



SABRİ ÜLKER
FOOD RESEARCH
FOUNDATION



“EVERYTHING FOR A BETTER LIFE”

2024 ANNUAL REPORT

SABRI ÜLKER FOUNDATION'S KEY ACHIEVEMENTS IN 2024

Through the **Balanced Nutrition Education Project**, we reached over 7 million students, parents, and teachers across 25 provinces, playing a key role in laying the foundation for a healthy lifestyle. At the Coordinators Meeting, we developed various strategies to expand the project's impact and ensure its sustainability.

The "**Nutrition Education for Family Physicians**" we organized in collaboration with the Turkish Federation of Family Physicians Associations and Turkish Society of Internal Medicine Physicians (TİHUDUM) reached more than 27,000 physicians by providing science-based information to healthcare professionals. This programme was an important step towards strengthening patient-physician communication and supporting public health.

Our Foundation continued its efforts in the production and dissemination of scientific knowledge in 2024. The results of our study conducted within the scope of AHEF were published in the MDPI journal, while the findings of the "**Nutrition and Public Health**" conference organized in Georgia were published in the British Journal of Nutrition.

Dr. Aydan Bulut Karşlıoğlu was awarded the **9th Sabri Ülker Science Award** in recognition of her pioneering research in embryonic development and stem cell biology. This award once again highlights our commitment to supporting young scientists.

As part of our digitalization and communication initiatives aimed at promoting health awareness, our YouTube channel "**Geçmiş Olsun TV**" reached a wide audience with over 282,000 views. Designed to deliver accurate information in a clear and accessible way, the channel stood out with content that supports public health.

The initiatives held within our **Healthy Living Center** were designed to promote awareness about health preservation and improvement. Activities such as Healthy Living Day, diabetes awareness campaigns, and interactive sessions attracted significant public interest.

Through the EU-funded "**SafeNutriKids**" project, we implemented an AI-powered educational program focused on improving children's digital literacy and healthy eating habits. Additionally, the "**Innovative Agriculture Training**" program for women farmers contributed to the advancement of sustainable farming practices.

Throughout **2024**, we have taken pride in contributing to the construction of a healthier future through our science-based projects, innovative approaches, and our enduring commitment to public health. We will continue our work in 2025 with the same dedication and determination. As the Sabri Ülker Foundation, we remain committed to guiding future generations with the light of science and knowledge.

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ABOUT US

"Since 2009, we have been delivering reliable, science-based information on healthy living and nutrition to the public."

The Sabri Ülker Foundation was established in memory of Sabri Ülker, a pioneer in the Turkish food industry, and draws its mission from his life philosophy. The Foundation's activities aim to enlighten the public on nutrition and health by providing scientific and reliable information

The Foundation is a scientific and non-profit organization, with its work guided by an independent Science Committee composed of experts in their respective fields.

Some of the key international organizations the Foundation closely follows include:

- Republic of Türkiye Ministry of National Education
- Republic of Türkiye Ministry of Health
- Republic of Türkiye Ministry of Agriculture and Forestry
- EIT Food
- WHO (World Health Organization)
- The Nutrition Society
- FAO (Food and Agriculture Organization of the United Nations)
- EUFIC (European Food Information Council)
- BNF (British Nutrition Foundation)



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 Our foundation was established to honour the memory of Sabri Ülker, a veteran of reliable sources.



OUR WAY OF WORKING

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.

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

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 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.

MESSAGE FROM OUR CHAIRMAN



Dr. Talat İçöz

Chairman of the
Sabri Ülker Foundation

Since 2009, we at the Sabri Ülker Foundation have continued our efforts with the belief that a healthy society can only be achieved through a well-informed public shaped by scientific knowledge. We take pride in our pioneering and sustainable projects, each designed to raise awareness and contribute to the development of public consciousness on balanced nutrition and healthy living.

Guided by the power of science and supported by our Science Committee we carry out our initiatives in collaboration with both national and international reputable institutions, as well as distinguished scientists from around the world. While we aim to reach all segments of society through projects focused on balanced nutrition and healthy lifestyles, we also support various research and educational programs.

As part of these efforts, we collaborate with prestigious universities such as

Hacettepe University, Gazi University, Yıldız Technical University, and Acıbadem University, ensuring our projects are backed by strong scientific expertise.

In line with this vision, throughout 2024, we reached diverse segments of society, from children to adults, health-care professionals to academics, through our work in nutrition, food, and health.

The Balanced Nutrition Education Project, Türkiye's most comprehensive and sustainable nutrition education initiative in terms of student reach and grade levels, we engaged over 7 million students, teachers, and parents across 25 provinces this year. To expand the project's scope, we held a meeting with coordinators from all 25 provinces to discuss its present and future.

In our efforts to support public health, we collaborated with the Turkish Federation of Family Physicians Associations (AHEF) and the Turkish Society of Medicine Physicians (TİHUDUM) to deliver nutrition communication training to nearly 30,000 healthcare professionals. This year, we are extending these trainings to include pharmacists as well.

We consider the encouragement of young scientists a vital part of our mission. In pursuit of this goal, we

awarded the 2024 Sabri Ülker Science Award, one of the most prestigious scientific incentive programs, to Dr. Aydan Bulut Karslıoğlu for her pioneering work in stem cell biology and embryonic development. We eagerly await the selection of this year's winner.

Aligned with our objective of communicating scientific knowledge on nutrition and food to the public in an accessible manner, we brought together national and international experts at the 4th International Nutrition, Health Literacy, and Education Conference. Under the theme "Nutrition and Food Literacy," we explored the latest discussions in food and health through the lens of scientific evidence.

We place great emphasis on producing accessible and reliable health communication. In this regard, our Geçmiş Olsun TV YouTube channel has reached a broad audience with over 282,000 views, making a significant impact. The channel, which presents accurate information in clear and simple language, continues to grow as public interest in its health-promoting content increases.

Our outreach extended to the football field through the TFF Ülker Star Girls of the Future Project, carried out in collaboration with the Turkish Football Federation and Ülker. Leveraging our expertise in sports nutrition, we

provided training to 33 young female football prospects, aiming to enhance their athletic performance while fostering healthy eating habits.

Through EU-supported projects to improve food and health literacy, we contributed to the scientific literature while implementing AI-assisted educational programs for children and "Innovative Agriculture Training" for women farmers.

