

# ACTIVITY REPORT

## 2019



“EVERYTHING FOR A BETTER LIFE”



THE SABRİ ÜLKER FOUNDATION

**ACTIVITY  
REPORT**  
2019

# ABOUT THE SABRİ ÜLKER FOUNDATION

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## About us

The Sabri Ülker Foundation was established with the objective of disseminating information on food, nutrition, and health and making a positive contribution to improving public health in Turkey and beyond. Our foundation is named after Sabri Ülker, a pioneer entrepreneur in the food industry in Turkey. The Sabri Ülker Foundation has been active since 2009.

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## Our Vision

As an independent, scientific, non-profit organization, to make a positive contribution to improving public health in Turkey and beyond.

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## Misyonumuz

To promote an improvement in public health via balanced nutrition and lifestyle. To achieve this we sponsor research, communicate on key topics based on accurate science and implement education programmes in schools and elsewhere.

## OUR VALUES

- To carry out activities that support healthy eating and a healthy lifestyle.
- To provide the community with useful information on nutrition and safe food.
- To provide the public with information on the latest scientific developments in the field of nutrition, lifestyle and health.
- To follow scientific studies, legislation and practices at national and international level
- To support research in the field of nutrition and health
- To cooperate with universities, public and non-governmental organizations in order to provide accurate and reliable information about healthy nutrition and food to society.

# OUR SCIENCE COMMITTEE



**Talat İçöz**

Chairman of the Sabri Ülker Foundation



**Prof. Diána Bánáti**

Professor of Nutrition Institute, Postgraduate School of Nutrition and Food Sciences, University of Debrecen



**Prof. Halit Tanju Besler**

Eastern Mediterranean University  
Vice Rector



**Prof. Hans Konrad Biesalski**

Head of the Department of Biological Chemistry and Center for Nutrition and Food Safety at the University of Hohenheim



**Dr. Laura Fernández Celemín**

General Director of European Food Information Council (EUFIC)

**Prof. Gökhan Hotamışlıgil**

Professor of J.S. Simmons Genetics, Metabolism and Nutrition and Chairman of the Sabri Ülker Center



**Prof. Beraat Özçelik**

Dean of ITU Faculty of Chemical and Metallurgical Engineering, Head of Department of Food Engineering



**Dr. Zeki Ziya Sözen**

The Science Committee Member of the Sabri Ülker Foundation



**Prof. Julian D. Stowell**

Visiting Professor, Oxford Brookes University



**Prof. M. Temel Yılmaz**

Chairman of the Turkish Diabetes Foundation





# STATEMENT OF TALAT İÇÖZ

Chairman of the Sabri Ülker Foundation

We are happy to offer this 2019 Annual Report of the Sabri Ülker Foundation. I am proud to report that, as a foundation, we have continued to implement a programme that reaches more and more people each year. In so doing, we are making an important contribution to improving public health both in Turkey and internationally.

Our foundation was established with the aim of ensuring that information in the field of food, nutrition and health is first reviewed by our experts and then disseminated accurately and in a readily understandable format to society. The Sabri Ülker Foundation has organized and implemented many successful events and projects since its inception in 2009. During this time, we have become respected as a reliable

resource in the eyes of society and government authorities alike. We have succeeded in our objectives by sustained efforts and by focusing on the needs of our society in a timely manner.

We established our vision of making a positive contribution to improving public health and have targeted all segments of society in this regard. Our primary focus is on promoting adequate and balanced nutrition and a healthy lifestyle. Our first target has been children who represent our future and who are most receptive to new ideas. We have emphasized to all sectors of society the need for adequate and balanced nutrition and have based all our input on sound science. We view adequate and

balanced nutrition as an indispensable part of life like air and water.

Our initiatives have included the Balanced Nutrition Education Project, the Sabri Ülker Foundation Science Award, the “For Accurate Science” Platform and the organization of and participation in many conferences and symposia both in Turkey and internationally. In addition, we truly value our association with the Sabri Ülker Center within the Harvard University School of Public Health. The scientific research of the Center aims to identify novel pathways and preventive, therapeutic solutions to today’s greatest threats to global human health.

We will continue to work in cooperation with universities, public

and non-governmental organizations in our quest to identify the most accurate, up-to-date and relevant scientific information on food, nutrition and health. We will then find the most appropriate way of disseminating this information to as wide an audience as possible. In so doing we hope to inspire all sectors of society to lead a healthier lifestyle.

We are proud of the achievements of the Sabri Ülker Foundation so far and look forward to making an even greater contribution to society in the future.

