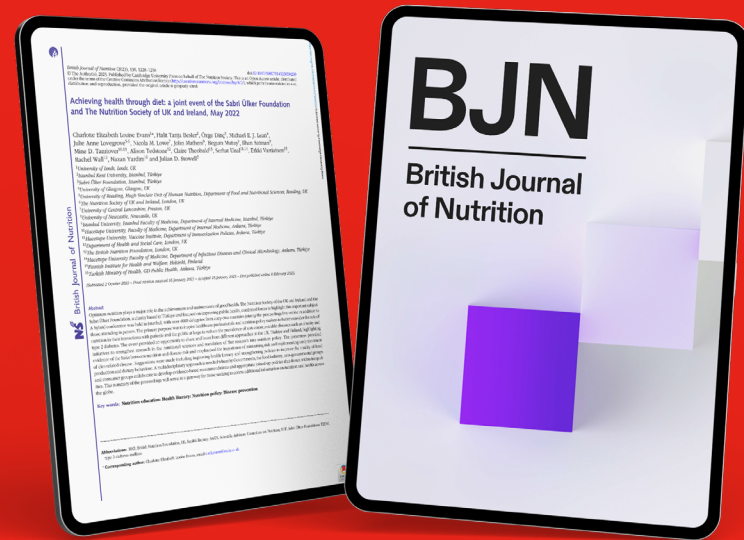
Participants in the Conference included

- ▶ **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 Czerkowski**
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: <https://doi.org/10.1017/S0007114523000260>)



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 Hotamışlıgil

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.

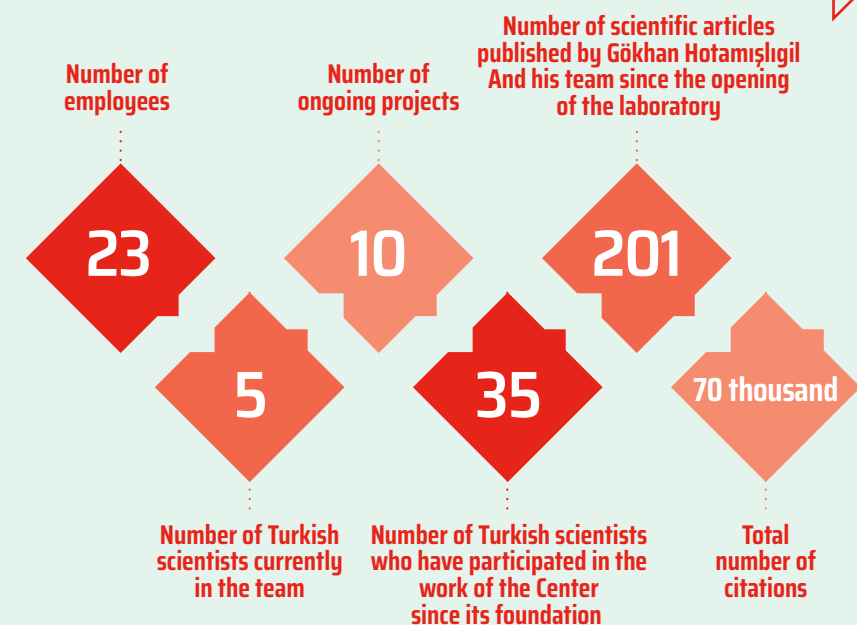
The Hotamışlıgil Lab, Sabri Ülker Center studies innate adaptive pathways involved in metabolic health and diseases such as obesity, diabetes, cardiovascular disease, hepatosteatosis, and asthma. For the past 25 years, our lab has made important foundational contributions to the burgeoning field of “immunometabolism”, 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 Hotamışlıgil. The Center brings together a highly qualified 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, dynamic 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 (Parlaskgöl, 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 Pennsylvania
- ▶ **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

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.



Rui-Ping Xiao, Peking University



Other Projects

EU 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



EU PROJECTS

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.