As the Sabri Ülker Foundation, we continue to combat misinformation, particularly from social media, by sharing evidence-based insights on healthy living and nutrition through our "For Accurate Science" platform. Additionally, Sabri Ülker Foundation Publications has delivered valuable reference works in Children's Books, Academic, and Popular Science categories, catering to diverse audiences.

All the projects we implemented in 2024 stand as tangible reflections of the Sabri Ülker Foundation's sustainable, science-based, and community-focused approach. We take pride in contributing to a healthier future and remain steadfast in our commitment to this mission.

We extend our deepest gratitude to all our stakeholders, academic collaborators, and healthcare professionals who have strengthened our journey in the light of science and knowledge.

OUR SCIENCE COMMITTEE



Dr. Talat İçöz
Chairman of the
Sabri Ülker Foundation



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. Hünkar Korkmaz
Hacettepe University, Faculty of Education,
Department of Educational Sciences, Division
of Curriculum and Instruction



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



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. Zehra Büyüktuncer Demirel
Head of the Department of Nutrition and Dietetics
at Hacettepe University Vice Dean of the Faculty
of Health Sciences at Hacettepe University



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. M. Temel Yılmaz
Honorary Member of
Sabri Ülker Foundation

SCIENTIFIC RESEARCH

FOOD LITERACY RESEARCH IN COLLABORATION WITH EUFIC

The Food Literacy Research, conducted in collaboration with the **European Food Information Council (EUFIC)**, aimed to assess the level of nutrition and health literacy in society, identify gaps, and develop educational and communication strategies in these areas. The study was carried out with 1,000 participants across six countries, and the data obtained led to scientific findings that were published in academic journals.

The main objectives of our research included: supporting individuals in making informed decisions regarding food and health, promoting healthy and sustainable eating habits, contributing to the prevention of diet-related nutritional disorders, reducing food waste, and increasing overall public health awareness.

The results of the study not only contributed to academic literature but were also shared at various congresses and scientific meetings. In addition, social media campaigns were launched to ensure the findings reached a wider audience. An educational video was also prepared in collaboration with a subject matter expert.

This research, conducted with EUFIC, has been a significant step towards improving food and health literacy levels.



6
COUNTRIES



1,000
PARTICIPANTS



**ACADEMIC
JOURNALS
PUBLISHED**

The study was carried out with **1,000 participants across six countries**, and the data obtained led to scientific findings that were published in academic journals.



SABRİ ÜLKER FOUNDATION

**PROJECTS
AND EVENTS**

TFF ÜLKER STAR GIRLS OF THE FUTURE PROJECT

As the Sabri Ülker Foundation, we are proud to contribute to the development of young athletes through the “TFF Ülker Star Girls of the Future Project”, implemented in collaboration with the **Turkish Football Federation (TFF)** and Ülker. With our expertise in sports nutrition, we aimed to help young female football players adopt healthy eating habits and enhance their athletic performance.

We provided sports nutrition training to 33 aspiring young athletes. In a workshop led by **Dr. Dietitian Gamze Şanlı Ak**, two immune-boosting smoothie recipes suitable for athletes in the winter season were shared with the participants.



In line with our mission to disseminate scientific knowledge, our contributions to this project have supported **young female athletes in adopting a healthy lifestyle and improving their on-field performance.**

THE BALANCED NUTRITION EDUCATION PROJECT



The Balanced Nutrition Education Project Continues in 25 Provinces.

The “Balanced Nutrition Education Project,” which has been ongoing since 2011 in collaboration with the **General Directorate of Basic Education under the Ministry of National Education**, continues its journey toward a **healthier future with the renewal of the protocol**.

We are raising awareness among preschool and primary school students across 25 provinces in Türkiye, including: Adana, Adıyaman, Ankara, Antalya, Aydın, Batman, Bayburt, Bursa, Diyarbakır, Edirne, Elâziğ, Erzurum, Eskişehir, Gaziantep, İstan-

bul, İzmir, Kahramanmaraş, Kayseri, Malatya, Mardin, Niğde, Rize, Sakarya, Sinop, and Trabzon.

Throughout the activities of the Balanced Nutrition Education Project, children learn the principles of adequate and balanced nutrition in an enjoyable way, guided by their teachers. The nutrition education is delivered through age-appropriate exercises, interactive games, presentations, food cards, and posters to make the learning process both fun and impactful.

Türkiye's most sustainable nutrition education initiative - reaching over 7 million students, parents and teachers across 25 provinces in 13 years.



Ebubekir Sıddık Savaşçı
General Director of Basic Education,
Ministry of National Education

Dr. Talat İçöz
Chairman of the
Sabri Ülker Foundation

Balanced Nutrition Education Project Coordinators Meeting



The “Coordinators Meeting” was held in Ankara.

As part of the project, we held the annual Provincial Coordinators Meeting in Ankara with the participation of Coordinators and Branch Directors from 25 provinces. During the meeting, we planned the entire academic year and received valuable feedback from the field. The meeting was also attended by Talat İçöz, the President of our Foundation, and Ozan Özkaya, Head of the Department of Research, Development and Projects at the Ministry of National Education’s General Directorate of Basic Education.

The program’s knowledge base is continuously updated. Before each academic year begins, provincial coordinators convene to receive the latest evidence-based guidance on balanced nutrition. Every year, before the start of the academic term, coordinators

from the participating provinces come together to receive the most up-to-date information about adequate and balanced nutrition. These coordinators, equipped with the latest insights that will directly impact children’s lives, train school representatives, who in turn train the classroom teachers delivering the education.

The project continues to expand rapidly across a wide region, with ongoing efforts aimed at promoting healthy eating habits among children.



NUTRITION EDUCATION FOR HEALTHCARE PROFESSIONALS

Nutrition Education for Family Physicians and Internal Medicine Physicians continues.

Our Foundation has successfully implemented two distinct training programs designed to enhance healthcare professionals' knowledge of nutrition and communication skills. These programs, carried out in collaboration with the **Turkish Federation of Family Physicians Associations (AHEF)** and the **Turkish Society of Internal Medicine Physicians (TİHUDUM)**, were tailored to family physicians and internal medicine specialists, respectively.

The “**Nutrition Education for Family Physicians**” program, developed with AHEF, aimed to equip family physicians with evidence-based nutritional knowledge and effective communication skills. The program introduced the concept of adequate and balanced nutrition, emphasized the role of nutrition in disease prevention and management, and aimed to strengthen patient-physician communication.



20
SESSIONS



15,172
VIEWS

As part of this training series: 20 sessions were conducted, The sessions reached a total of 15,172 views.