I would like to thank all of our colleagues and pay my respects to all our stakeholders.

**Talat İçöz**

Chairman of the Sabri Ülker Foundation



# STATEMENT OF BEGÜM MUTUŞ

General Manager of the Sabri Ülker Foundation

2019 was a year during which we launched new projects and staged events which provided an opportunity to reach out to many people both nationally and internationally. How happy we are to reflect on our activities and see that we have amply been rewarded for our efforts and endeavours in 2019. This has been the case every year since the establishment of the Sabri Ülker Foundation back in 2009. Thus, we start the new year highly motivated, and will continue to work with a sense of excitement just as we did on our very first day.

The apple of our eye is, without doubt, the Balanced Nutrition Education Project, which has helped more than 6 million students, teachers and parents to make permanent and positive changes to their nutrition and lifestyle. The programme has continued with many innovations this year. We are spurred on by the knowledge that we are making a major contribution towards improving public health in our society.

Our goal is to raise awareness of the vital importance of healthy living among more and more children. Towards this end we have adapted for Turkish children the “Active Living”

project originally developed by the Research Foundation of the International Life Sciences Institute (ILSI) and implemented in countries such as the USA, China and Thailand under the name “Take 10”. The programme includes fun activities that students can do in class before starting lessons. The module has been loved by both children and teachers.

The Elif Series is an entertaining and educational set of stories written for pre-schoolers and 1st graders. It was published in 2019 and was also launched as an audiobook on the Balanced Nutrition website. In this way, many children will be able to listen to Elif and her adventures and learn balanced nutrition ways.

Another innovation of the Balanced Nutrition Education Project has been Parent Meetings. Parent Meetings have been organized to update parents on new information and to answer their questions on topics about which they are curious. Based on both the feedback of the parents and that of their children, the Parent Meetings have showed us that we are on the right track for raising awareness on the benefits of a healthy lifestyle.

The Sabri Ülker Foundation made an

additional innovation in 2019 by implementing the “Balanced Nutrition Cuisine Project”. We put our signature to a special project in collaboration with Istanbul’s Okan University Gastronomy Department and, with this project, young and talented chefs made our country’s traditional recipes practical and healthy with delicious touches. “Healthy Recipes from Young Chefs” can now be watched on our Foundation’s YouTube channel.

The winner of the Sabri Ülker Science Award is keenly anticipated each year. This year the award was made to Dr Tamer Önder, Associate Professor at the Koç University Faculty of Medicine, for his studies on stem cells.

Another exciting development this year was the launch of Sabri Ülker Foundation publications. The intention is to publish reference books aimed at children and also covering popular science and academic studies. The first series of books was published for our children, who are most receptive to broadening their horizons.

This year, as previously, we continued to work on preventing misinformation in nutrition science via the ‘For Accurate Science’ platform. We also

truly value our association with the Sabri Ülker Metabolic Research Center, established within the body of Harvard University, which undertakes leading edge scientific investigations in the field of nutrition and health.

We have organised and sponsored many high-profile events and symposia in Turkey and internationally on a range of public health subjects including eating disorders and the health effects of popular diets among others.

An important aim of the Sabri Ülker Foundation is to reach people from every segment of society and to provide them with information on the benefits of balanced nutrition and a healthy lifestyle. We know that knowledge and awareness are critical in enabling future generations to live in a healthy society. We plan to continue our efforts and innovations in this direction in the longterm without interruption.

I would like to express my gratitude to all of our colleagues and stakeholders and especially to our valuable Science Committee members for their contributions.

**Begüm Mutuş**

General Manager of the Sabri Ülker Foundation



# WHAT DID THE SABRİ ÜLKER FOUNDATION DO THIS YEAR?

Our primary objective at the Sabri Ülker Foundation is to make a worthwhile contribution towards a healthier society. With this in mind, each year we develop and implement an innovative programme focused on health and nutrition. We interact with the international science and nutrition community and collaborate with many pre-eminent universities active in the field. This year, as previously, our work has continued at full speed. We have rolled out several new national and international projects and have made innovations and adjustments in our ongoing projects in order to better serve the needs of our society. We have reached 6 million students, teachers and parents nationwide with the “Balanced Nutrition Education Project” which has now been running for 9

years and has a special place for us. Within the scope of the project, we have provided children with training on balanced nutrition in 750 schools in 15 pilot cities. In the 2019-2020 academic year we have included the “Active Living Module” in the programme. This enables children to have fun with physical activity every day before starting classes. The project was developed by the Research Foundation of the International Life Sciences Institute (ILSI). It has been implemented in countries including the USA, China and Thailand under the heading “Take 10”. It consists of 10 minutes of physical activity undertaken in the classroom each day. We are happy to have been a pioneer for children to start their day more energized and alert.