EU PROJECTS

agroBRIDGES Final Conference

15 December, İstanbul



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.



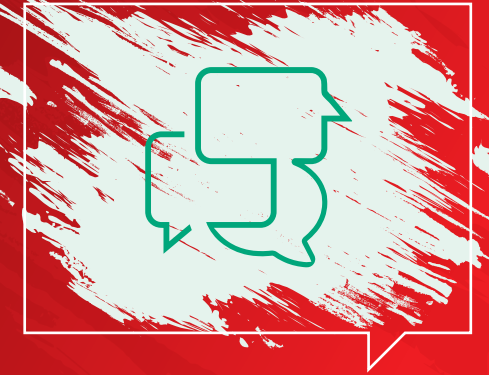
“ More than 400 stakeholders operating in food and agriculture were involved in this project. There has been an increase in the number of farmers selling directly to consumers. Approximately 150 farmers and

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”**.



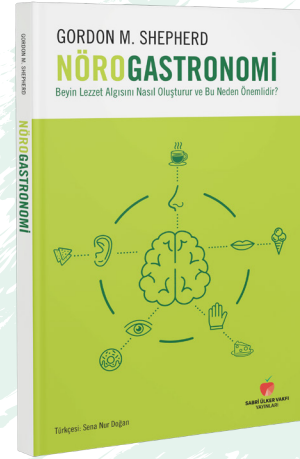
THE LATEST

Sabri Ülker Foundation Publications

SCIENCE SERIES

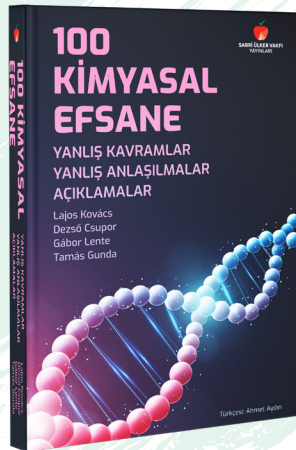
Neurogastronomy

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.



THE LATEST

Sabri Ülker Foundation Publications

SCIENCE SERIES

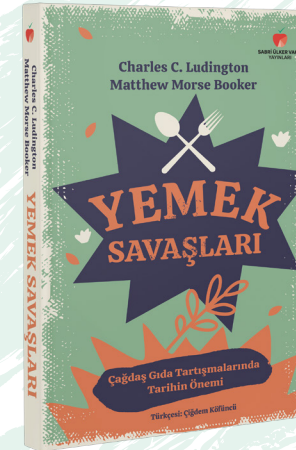
Expiration date

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

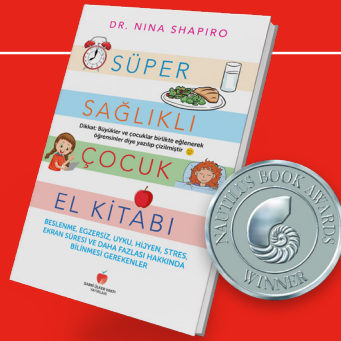
In "Food Wars" vital questions are addressed including "What do we eat? Where does the food we eat come from and how is it produced?" as well as information on other topics ranging from the promises of agricultural technology to taste policy.



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.

Remarkable results of the survey



26 WRITTEN



205 ONLINE



1 TV

A total of 232 news articles were featured



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.