Prior to the training, a needs assessment survey was carried out to identify physicians' knowledge gaps, and the program content was shaped accordingly.

The “Nutrition Education for Internal Medicine Physicians” program, conducted in partnership with TİHUDUM, aimed to provide scientific and evidence-based insights into the role of nutrition in both health and disease. Topics



included nutrient-drug interactions, effects of nutrition on the immune system, allergens, and the use of probiotics and prebiotics.

Within this program:

10 live sessions were organized, A total of 11,901 internal medicine physicians were reached.

Both training programs focused on enhancing healthcare professionals' competencies in nutrition. Through these initiatives, our Foundation has fulfilled a significant responsibility in supporting public health and contributing to the daily practice of healthcare providers.

SABRİ ÜLKER SCIENCE AWARD

Dr. Aydan Bulut Karslıoğlu Wins the 9th Sabri Ülker Science Award.

The winner of the 9th Sabri Ülker Science Award, one of the most prestigious award programs recognizing young scientists conducting research in public health, was **Dr. Aydan Bulut Karslıoğlu**, head of the Stem Cell Chromatin Group at the Max Planck Institute for Molecular Genetics in Berlin. She received the award for her groundbreaking contributions to stem cell biology and embryonic development.

Dr. Karslıoğlu received the award in recognition of her pioneering contributions to stem cell biology and embryonic development. The prize was presented by: **Ali Ülker**, Chairman of Yıldız Holding; **Yahya Ülker**, Board Member of Yıldız Holding; **Prof. Gökhan Hotamışlıgil**, Director of the Harvard Sabri Ülker Center and Chair of the Award Jury; **Prof. Andrea Baccarelli**, Dean of Harvard T.H. Chan School of Public Health; **Dr. Talat İçöz**, Chairman of the Sabri Ülker Foundation.



From left to right: **Ali Ülker**, Chairman of Yıldız Holding; **Dr. Aydan Bulut Karslıoğlu**, Winner of the 2024 Sabri Ülker Science Award; **Prof. Dr. Gökhan Hotamışlıgil**, Director of the Harvard Sabri Ülker Center and Chair of the Award Jury; **Dr. Talat İçöz**, Chairman of the Sabri Ülker Foundation; **Prof. Dr. Andrea Baccarelli**, Dean of Harvard T.H. Chan School of Public Health; **Yahya Ülker**, Board Member of Yıldız Holding; **Dr. Zeki Ziya Sözen**, Member of the Science Committee of the Sabri Ülker Foundation.



In her acceptance speech, **Dr. Karslıoğlu** stated:

"On behalf of my team, I extend my deepest gratitude to the Sabri Ülker Foundation and the jury members for honoring pioneering research by young scientists with this distinguished award. The recognition of our work—which investigates the genetic, epigenetic, and metabolic transformations

in embryos during the earliest days of life—is both an immense honor and a motivation. Embryonic stem cell research has already propelled groundbreaking advances in science and disease treatment, and it will continue to illuminate the path for future stem cell therapies. This award celebrates not just individual achievement, but science's vital role in advancing public health."

FOR ACCURATE SCIENCE

Science and Nutrition: Advancing in the Pursuit of Accurate Knowledge

The relationship between nutrition and health continues to evolve with new findings every day. In today's information age, access to new knowledge is easier than ever, but this also means that such information can be interpreted in various ways by the public. Especially in the fields of nutrition and health, this can lead to confusion and misinformation when scientific findings are taken out of context.



Ebru Akdağ, Food Engineer



Dr. Dietitian Gamze Şanlı Ak

As the Sabri Ülker Foundation, we take on a significant responsibility to combat misinformation and share scientifically accurate facts. We publish articles focused on healthy living and nutrition based on data from national and international sources recognized as scientific authorities. Through these science-based contents, we aim to ensure the public has access to accurate and up-to-date information.

That's why we say: "For Accurate Science."

With this principle in mind, we continue contributing to a healthier future through evidence-based communication.

FOR ACCURATE
SCIENCE!

What Have We Covered?

Do frozen foods contain fewer vitamins and minerals than fresh ones?

Are gluten-free products actually healthier?

What is the role of salt in heart health, and how much salt should be consumed daily?

Should all foods be consumed in equal amounts?

Is vitamin C truly protective?

Coconut oil vs. olive oil: which one is better?

Does eating eggs increase cholesterol levels?

Based on the findings of our Food Literacy Research conducted in collaboration with the **European Food Information Council (EFIC)**, we have shared a series of informative videos under the For Accurate Science platform, featuring expert insights and answers to common questions.



GEÇMİŞ OLSUN TV

Sharing Accurate Information for Better Health



285,000
VIEWS

Supported by our Foundation, **Geçmiş Olsun TV** continues its broadcasts on YouTube.

Our channel brings rich and informative health content to viewers, featuring contributions from leading experts and physicians. From debunking nutrition myths to women's health, from improperly applied diets to healthy eating habits, from cardiology to gastroenterology, we cover a wide range of topics in a clear and accessible language.

To date, **Geçmiş Olsun TV** has reached approximately 285,000 views.

geçmiş
olsun tv



With
Geçmiş Olsun TV,
we continue our mission
to be a reliable and
accurate source in health
communication and remain
committed to building a
more informed society.



SABRİ ÜLKER FOUNDATION

**NATIONAL AND INTERNATIONAL
CONGRESSES
AND EVENTS**

4th INTERNATIONAL HEALTHY NUTRITION CONGRESS

We participated in the “4th International Healthy Nutrition Congress” held on April 20-21, 2024, and organized by the Department of Nutrition and Dietetics at Istanbul Medeniyet University, Faculty of Health Sciences.

Renowned national and international academics, experts, and researchers gathered at the congress to discuss the latest developments in healthy nutrition, dietetic practices, and the prevention and management of chronic diseases.

On behalf of our Foundation, our Secretary General Özlem Üliç Çatar delivered a presentation titled “Nutrition and Nutrition Communication Training for Healthcare Professionals: A Practice-Based Example,” developed in collaboration with AHEF. This presentation provided an important opportunity to share our Foundation’s efforts in disseminating scientific information and delivering educational initiatives.

Additionally, our colleague Julian presented on behalf of the Foundation, contributing further to the sharing of scientific knowledge.



13th NATIONAL HEALTHY LIVING CONGRESS

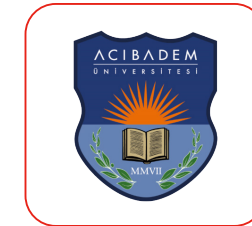
The 13th National Healthy Living Congress was successfully held by **Acibadem University** from May 30 to June 2, 2024.