## WHAT DID THE SABRİ ÜLKER FOUNDATION DO THIS YEAR?

### The Elif Series is now live as an audio book

The Elif Series of books has been published for pre-school and first graders as an element of the Balanced Nutrition Education Project. It is now also available on our website as an audiobook. The series consists of three story books named Havuçlu Kovalamaca (Carrot Chase), Bir Park Macerası (A Park Adventure) and Sevimli Ejderha (The Cute Dragon). The objective is to teach children the importance of balanced nutrition and physical activity in an enjoyable format which includes an age appropriate narrative together with numerous illustrations.

### Delicious recipes from young chefs

This year, we have enhanced the “Balanced Nutrition Project”. In collaboration with the Gastronomy Department of Istanbul’s Okan University, young and talented chefs have made our country’s traditional recipes practical and healthy with delicious touches. The videos of the recipes prepared are available on our foundation’s YouTube channel under the title “Healthy Recipes from Young Chefs”.

### A new voice in the publishing world: Sabri Ülker Publications

At the Sabri Ülker Foundation, we are excited to have stepped into the publishing world this year. The first published books of our publishing house named ‘Sabri Ülker Publications’ were aimed at children. The “Healthy Living Rules” series consists of six books titled “Caution, May Be Toxic”, “Keep Your Eyes Open”, “Let’s Go to the Bathroom”, “Let’s Move”, “Keep Calm” and “Adequate and Balanced Nutrition”. Other publications will follow soon.

### To reach the most accurate information about health...

Today there is a wealth of information about nutrition and health available to us, much of which is conflicting! Typically, we now go online to check symptoms and treatment methods for anything from a sore throat to cardiovascular disease. There are many different opinions on what we should include in our diet. In order to address this confusion our foundation has launched its “For Accurate Science” Platform. Here, we disseminate accurate and up-to-date information on healthy living and nutrition based on respected scientific publications and research and under the auspices of the Science Committee of our foundation. To date we have published four “For Accurate Science” books and these are available on the website: <https://bilimbunukonusuyor.sabriulkerfoundation.org>.

### What did we do in the international arena?

The 4th International Congress on Hidden Hunger was held this year in Stuttgart, Germany during which we hosted a scientific session entitled “Popular Diets and Health Effects: Do They Cause Hidden Hunger?” The session focused on the health effects of popular diets such as the DASH diet, detox, low-carb, high-fat diets, intermittent hunger, and the clean diet. The session attracted a high degree of interest.

We met future leaders of the nutrition world at the European Nutrition Leadership Program (ENLP) in Luxembourg. The guest speaker at this year’s event was Professor Fahri Saatcioglu from the University of Oslo who has conducted a groundbreaking study focused on prostate cancer treatment.

We also hosted a session entitled “How to Fight Against Information Pollution?” at the 11th World Conference of Science Journalists in Lausanne, Switzerland. Contributions to the session were made by Nimali Samarasinha, Communications Director at the European Food Information Council (EUFIC), Fiona Fox, President of the UK Science Media Centre, Begüm Mutuş, General Manager of the Sabri Ülker Foundation and Professor Dr. Ali Atif Bir, Founder of the Institute of Communication Sciences in Eskişehir, Turkey.

We presented the results of our recent evaluation of the impact of the Balanced Nutrition Education Programme for the first time at the 13th Conference of the Federation of European Nutrition Societies (FENS) in Dublin. The positive results were much appreciated by the delegates.

### The Sabri Ülker Science Award

This year, the Sabri Ülker Science Award was granted to Associate Professor Dr Tamer Önder of Koç University. His laboratory studies are focused on the production technologies for tailor-made stem cells. These cells are fully compatible with the patient’s immune system and can be used in treatment.

### We are working for a healthier future

At the Sabri Ülker Foundation we are continuing our efforts at full speed to ensure that future generations become more aware of the importance of a healthy lifestyle and balanced nutrition. Complementary to the work of our foundation the Sabri Ülker Metabolic Research Center has been established within Harvard University. The center is pre-eminent in researching metabolic diseases with a view to finding new treatments and cures. It also offers scientists an inspiring environment at the forefront of scientific developments. These scientists can then share their skills with others in pursuit of a healthier society.