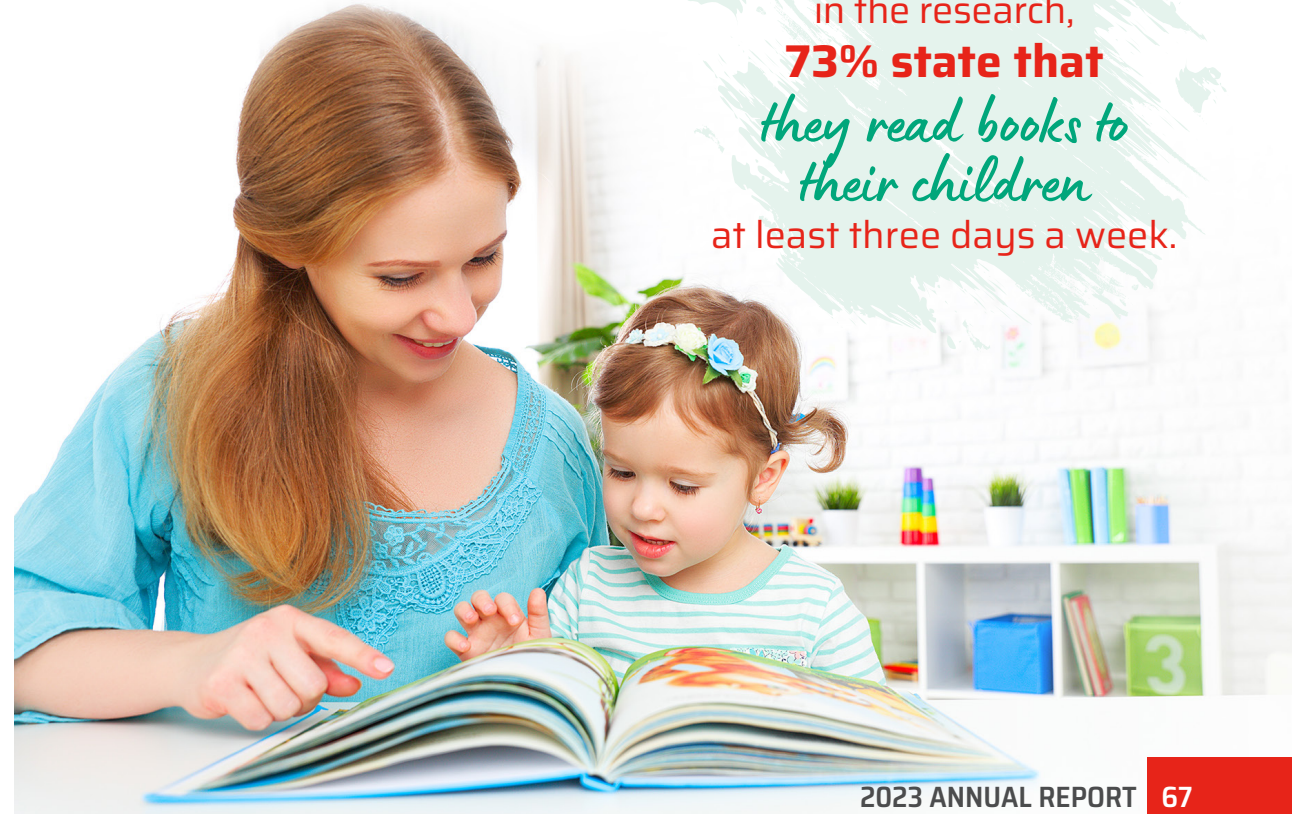
- The favourites of children aged 3-5 are fairy tales, stories, and picture books, whilst children aged 6-10 prefer stories and comics.
- 37% of children read e-books on phones and tablets. Additionally, 45% of mothers let their children listen to audiobooks. 70% of children aged 3-5 and 44% of children 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 they read books to their children at least three days a week.**



The Sabri Ülker Healthy Living Centre

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.



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.

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.





Beslenme kavramı, dünya ve Türkiye'de çok özel durumlar haricinde tıp müfredatının bir parçası



Nur Baran Aksakal

alanda bilgi düzeyini en yüksek grup arasında Ma ayrınımsı bildiklerini alanda yetersiz olduklarını açıkça ifade edebiliyorlar ki bu da bilimin gereği. Tıp eğitimi boyunca bu çeşitliliğe bir içerik eğitimi müfredatında da yer almıyor. Bu alanda da kendilerine geliştirilecek eğitim programı yok ya da sınırlı. Tam da buradaki ihtiyaçtan yola çıkarak Aile Hekimi Dernekleri Federasyonu (AHFE) ve **Sabri Ökür** **Vakfı** iş birliği ile bir beslenme eğitim programı hazırladık aile hekimlerimiz sunarak başladık. Devamını getirmek istiyoruz”