The congress aimed to share recent developments in nutrition and dietetics with peers and to explore current knowledge in the field. During the event, findings from our Food Literacy Research, led by our Scientific Committee member **Laura Fernandez**, were presented by **Dr. Betty Chang**, Head of Research at EUFIC, under the title “What Do Consumers Know About Food?”

This work once again reinforced our mission of promoting the dissemination of scientific knowledge in the fields of nutrition and health.

Throughout the congress, the critical role of adequate and balanced nutrition in the prevention and treatment of diseases was emphasized, while emerging scientific concepts and new treatment approaches were thoroughly discussed.

Approximately 1,000 participants attended the congress, where the most up-to-date scientific insights, treatment methods, and innovations in the field of nutrition and dietetics were shared in detail.



Dr. Betty Chang, Head of Research at EUFIC

CAREER DAYS IN MEDICINE

Gazi Üniversitesi Tıp Fakültesi tarafından düzenlenen Tıpta Kariyer Günleri'nde, AHEF iş birliğiyle yürüttüğümüz programımızı tanıtarak, aile hekimleri ve iç hastalıkları uzmanlarına yönelik beslenme eğitiminin önemini detaylı bir şekilde vurguladık. Beslenme eğitiminin hastalıkların önlenmesi ve tedavisindeki kritik rolünü bilimsel veriler ışığında açıkladık ve tıp öğrencilerine yol gösterici bilgiler sunduk.



17th INTERNATIONAL MOLECULAR BIOLOGY AND GENETICS STUDENT CONGRESS

As the Sabri Ülker Foundation, we participated in the 17th International Molecular Biology and Genetics Student Congress, held on November 1-3, 2024, and organized by the Molecular Biology and Genetics Student Club of Istanbul Technical University.



HACETTEPE UNIVERSITY XI. INTERNATIONAL NUTRITION AND DIETETICS CONGRESS

We participated in the 11th International Nutrition and Dietetics Congress held on October 10-12, 2024, and hosted by Hacettepe University.

The congress comprehensively addressed the importance of adequate and balanced nutrition—one of the cornerstones of a healthy life—through the lens of current technological advances and evidence-based data in health sciences. With a focus on building sustainable lifestyles, the event conveyed significant messages for the future.

Participants examined the impact of evolving nutritional environments on health from various perspectives and

presented new approaches and practical suggestions for nutrition and dietetics professionals. These contributions further enriched the collective body of knowledge in the field.

Dr. Katerina Palascha, a researcher from **EUFIC**, which collaborates with the Sabri Ülker Foundation, was one of the prominent speakers at the congress. Palascha shared the results of the Food Literacy Research conducted in collaboration with the European Food Information Council (EUFIC), highlighting the impact of food and health literacy on public health. She also emphasized the importance of raising awareness in this field.



Dr. Katerina Palascha, EUFIC Researcher

IV. INTERNATIONAL NUTRITION, HEALTH LITERACY, AND EDUCATION CONFERENCE

With our mission to disseminate scientific knowledge in the fields of nutrition and food, we held the 4th International Nutrition, Health Literacy, and Education Conference at **Hacettepe University** Sıhhiye Cultural Center. The conference brought together national and international academics as well as experts in the fields of education, health, and food.

The main theme of the conference was “**Nutrition and Food Literacy**” and the opening speech was delivered by our Chairman, **Dr. Talat İçöz**. Key topics discussed included food safety, misinformation in nutrition, food literacy on social media, and childhood obesity. Additionally, detailed insights were shared about the “Balanced Nutrition Education Project.”



The Chair of the Conference Organizing Committee, Prof. **Hünkar Korkmaz**—Member of the Sabri Ülker Foundation Scientific Board and Head of the Department of Curriculum and Instruction at Hacettepe University Faculty of Education—highlighted that nutrition literacy is one of the key components of health literacy. She stated: “Nutrition and food literacy are becoming increasingly important every day. Enhancing knowledge on food and nutrition from an early age plays a crucial role in the prevention of nutrition-related chronic diseases. On the other hand, the widespread misinformation on social media significantly affects individuals’ everyday decisions concerning nutrition and healthy living. In such a context, this fourth edition of the conference aims to raise awareness on food and nutrition through scientific knowledge and to contribute to public health and well-being.”



Prof. Dr. Hünkar Korkmaz

Head of the Division of Curriculum and Instruction, Department of Educational Sciences, Faculty of Education, Hacettepe University



Conference Speakers:

Assoc. Prof. Ece Varlık Özsoy
Akdeniz University, Faculty of Literature, Department of Psychology

Assoc. Prof. Gülçin Tan Şişman
Hacettepe University, Faculty of Education, Department of Curriculum and Instruction

Prof. Dr. Hünkar Korkmaz
Chair of the Organizing Committee, Sabri Ülker Foundation Scientific Board Member, Hacettepe University Faculty of Education Division of Curriculum & Instruction

Dr. Laura Fernandez
Director General, European Food Information Council - EUFIC

Assoc. Prof. Muhammed Atak
General Director, Health Promotion Directorate, Republic of Türkiye Ministry of Health

Assoc. Prof. Nadia Steils
Academic Director of International Strategic Marketing Master’s Program, HEC Liège University

Prof. Nur Baran Aksakal
Sabri Ülker Foundation Science Committee Member, Faculty Member at Gazi University, Department of Public Health

Tijen Çoşkun
Republic of Türkiye Ministry of Agriculture General Directorate of Food Control Department of Food Establishments and Codex

Prof. Dr. Zehra Büyüktuncer Demirel
Sabri Ülker Foundation Science Committee Member, Head of the Department of Nutrition and Dietetics, Hacettepe University)

(in alphabetical order.)

You can scan the QR code for more information about the conference.



Assoc. Prof. Muhammed Atak
General Director, Health Promotion Directorate, Republic of Türkiye Ministry of Health

SABRİ ÜLKER FOUNDATION

**NATIONAL AND INTERNATIONAL
COLLABORATIONS**

HARVARD SABRİ ÜLKER CENTER FOR METABOLIC RESEARCH



HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH



The Sabri Ülker Center for Metabolic Research,

- based at Harvard University and conducting studies on genetics and complex diseases,
- continues to make significant contributions to the scientific community.