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# PROJECTS AND EVENTS

# BALANCED NUTRITION EDUCATION PROJECT



We have continued to run our Balanced Nutrition Education Project at full speed this year. As is customary we have also continued to make innovations in the content of the programme in the light of experience. A key innovation this year has been the “Living Actively” module. The Module consists of exercises for school children who will now start the day with physical activity. It is currently being rolled out in 750 schools in 15 cities across Turkey. The “Living Actively” Module was developed by the International Life Sciences Institute (ILSI). It has been implemented in the USA, China and Thailand under the name ‘Take10’.

The Balanced Nutrition Education Project has the objective of helping future generations to lead a healthy life. It continues at full speed, ensuring that children receive nutrition education at an early age. This encourages children in positive habits, providing them with the knowledge to adopt a balanced approach to nutrition as they grow up.

The project has so far reached over 6 million students, parents and teachers across pilot cities. At the beginning of the 2018-2019 Academic Year the number of cities involved was increased to 15. The project has now been implemented in 750 schools in İstanbul, Ankara, Bursa, İzmir, Aydın, Eskişehir, Trabzon, Rize, Kahramanmaraş, Gaziantep, Antalya, Sinop, Erzurum, Kayseri, and Adana.

## Children start the day with the “Living Actively” programme

The “Living Actively” module was added to the programme this year. Children start the day with a programme of physical activity. Developed by International Life Sciences Institute (ILSI) and carried out in the USA, China and Thailand under the heading “Take10”, “Living Actively” includes 10 minutes of activities that students can practice daily in the classroom. The module has been implemented in a total of 750 schools across 15 cities in Turkey. Children now start the day energized and more alert.

## The module encompasses both fun and physical activity

The “Living Actively” Module encourages children to undertake physical activity via dramatization. The activities are specifically designed to be appropriate for pre-school and 1st, 2nd, 3rd, and 4th grade children. Through these activities, students have both fun and exercise while learning the characteristic movements of animals. The children also experience social activities such as sensory integration and drama.



## PROJECTS AND EVENTS

### The goal is to raise awareness of healthy living in more children

Begüm Mutuş, General Manager of our Foundation, emphasised that the Foundation took an important step this year for future generations by integrating physical activity into the Balanced Nutrition Education Project. As previously noted, the programme has already reached a great number of students of a range of different age groups. She said, “We integrated physical activity into the Balanced Nutrition Education Project with the ‘Living Actively’ module. We consider physical activity to be as important as adopting healthy nutrition habits. Our aim is to encourage students to adopt a habit of regular physical activity via this entertaining 10 minutes programme of activities. In addition, we are continuing to raise awareness of the value of a healthy lifestyle.”



### The Living Actively module encourages children to do exercise

#### June, Istanbul

Ali Ülker, Yıldız Holding Vice Chairman stated:

“We must offer children the necessary education so adopting a healthy lifestyle becomes a culture”

Ali Ülker, Yıldız Holding Vice Chairman visited Küçükyalı E.C.A Elginkan Primary School, which is one of the schools implementing the Balanced Nutrition Education Project. Ali Ülker

chatted with students and watched the sports event prepared within the scope of the Living Actively module by the 4th grade students.

Our foundation has been implementing the Balanced Nutrition Education Project since 2011 with great devotion and happiness. On its 8th year, we integrated the Living Actively module into the project in order to encourage all children to include physical activity.

As mentioned above, the balanced nutrition education programme now includes a daily routine of physical activity. This runs for 10 minutes at the start of the day. So far it has been implemented in the classrooms of pre-school children and children from 1st to 4th grades.

### “The Balanced Nutrition Education Project, focusing on children, is a vitally important project for our foundation”

Ali Ülker, Yıldız Holding Vice Chairman visited E.C.A Elginkan Primary School in Küçükyalı, Istanbul. Ali Ülker was hosted by the School Principal Süreyya Yapalıal.

Underlining the importance of education in early childhood, Ali Ülker said, “The Balanced Nutrition Education Project, focusing on children, is an especially important initiative for our foundation. Educating children so they adopt a strategy of balanced nutrition will make sure that

they will become healthy and active individuals at every age. With the support of our Ministry, we can overcome every obstacle in the way of teaching our children a balanced diet and making them adopt a habit of regular physical activity. Healthy children today will raise healthy children tomorrow. However, we must offer children the necessary education to make this healthy lifestyle a culture. Exercising and adopting balanced eating habits are not only good for the body, but also, they promote mental development and influence productivity. Children living actively today will be the foundation of productive generations in the future.”



### The book series “Elif” has gone live on our Balanced Nutrition website as an audiobook

The book series “Elif” is a story book series intended for pre-school and 1st grade children. It comprises three

volumes including “Carrot Chase”, “A Park Adventure” and “the Cute Dragon”. The “Elif” series of books tells clearly the importance of balanced nutrition and regular physical activity to children in an enjoyable format which includes drawings.