Aile Hekimleri Dernekleri
Federasyonu, doktorların eğitim
ihtiyacını belirleme anketi çarpıcı sonuçları
ortaya koydu. Çalışma süresi ortalama
15 yıl olan bin 308 hekimin online
olarak katıldığı ankete göre, hekimlerin
yüzde 24'ü vitamin, mineral gibi takviye
besinlerin kullanım alanları konusunda
bilgi düzeyini yeterli bulmuyor. Aynı soruya
evet diyenlerin oranı yüzde 13'te kalırken

Kronik hastalıkların tedavisinde doğru beslenme hayatı önem taşıyor. **Sabri Ulker Vakfı'nın girişimleriyle 9 bin aile hekimine beslenme eğitimi** verildiğini anlatan Gazi Üniversitesi'nden Prof. Nur Aksakal, bu sayede hastalara daha bilinçli yönlendirme yapıldığını anlattı.

**İÇ HASTALIKLARI
UZMANLARINA DA EĞİTİM**
Aile hekimleriyle başlayan
projenin yeni bir aşamaya
evrildiğini ifade eden **Sabri
Ülker Vakfı** Genel Sekreteri
Özlem Ülic Çatar ise, yeni
aşamada iç hastalıkları
uzmanlarına ulaşış onlara da
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■ AYBIKE EROĞLU - BELGRAD

Gıda, beslenme ve sağlık konularında geliştirdiği projelerle toplum sağlığını geleceği için çalışan **Sabri Ülker Vakfı**, beden ve zihnen uyumlu, dinlendirici bir tatil olmazsa olmazı dengeli beslenmekten geçtiğini hatırlatarak tatilde beslenmeye yönelik önemli bilgiler paylaşıyor. Kurulduğu 2009 yılından bugüne, gıda, beslenme ve sağlıklı yaşam bilincinin gelişmesine katkı sağlamak, topluma bu konulardaki en doğru, güncel ve bilimsel bilgiyi aktarmak hedefiyle çalışmalarını sürdüren **Sabri Ülker Vakfı**, birçoğumuzun tatile çıktığı şu dönemlerde dengeli beslenmenin önemine dikkat çekiyor.

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

Hazırlanış: Pazyıyı kaynamış suya dik-katle batırın, ezmeden yumu-

İncikli Fırıklı Pazı
Başkala Malmazeler
2 adet kuzu incik
1 adet prasa
1 adet havuç
1 adet kereviz
1 tatl karnı (15 gram)
domates salçası

[illegible]

Ne yediğin kadar,
nasıl pişirdiğin de önemli

[illegible]

Kırmızı eti, tavuk ya da balığı az miktarda pişirmek sağlıklı



Ramazan a
açlık süre

dengeyi kur
elere dikkat



1. The first two columns of the table are the same as in the previous table.



SAMULI PÖYRY
Executive Director

FENS 2023



Bilgi kirliliği!

Konferans'nda hastalıkların beslenmeyle ilişkisi masaya yatırıldı.

AN AYINDA SAĞLIKLI

MEK İÇİN ÖNERİLER



A bowl of soup with a small bowl of vegetables and a slice of bread.



lenme düzeni değişir, ana şöhün sayısı ikiye düşüyor

Peki Ramazan ayı süresince ve Ramazan Bayramı'nda mevcut sağlık durumunu korumak için nasıl beslenmeli, Beslenme ve sağlıklı yaşam alanlarında bilimsel bilgileri

taşıyan **Sabri Ülker Vakfı** önerilerini paylaşıyor.

2023 Digital Media Communication



THIS YEAR, WE REACHED
48,064,827

People through our social media accounts.



<https://en.sabriulkerfoundation.org/>

EVERYTHING FOR A BETTER LIFE