During the academic gathering held prior to the Sabri Ülker Science Award ceremony, **Prof. Gökhan Hotamışlıgil** led a thorough review of the Center's 10 years of work.



SABRİ ÜLKER FOUNDATION

**EUROPEAN
UNION
PROJECTS**

DRG4FOOD SAFENUTRIKIDS

Our SafeNutriKids project, submitted under the **DRG4Food** call, has been accepted as a European Union-funded initiative. Carried out with the participation of stakeholders from Estonia, Bulgaria, and Türkiye, this project was launched to **promote digital literacy and healthy eating habits among children aged 6-12**.

Through AI-supported, personalized nutrition education tools, the project aims to enhance children's healthy lifestyle behaviors and digital skills.



SafeNutriKids combines modern technology with interactive learning methods to improve children's overall health and boost their digital literacy.



CAREER DAYS

Career Days is a project conducted in collaboration with **EIT Food's Food Educators initiative**. Its primary goal is to highlight the importance of food in modern life and its role in achieving the United Nations Sustainable Development Goals.

Another major objective is to inspire and support future generations—children and adolescents—in fields such as agriculture, aquaculture, industry, academia, research, and entrepreneurship.

Its primary goal is to highlight the importance of food in modern life and its role in achieving the United Nations Sustainable Development Goals.



As part of this initiative, we produced a video with **Didem Enderoğlu**, a Lecturer in the Culinary Arts Department at Nişantaşı University. In this video, Enderoğlu shares insights from her career and daily experiences in the food sector. The video provides an engaging and educational look into topics such as hygiene, food technology, nutritional values, food styling, and world cuisines. The content is available on our YouTube channel for those interested.

You can visit the QR code for detailed information about the project.



REGENERATIVE AGRICULTURE TRAINING

In partnership with **EIT Food** and within the scope of an EU project, we organized an "Innovative Agriculture Training" session for women farmers at the **Kerevitaş Emirdağ Factory**.

The training covered key topics including soil health, biodiversity conservation, and sustainable farming practices. Participants gained hands-on knowledge on how to cultivate nutrient-rich crops using methods tailored to Türkiye's climate and soil conditions.

The program also introduced strategies to reduce agricultural waste, modern food processing techniques, and approaches for optimizing farm-to-table processes. Additionally, sustainable agricultural methods such as cover cropping and crop rotation



were presented. This training aimed to empower women farmers to make their production processes more environmentally friendly and efficient.



EIT FOOD SUMMER SCHOOL PROJECT

As part of the EIT Food Summer School Project, we organized educational programs for university students in collaboration with the Department of Nutrition and Dietetics at **Medeniyet University**.

This training program aimed to enhance students' professional knowledge in light of recent developments in the field of nutrition and dietetics. With the contributions of **Dr. Burcu Aksoy Canyonlu** from Medeniyet University, the program offered both theoretical and practical learning opportunities.

The program helped students improve their professional competencies while also gaining sector-specific knowledge and experience, offering valuable contributions to their careers.



R&D COLLABORATION WITH NORTH STAR INNOVATION

We are collaborating with North Star Innovation on valuable product development processes focused on nutritional content. As part of this collaboration, we are supporting the development of an effervescent tablet designed for individuals aged 40 and over. The aim is to prevent chronic diseases associated with ageing and support preventive care.

Our contribution to this process includes providing support from the scientific literature, enhancing the product's nutritional profile and offering a scientific perspective on the development of innovative products.

SABRİ ÜLKER FOUNDATION

**ACADEMIC
RESEARCH AND
PUBLICATIONS**

PRELIMINARY FINDINGS REGARDING NUTRITION INFORMATION NEEDS AMONG FAMILY PHYSICIANS IN TURKEY

The results of our study conducted within the scope of the Family Physicians Training Program (AHEP) were published as an academic article titled "Preliminary Findings Regarding Nutrition Information Needs among Family Physicians in Türkiye" in MDPI (Open Access Proceedings Journals for Academic Conferences) in March 2024. This study includes preliminary findings on the nutritional information needs of family physicians in Türkiye and strengthens the scientific foundation of our training programs for healthcare professionals.

Abstract
Preliminary Findings Regarding Nutrition Information Needs among Family Physicians in Turkey[†]

Özge Dinç^{1,*}, Fatma Nur Baran Aksakal², Begim Mutuş³, Özlem Üliç Çatar¹, Halit Tanju Bestel², Serhat Ünal⁴ and Orhan Aydoğdu⁵

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[†] Presented at the 14th European Nutrition Conference FENS 2023, Belgrade, Serbia, 14–17 November 2023.

Abstract: Background and objectives: Considering the information pollution in the field of nutrition and health in society, more than half of the community asks family physicians (FPs) as the closest counseling unit about healthy nutrition and related issues. However, FPs' nutritional knowledge levels are limited, and nutrition-related courses are not an integral part of their education. There is a need to organize postgraduate nutrition-based training programs for FPs. Methods: In order to determine the training needs of FPs, a needs assessment questionnaire was developed by the researchers in order to select topics in which they need to be trained before preparing a training program. There were 26,252 FPs in Turkey at the time of the study. AHEF is the federation of all seventy-six FP associations in Turkey. FPs who are members of any of these associations constituted the study population. The questionnaire was sent to all registered FPs electronically. Results: The questionnaire was replied to by 1308 FPs, of whom 46% were female and the average working period was 15 ± 3 years (1–38). Only 26.4% of the FPs declared that they felt competent while answering patients' questions on nutrition, 12.8% thought their knowledge was insufficient, 62.6% thought their knowledge was partly sufficient, and 23.2% recommended some kind of supplement to their patients. The topics that are indicated by the FPs were quantified and taken into consideration while the training program was prepared. The training program, which provided the first ever nutrition and nutrition communication online information platform for physicians in Turkey, was developed in collaboration with an NGO, the university, and AHEF. It consisted of eight online training topics starting in March 2022 and was conducted once every two weeks. Discussion: Postgraduate nutrition training programs for physicians and other health professionals who wish to improve their current knowledge of the role of nutrition and communication in the prevention and management of chronic diseases are limited worldwide. It is necessary to increase the level of nutrition knowledge of FPs with postgraduate training programs. Nutrition communication is the next step toward improvement.