## PARENT TALKS

The Balanced Nutrition Education Project is now in its 8th year. It is run as a collaboration between our Foundation and the Turkish Ministry of National Education. The initial focus has been students and their teachers, and we are now extending the dialogue to include parents. The goal of the “Parent Talks” is to ensure that parents are best equipped to support their children in developing a healthy lifestyle. The first “Parent Talks” took place in Adana in May and in Istanbul in June.



The first “Parent Talks” that took place in Adana was attended by Begüm Mutuş, General Manager of our Foundation, Prof. H. Tanju Besler, Vice Chancellor at Eastern Mediterranean University, and Soner Koşan, Specialist Psychotherapist and pedagogue. Prof. Murat Baş, Dean

of the Acıbadem Mehmet Ali Aydınlar University Health Sciences Faculty, and Soner Koşan attended the Istanbul event as keynote speakers. Both meetings provided parents with important information on balanced nutrition and child development.

### General Manager of Sabri Ülker Food Research Foundation **Begüm Mutuş:**

“The Balanced Nutrition project has so far reached over 6 million students, parents and teachers. The newest addition to the project, the Parent Talks, aims to update parents’ knowledge and to answer their questions on subjects of interest so they can be of greater support for their children... We will continue to introduce innovations into our project which will help more children to become aware of the key elements of a healthy lifestyle.”

### Vice Chancellor of the Eastern Mediterranean University **Prof. H. Tanju Besler:**

“In Turkey 21 percent of children between the ages of 0-5 and 22 percent of children between the ages of 6-18 are overweight/obese. Childhood obesity may lead to many diseases in later years including coronary and artery diseases, diabetes and metabolic syndrome. It is very difficult to change the habits acquired in childhood. The importance of sufficient and balanced nutrition for children’s physical development and academic performance is indisputable. For instance, it is of great importance that children start the day with breakfast, consume sufficient amount of essential nutrients in meals, take a sufficient amount of liquid, are active during the day, and pay attention to hygiene rules.”

### Specialist Psychotherapist and Pedagogue **Soner Koşan:**

“One of the most important phenomena in the development of children between the ages of 7- 10 is their quest to gain approval. They seek out opportunities at school and among their circle of family and friends in which they can gain acceptance. This period is characterised by the children’s insatiable desire for knowledge. Hence, this is a critical period for parents to understand and positively influence their children. Leading by example is vitally important. Efforts made at this time will help to strengthen children’s self-expression and self-confidence and support their development in many ways.”

## CREATIVE CHILDREN FESTIVAL

May 26<sup>th</sup>, Istanbul

The goal of this festival has been to raise awareness of the elements of healthy living in more children

As mentioned above, the “Living Actively” module is a tool to help children become aware of the importance of physical activity. With this module, children start the day with 10-minutes of exercise performed in classrooms. The Creative Children Festival served as a platform to communicate this module and the positive effects of physical activity on health to parents.

Our Foundation hosted the “Living Actively” panel at the Creative Children



Festival. The panel took place at Mačka Küçükçiftlik Park on Sunday, 26th May with the panelists Prof. Saniye Bilici, Instructor at Nutrition and Dietetic Department of Gazi University, Soner Koşan, pedagogue, psychotherapist and author, and Begüm Mutuş, General Manager of our Foundation.

### Highlights from the speeches given during the “Living Actively” panel



**Begüm Mutuş**

General Manager  
of Sabri Ülker Food  
Research Foundation

“According to the Childhood Obesity Research (COU-TR), three out of every four children in Turkey, do not exercise at all. 22,4% of children play computer games at least one hour on weekdays while 19,7% of them play computer games at least one hour on weekends. Based on these facts, we integrated physical activities into our project through the ‘Living Actively’ module. We adapted the programme to Turkey. It was originally developed by the International Life Sciences Institute (ILSI) Research Foundation and carried out under the name of “Take 10” in the USA, China and Thailand. Our children who attend the schools where the Balanced Nutrition is implemented start the day with 10-minutes of fun physical activities. Our goal is to raise awareness of the benefits of a healthy lifestyle in more children.”