Keywords: nutrition; family physician; nutrition communication

Check for updates

Citation: Dinç, O.; Aksakal, F.N.B.; Mutuş, B.; Çatar, O.Ü.; Bestel, H.T.; Ünal, S.; Aydoğdu, O. Preliminary Findings Regarding Nutrition Information Needs among Family Physicians in Turkey. *Proceedings* 2024, 11, 404. <https://doi.org/10.3390/proceedings2023091404>

Academic Editors: Şahinuşa Şahin and Philip Calder

Published: 13 March 2024



NUTRITION AND PUBLIC HEALTH IN GEORGIA: REVIEWING THE CURRENT STATUS AND INSPIRING IMPROVEMENTS

A JOINT EVENT OF THE GEORGIAN NUTRITION SOCIETY, THE NUTRITION SOCIETY OF THE UK AND IRELAND AND THE SABRİ ÜLKER FOUNDATION, OCTOBER 2023

In October 2023, in collaboration with the Georgian Nutrition Association and the Nutrition Society of the United Kingdom and Ireland, we co-organized an event titled "Nutrition and Public Health in Georgia: Reviewing the current status and inspiring improvements." The findings from this event were published in the **British Journal of Nutrition** in February 2024. This publication addresses the current state of nutrition and public health in Georgia and identifies opportunities for improvement, making a significant contribution to our internationally collaborative work.

Nutrition and public health in Georgia: reviewing the current status and inspiring improvements: a joint event of the Georgian Nutrition Society, The Nutrition Society of the UK and Ireland and the Sabri Ülker Foundation, October 2023

Julian D. Stowell^{1*}, John C. Mathers², Manana Stanley³, F. Nur Baran Aksakal¹, Avril Aslett-Bentley⁴, Diána Bándi⁵, Eka Bobokhidze^{6,7}, Özlem Üliç Çatar¹, Özge Dinç⁸, Rusudan Gvachimava⁹, Begim Mutuş¹, Caroline Saunders⁹, Oliver Michael Shannon⁷ and Ihab Tewfik⁸

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⁶Institute of Food Engineering, Faculty of Engineering, University of Szeged, Szeged, Hungary
⁷Hugh Sinclair Unit of Human Nutrition, Department of Food and Nutritional Sciences, School of Chemistry, Food and Pharmacy, University of Reading, Reading, UK
⁸Division of Food, Nutrition and Public Health, School of Life Sciences, University of Westminster, London, UK
⁹Pladis Global, London, UK

(Submitted 22 December 2023 – Final revision received 20 February 2024 – Accepted 26 February 2024 – First published online 8 March 2024)

Abstract: Georgia lies to the northeast of Türkiye, having a western border on the Black Sea. With a population of some 5.73 million, Georgia has a tradition of gastronomic excellence dating back millennia. However, changing lifestyles and external influences have, as elsewhere, led to problems of sub-optimal nutrition, and lifestyle-related diseases and disorders prevail. There is considerable scope for improving the focus on public health (PH) and nutrition in Georgia. With this in mind, the Georgian Nutrition Society teamed up with The Nutrition Society of the UK and Ireland and the Sabri Ülker Foundation, a PH charity based in Istanbul, Türkiye, to host a conference and workshops in Tbilisi, Georgia. The primary purpose was to review the current status of PH and nutrition in Georgia with reference to the situation elsewhere, to share examples of best practice and to identify opportunities for improvement. A particular highlight was the presentation of a programme of nutrition education for family physicians recently implemented in Türkiye. This summary of the proceedings is intended as a blueprint for action in Georgia and also to inspire others to consider how PH might be improved via a focus on balanced nutrition.

Keywords: Nutrition education; Nutrition policy; Health literacy; Disease risk reduction; Physicians nutrition education



Both publications have expanded our scientific contributions and reinforced our vision of developing sustainable solutions for public health.

SABRİ ÜLKER FOUNDATION PUBLICATIONS

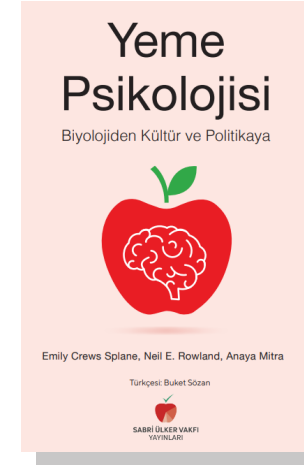
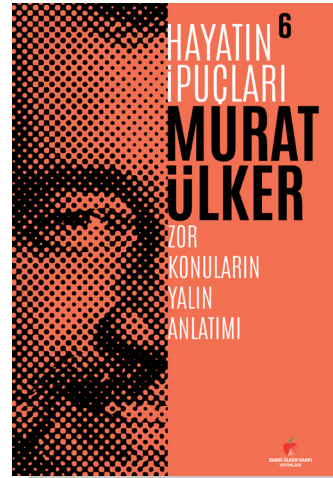
Sabri Ülker Foundation Publications offer a rich variety of content addressing all segments of society, presenting valuable reference works in the categories of **Children's Books**, **Academic Publications**, and **Popular Science**. Compiled from both national and international sources, these publications focus particularly on child development, scientific research, and popu-

lar science topics, aiming to make access to knowledge easier and more engaging.

Our publications aim to provide comprehensive educational and informative content for various age groups. This year's featured titles on the shelves include:

Hints For Life: Simple Explanations of Complex Topics 6

"Hints For Life Simple Explanations of Complex Topics" offers a diverse range of content. The book features a wide array of essays—from "Business" articles discussing the importance of strategic planning in global companies, to "History" pieces highlighting Fatih Sultan Mehmet's efforts in leading a cultural transformation. It also includes "Society" writings discussing contemporary parenting, as well as "Culture and Art" observations about various artistic works. In addition, the book features Murat Ülker's travel notes and his thoughts on current issues.



The Psychology of Eating

The Psychology of Eating explores why humans are drawn to food and questions whether this interest is uniquely human. The book investigates how the concept of "normal" eating has evolved in modern society and what roles it plays. It also delves into diagnosable eating disorders such as anorexia and bulimia nervosa, as well as the widespread issue of the "obesity epidemic." By examining the psychological and social dynamics behind our eating habits, the book also offers potential solutions.

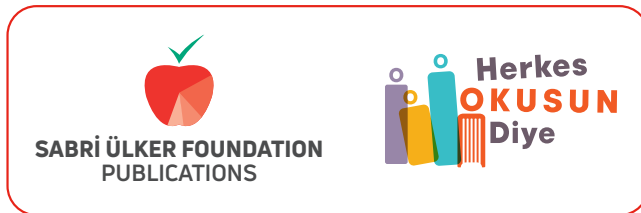


"5 Senses Activities with Games" Series

This series provides educational and entertaining activities that **help children explore their senses**. With colorful and eye-catching designs, these books captivate children's attention and are filled with games and activities that support sensory development. Through this series, children will not only enjoy learning but also be encouraged to explore the world around them with curiosity and confidence.