**Prof. Saniye Bilici:**

Instructor at the  
Nutrition and  
Dietetics  
Department of  
Gazi University

“You are the first teachers of your children. Your child’s behaviours are shaped by the habits you encouraged him or her to adopt. Dietary habits are among the most important behaviours that your child learns from his or her parents. Children of families with sufficient and balanced nutrition are at an advantage in that they are more likely to adopt positive nutrition habits. Conversely, parents or siblings who skip breakfast or pick at their food may encourage the development of unwanted habits in another child in the family, without even being aware. Your children’s physical and social changes as they grow up affect their nutritional behaviour and food choices. In this age group, difficulties experienced during the day can sometimes be attributed to a reaction to a parent or to the food provided. In such cases, instead of insisting on eating, it would be better to remain tolerant.”



**Soner Koşan**

Pedagogue,  
Psychotherapist  
and Author

“Physical activity impacts our social, emotional, cognitive and motor skills. Mobility affects our children’s physical and mental development. For example, mobility improves fine-gross motor skills and coordination perception. They play a role in children’s learning information about various physical laws, e.g. fast, slow, close, far, up, right and left. By engaging in physical activities, the child learns to follow the rules, the importance of teammates, empathy, discipline, motivation, leadership, learns about and coping with their emotions. In addition, mobility promotes the development of bones, cartilage, tendons, ligaments and muscles in physical development, while regulating the respiratory and cardiovascular system.”



## BALANCED NUTRITION CUISINE

Balanced Nutrition Cuisine provides inspiration to encourage a balanced and healthy diet.

The Balanced Nutrition Cuisine programme provides a range of recipes for those who would like to switch to healthier meals.



## HEALTHY RECIPES OF YOUNG CHEFS



Our foundation has collaborated with the Gastronomy Department of Istanbul Okan University to develop a range of healthy and balanced recipes. As an element of this project, young and talented chefs have developed traditional Turkish recipes making them more practical and adding tasteful touches. Each month, a “Healthy Recipes of Young Chefs” video is broadcast on the YouTube channel of our foundation.

Additionally, the recipes prepared by the chefs which have drawn interest on social media have been compiled into a book entitled “Healthy Recipes of Young Chefs”.



## TIPS FROM iGROW

The iGrow mobile phone app has been developed to keep track of children's growth and development. It provides information to parents about their

children's development and offers tips and suggestions. Here are some of the tips available on iGrow...

### TIPS TO SUPPORT IRON INTAKE IN CHILDREN OVER 1 YEAR OLD

**1** You can serve red meat, which is rich in iron, in the form of meatballs, so your child can easily chew and swallow them. For instance, you can try little meatballs on pasta and clown meatballs recipes available on iGrow.

**2** You can make soup out of boiled legumes, which are a source of vegetable iron, or prepare chickpea or bean dumplings.

**3** Egg yolk is also rich in iron. If your child doesn't like to eat their eggs alone, you can try serving them incorporated into a vegetable or cheese omelette or using them to garnish their sandwiches. We are sure that your child will love the Butterfly Sandwich recipe on iGrow.

**4** Breakfast cereals are enriched with a group of vitamins and minerals, including iron. Breakfast cereals, which can be served for breakfast or as snacks, can contribute to your child's daily iron intake.

### Is being overweight during childhood affecting memory and learning?

In general, the literature indicates that good and regular dietary habits are always the best way to achieve optimal mental and behavioural performance. Increased body weight in children may be associated with decreased cognitive function. Nutrition may affect cognitive ability in children in the short or long

term. There is a negative correlation between overnutrition, sedentary lifestyle and cognitive function. Memory and cognitive ability of children who are exposed to overnutrition and unbalanced eating habits and who live an inactive life are weaker than those who live actively and have sufficient and balanced nutrition. You can prevent overweight and increase academic performance by eating well and balanced.



### Do not let your child start the day without breakfast

During the fasting period of 8-12 hours between dinner and breakfast, our body uses glucose which has been stored as glycogen. If you skip breakfast, this fasting process continues causing lack of glucose, which is the brain's only energy source. Studies have reported that

children who do not have breakfast suffer from a decreased capacity for comprehension, focus and concentration. By helping your child to adopt the habit of having breakfast, you can make sure that their glycogen stores in the muscles are regenerated and they have an active start to the day while gaining the ability to control their hunger and nutrient selection later in the day.



# SABRİ ÜLKER SCIENCE AWARD

May 2, Istanbul

## Assoc Prof. Tamer Önder wins the 2019 Sabri Ülker Science Award



**The Sabri Ülker Science Award encourages young scientists in their research and introduces their findings to a wider audience for the benefit of all concerned. The award ceremony was held in Istanbul on May the 2nd. The winner of the award this year was Assoc. Prof. Dr. Tamer Önder from the Medical Faculty of Koç University.**

The Sabri Ülker Foundation introduced its Science Award to encourage young scientists in their scientific research in the field of nutrition science and metabolism and to support its dissemination to a wider

audience. This year the panel of judges, chaired by Prof. Gökhan Hotamışlıgil, decided to give the award to Assoc. Prof. Dr. Tamer Önder, lecturer at the Department of Basic Medical Sciences, Medical Biology and Genetics, Medical Faculty Koç University.

The award was presented to Assoc. Prof. Dr. Önder by Mehdi Eker, the Minister of Food, Agriculture and Livestock of Turkey during 2005-2015 period, Prof. Gökhan Hotamışlıgil, Chairman of the Sabri Ülker Science Award Panel of Judges and Director of Sabri Ülker Metabolic Researches Center, and Talat İçöz, Chairman of the Sabri Ülker Foundation.

## Assoc. Prof. Dr. Tamer Önder was winner of the Aziz Sancar incentive award

Assoc. Prof. Dr. Önder has patented and published extensively in the field of cancer and stem cell research. His work has been published in prestigious scientific journals such as PNAS, Cell and Nature. Also, he received the Outstanding Young Scientist Award from the Turkish Academy of Sciences (GEBIP-TUBA), and the Aziz Sancar Incentive Award from Turkish Health Institutions Presidency (TUSEB). Assoc. Prof. Dr. Önder has been conducting his research at Koç University since 2012.

## About the award-winning invention of Assoc. Prof. Dr. Tamer Önder...

Assoc. Prof. Dr. Tamer Önder focuses his laboratory studies on the technology for the generation of stem cells specifically tailored to individual patients. Significant progress has been made in the generation of stem cells which carry the same genetic codes as the patients. These are completely compatible with the patient's immune system and can be used for treatment.

Assoc. Prof. Dr. Önder has clarified the molecular mechanisms in the generation of these stem cells and he has also developed efficient and reliable methods to generate these cells. Assoc. Prof. Dr. Tamer Önder aspires to generate UPK cells more rapidly from individuals with genetic or chronic metabolic diseases and to develop new methods of treatment.



# SABRİ ÜLKER FOUNDATION PUBLICATIONS



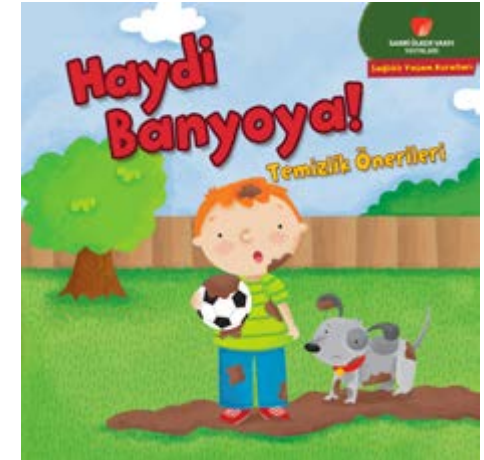
SABRİ ÜLKER VAKFI  
YAYINLARI

## A new initiative in food and science communications: Sabri Ülker Foundation Publications

Here at the Sabri Ülker Foundation, we are excited to have stepped into the publishing world this year. The aim of Sabri Ülker Publications is to make available to the Turkish population reference publications in several

categories, including Children's Books, Popular Science, and Academic Research. The first books published under the auspices of our publishing house 'Sabri Ülker Foundation Publications' have been aimed at children.

The "Healthy Living Rules" series consists of six books entitled "Caution, May Be Toxic", "Keep Your Eyes Open", "Let's Go to the Bathroom", "Let's Move", "Keep Calm" and "Adequate and Balanced Nutrition". The series is available at an affordable price from Şok markets. Whilst primarily aimed at children, the content is relevant to all in that it increases awareness of the value of healthy living and a balanced diet. Other publications will follow soon.





# ‘FOR ACCURATE SCIENCE’ PLATFORM

**This objective of this platform is to disseminate accurate and up-to-date information on nutrition, lifestyle and health**



Unfortunately, health is one of those fields where misinformation is prevalent. Many people ‘consult’ e-doctors to learn about a particular condition and then presume that they suffer from that condition. The ‘For Accurate Science’ Platform, disseminates accurate and up-to-date information to the public, thus helping to reduce misinformation.

The ‘For Accurate Science’ platform is the first digital scientific knowledge initiative on health and nutrition in Turkey. It shares with the public information gathered from a variety of internationally accredited sources. The main focus of the platform is healthy living and nutrition.

Up-to-date scientific articles are shared weekly with scientists and the public via a variety of media and relevant international congresses.