"Learning Concepts" Series

Learning Concepts series aims to help children learn **fundamental concepts** in a fun and educational way. Designed to strengthen children's **language development** and **conceptual understanding**, the series presents essential knowledge through a creative and engaging narrative.



SABRİ ÜLKER FOUNDATION

**COMMUNICATION
& OUTREACH**

SABRİ ÜLKER FOUNDATION HEALTHY LIVING CENTER

As the Sabri Ülker Foundation, we continue to implement valuable initiatives and organize impactful activities to promote a healthier future. In this direction, we carry out various projects under the umbrella of the “Healthy Living Center” to support our employees in leading healthier lives and making informed nutritional choices.

Through projects and events held annually in different areas, we aim to help our employees learn about adequate, balanced, and healthy nutrition and integrate these practices into their daily lives. Within this framework, we offer Corporate Nutrition Counseling, create internal communication content to improve nutritional awareness, and



organize in-house healthy living activities. The main goal of the Healthy Living Center, which benefits all employees within our foundation and Yıldız Holding, is **to help individuals adopt healthy, adequate, and balanced eating habits** through personalized diets and to support the sustainability of these habits.

This year, we expanded our services by supporting Yıldız Holding’s cafeteria menu planning as part of Healthy Living Center. By calculating the calorie content of meals served in the canteen, we enable employees to access this information easily and raise awareness in their meal choices.



**1,218
SESSIONS**

In 2018, the year the Healthy Living Center was established, 432 nutrition counseling sessions were conducted. By 2024, this number has **increased by 180.8%**, reaching a total of 1,213 sessions. This success highlights the significant steps we have taken in helping our employees develop and maintain healthy eating habits through personalized nutrition programs.



HEALTHY TALKS DURING RAMADAN

Our “Healthy Talks” series, held during the month of Ramadan, continued this year with the participation of Expert Dietitian **Betül Karakuş**. In this interactive event with Yıldız Holding employees, we discussed healthy and sustainable eating during Ramadan through a Q&A format.

Throughout the event, we answered questions from employees about proper nutrition during Ramadan and aimed to raise awareness about sustainable healthy living. At the end of the event, participants who answered questions correctly received a gift: Expert Dietitian Betül Karakuş’s book titled “Yeni Nesil Diyet” (New Generation Diet).



Sr. Dietitian Betül Karakuş



As in previous years, we are proud to support our colleagues' awareness and education on healthy eating through the **Healthy Talks series**.



HEALTHY LIVING DAY

WORLD DIABETES DAY, NOVEMBER 14

This year, we combined our sixth annual **Healthy Living Day** event with **World Diabetes Day**, held on November 13-14. During this two-day event, our goals were to raise awareness about diabetes among our employees, encourage blood sugar monitoring, and identify individuals at risk to refer them to appropriate healthcare services.

As part of the event, blood sugar measurements (both fasting and post-meal) were conducted for 150 employees with the support of student dietitians from **Medipol University**. Based on the results, individuals at risk were informed for early diagnosis and intervention.

Furthermore, our esteemed guest speakers enriched the event by providing valuable insights on diabe-



tes prevention, healthy nutrition, and blood sugar management. **Prof. Gülgün Ersoy** and **Dietitian Gizem Gençyürek Yılmaz** played a key role in raising awareness with their expertise.



150 EMPLOYEES' BLOOD SUGAR MEASUREMENTS

As in every year, Healthy Living Day drew great interest from our employees, serving as an important platform to promote both individual awareness and healthy lifestyle habits. We are delighted to have taken another meaningful step toward improving and protecting our employees' health through this event.



MEDIA COMMUNICATION IN 2024

 **33,357,000
REACHING**

INTERNETHABER | BIST 10.422 | DOLAR 36.07 | EURO 39.77 | ALTIN 2.408,05 | 10° ISTANBUL

HABERLER | SON DAKİKA | GÜNCEL | SPOR | EKONOMİ | DÜNYA | SAĞLIK | MAGAZİN

HABER / SAĞLIK

Sabri Ülker Vakfı'ndan sağlıklı bir Ramazan ayı geçirmek için ipuçları

İhan Haber Ajansı



SAĞLIK

Ramazan ayında vücudun gereksinim duyduğu besin öğelerinin sağlanması başlıkların desteklenmesi için büyük bir önem taşıyor. Bu nedenle, gün içerisinde sahur ve iftar olmak üzere ikkiye düşen ana öğünlerde tüketilen gıdaların yeterli vitamin ve mineral alımını sağlayacak şekilde olması gerekiyor. Ayrıca, uyku düzeni de sağlık halinin devamında hayati bir rol oynuyor.

90 yaşındaki hastanın karnından yaklaşık 11 kilogramlık tümör çıkarıldı

Medipol'de geleneksel medya mesajları sahur çözümleri

Abone ol | Google News



29 Kasım 2024 14:32 | Son Güncelleme: 25 Kasım 2024 14:34

Sabri Ülker Vakfı, beslenme ve gıda alanında bilimsel bilgiyi yayma misyonuyla 4.Ulusal Beslenme, Sağlık Okuryazarlığı ve Eğitim Konferansı'nı düzenledi.

Sabri Ülker Vakfı tarafından bu yıl 4.sü düzenlenen Ulusal Beslenme, Sağlık Okuryazarlığı ve Eğitim Konferansı, ulusal ve uluslararası akademisyenler ile eğitim, sağlık ve gıda alanında uzman isimlerin katılımıyla Hacettepe Üniversitesi Sıhhiye Kültür Merkezi'nde gerçekleştirildi. "Beslenme ve Gıda Okuryazarlığı" temasıyla toplanan konferansın açılış konuşmasını Sabri Ülker Vakfı Başkanı Dr.Talat İçöz yaptı.

Konferansta gıda güvenliği, gıdada bilgi kirliliği, sosyal medyada gıda okuryazarlığı ve çocukluk çağı obezitesi konuları ele alındı. Ayrıca Sabri Ülker Vakfı'nın Yemekte Denge Eğitim Projesi'nin ayrıntıları katılımcılarıyla paylaşıldı.



EMBO altın madalyası Doç. Dr. Elvan Böke'ye

Kadınlarda hücre yaşlanması nedeniyle ortaya çıkan üreme sorunlarına umut ışığı olan çalışmalarıyla öne çıkan, İspanya'daki Genomik Düzenleme Merkezi'nin (CRG) Grup Lideri Doç. Dr. Elvan Böke, Avrupa Moleküler Biyoloji Örgütü'nün (EMBO) bu yılki büyük ödülünün sahibi oldu. Böke, bilimsel araştırma ve yenilikte mükemmeliyeti simgeleyen prestij ödülünü, doğurganlığın ve geç anneliğin önündeki en büyük engellerden biri olan yumurta yaşlanmasıyla ilgili çalışmalarını nedeniyle aldı.

Kadınlara umut

Böke, geçen sene de araştırma enstitülerindeki bilim insanlarını teşvik ve araştırmaların toplum yararına sunulmasına destek hedefiyle her yıl verilen Sabri Ülker Bilim Ödülü'ne layık görülmüştü. Ödül Böke'nin yumurta hücrelerinde yaşlanma ve kadınlarda üreme sorunlarına umut ışığı niteliğindeki araştırmaları nedeniyle verilmisti. **İHA**

KÖK HÜCRENİN SIRRINI ÇÖZDÜ

Sabri Ülker Bilim Ödülü'nün sahibi Dr. Karslıoğlu oldu

Ziyneti Kocahıyık İSTANBUL
Her yıl toplum sağlığı üzerine araştırmalar yapan genç bilim insanlarına Sabri Ülker Bilim Ödülü veriliyor. Bu yıl 9. ödülün sahibi ise Kök Hücre Biyolojisi alanında çığır açan araştırmalarıyla Dr. Aydan Bulut Karslıoğlu oldu. Berlin'deki Max Planck Moleküler Genetik Enstitüsünde Kök Hücre Kromatin Grubu'nun liderliğini yürüten Dr. Karslıoğlu bu ödülü, embriyonik kök hücrelerin stres altında uyku moduna geçmesini ve yeniden aktifliğini konu alan çalışmalarıyla kazandı. Dr. Karslıoğlu, çeşitli memeli hayvanlarda var olan "hücre uyku" olarak adlandırılacak bu mekanizmanın, insan embriyosunun oluştuğu ilk günlerde de yaşandığını ortaya koydu. Bu çalışmalar tüp bebek tedavileri ile kanser tedavisinde yeni yöntemlerin geliştirilmesine de ışık tutacak nitelikte.

Sabri Ülker Vakfı'ndan Sağlıklı Bir Yeni Yıl için Beslenme Önerileri

Yayınlanma: 30 Aralık 2023 Cumartesi 21:02



Yeni yıla girmeye hazırlanırken genelde geçmiş yılın muhasebesi yapılır ve yeni hedefler belirlenir. Sadece yalıtılmış hedefleri için değil tüm hedefler için ideal olan, yapmak istediklerinizin ulaşılabilir olmasıdır. Mutlaka her hedef önemli çabalar gerektirir. Bununla birlikte ne kadar gerçekçi istekler belirlerseniz onlara ulaşmak için motivasyonunuzu da o kadar yüksek tutabilirsiniz.



9. Sabri Ülker Bilim Ödülü sahibini buldu

2016 yılından beri verilen Sabri Ülker Bilim Ödülü, sahibini buldu. Ödülün bu yılki sahibi Berlin'deki Max Planck Moleküler Genetik Enstitüsü'nde Kök Hücre Kromatin Grubu'nun liderliğini yürüten Dr. Aydan Bulut Karslıoğlu oldu. Yıldız Holding Yönetim Kurulu Başkanı Ali Ülker, "Sabri Ülker Bilim Ödülü ile genç bilim insanlarımızı teşvik etmekten büyük bir mutluluk duyuyoruz" dedi. Sabri Ülker Bilim Ödülü'nün bu yılki sahibi Dr. Aydan Bulut Karslıoğlu da, "Araştırmalarımızın takdir edilmesi bizim için büyük gurur ve motivasyon kaynağı" diye konuştu.

Sabri Ülker Vakfı, gelenekselleştirdiği konferanslarla beslenme ve gıda okuryazarlığına dikkat çekiyor

Sabri Ülker Vakfı, beslenme ve gıda alanında bilimsel bilgiyi yayma misyonuyla 4.Ulusal Beslenme, Sağlık Okuryazarlığı ve Eğitim Konferansı'nı düzenledi.



IV. ULUSLARARASI BESLENME, SAĞLIK OKURYAZARLIĞI VE EĞİTİM KONFERANSI

Sabri Ülker Vakfı tarafından bu yıl 4.sü düzenlenen Ulusal Beslenme, Sağlık Okuryazarlığı ve Eğitim Konferansı, ulusal ve uluslararası akademisyenler ile eğitim, sağlık ve gıda alanında uzman isimlerin katılımıyla Hacettepe Üniversitesi Sıhhiye Kültür Merkezi'nde gerçekleştirildi. "Beslenme ve Gıda Okuryazarlığı" temasıyla toplanan konferansın açılış konuşmasını Sabri Ülker Vakfı Başkanı Dr.Talat İçöz yaptı.

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ŞİRKET HABERLERİ >



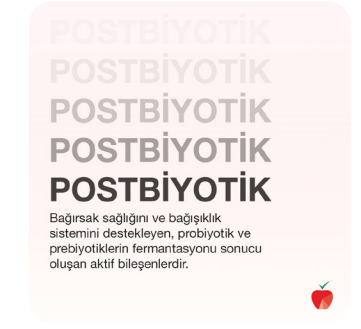
Sabri Ülker Vakfı'ndan kış aylarında bitki çayları tüketimine yönelik öneriler

Her biri benzersiz faydalara sahip çok sayıda bitki çayı türü mevcut

İSTANBUL (AA) - Sabri Ülker Vakfı kış aylarında tüketilecek şifalı bitki çayları hakkında konferans düzenledi. Konferansın açılış konuşmasını Sabri Ülker Vakfı Başkanı Dr. Talat İçöz yaptı. İçöz, kış aylarında tüketilecek şifalı bitki çayları hakkında konferans düzenledi. İçöz, kış aylarında tüketilecek şifalı bitki çayları hakkında konferans düzenledi.

DIGITAL MEDIA COMMUNICATION IN 2024

15,699,582 REACHING





SABRİ ÜLKER
FOOD RESEARCH
FOUNDATION



Sabri Ülker Foundation



Sabri Ülker Science Award