As appropriate these scientific articles are translated into English and shared with the public on our foundation’s website at [sabriulkerfoundation.org/en](https://bilimbunukonusuyor.sabriulkerfoundation.org/) under the “For Accurate Science” tab.

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



## PUBLICATIONS

Our foundation has continued to abstract and disseminate key information on nutrition, lifestyle and health from internationally respected scientific publications. This year, we issued the 4th in our series of 'For Accurate Science' books. The first of these was published in 2017. Each volume contains information on a wide range of subjects including tips on nutrition, lifestyle and health.



All the articles included in the 'For Accurate Science' series are available online via the website: <https://bilimbunukonusuyor.sabriulkerfoundation.org/pdf/bilimbunukonusuyor4kitap.pdf>



## What subjects are included in the books?

### Food allergies or intolerance?

Food allergies represent a significant concern amongst a large percentage of the population. However, there is confusion between what constitutes a food allergy and what constitutes a food intolerance. Our first book discusses this subject. Other articles in the book include: "Hidden Hunger; how does it threaten public health?", "Healthy Cooking Method Chaos: Fried or Boiled?", "The relationship between Nutrition and Diabetes: Does the consumption of fatty fish trigger diabetes?" and "How do vegetarians contribute to climate change?"

### Salt, sugar, coffee

Salt, sugar, coffee... This trio may be among the highest profile ingredients/foods consumed during the day. But what are their benefits and harms? The second 'For Accurate Science' volume contains the most up-to-date and balanced information about the impact of salt, sugar, and coffee intake on health. The articles include: "Does a high level of salt consumption double the risk of heart failure?", "Does eating fast increase the risk of diabetes?", "Does a high level of coffee consumption extend life expectancy?" Other articles in the second book include: "Is vegetarian eating more successful in facilitating weight loss than more traditional methods?", "The nutritional value of bread and consumers' perspective of bread", "What has changed in heart health and nutrition?", "How do

gluten-free diets affect health in healthy individuals?", "How strong is the scientific data?: Here is the scientific proof pyramid" and "Gastrophysics: What will be the correlation between nutrition and health in the future?"

### Health effects of the intestine

Recently, many opinions about intestinal health have been offered. The Third Book of the 'For Accurate Science' series sheds light on this important topic. Articles such as: "Are fermented food and drinks also probiotic?" and "What is the role of our intestines in our health?" offer a balanced insight into intestinal health, probiotic foods and other subjects related to digestive health.

### Intermittent fasting practices

A key subject addressed in the fourth book is the question of intermittent fasting, whether undertaken consciously or unconsciously. An overview is given in the article: "What is the impact of intermittent Fasting on health?". The volume is divided into three sections including: alternate day, scheduled and time-limited intermittent Fasting. The Fourth Book also includes the following articles: "Are we aware of our cardiovascular health?", "How do tea and coffee affect our health?", and "To what extent our genes determine our nutrition?"



## NUTRITION AND HEALTH COMMUNICATION PROGRAMME

November 5<sup>th</sup> to 7<sup>th</sup>, İstanbul



Our Foundation hosted the third International Nutrition and Health Communication Programme in Istanbul. This year's theme was: Eating Disorders: Health Implications and Effective Communication for Health Promotion. The event provided a platform for scientists and communication experts to interact and share perspectives. It culminated in a media workshop which provided an opportunity for delegates to work on a practical example.

The delegates included both printed press representatives and representatives of digital platforms. The formal sessions of the programme included a focus on eating disorders as well as the basic principles of nutrition, the relationship between eating disorders and other health problems, food safety and the hierarchy of scientific evidence. The workshop was moderated by Prof. Ali Atif Bir, Founder of the Institute of Communications Sciences. Following the programme, participants received an accreditation certificate awarded by the German Society of Nutrition and Food Science.

Detailed information on the programme is available on <https://nutritionprogramme.sabriulkerfoundation.org/>.



### Keynote speakers of the programme

Vice Chancellor,  
Eastern Mediterranean University  
**Prof. H. Tanju Besler**

Instructor at Atılım University  
Department of Nutrition and Dietetics  
**Dr. Begüm Kalyoncu**

Chairman of the Turkish Diabetes  
Foundation  
**Prof. Temel Yılmaz**

Director General of the Food  
Information Council (EUFIC)  
**Dr. Laura Fernández**

Founder of the Institute of  
Communication Sciences  
**Prof. Ali Atif Bir**

Instructor at the Department of  
Nutrition and Dietetics in Healthcare  
Sciences Faculty of Eastern  
Mediterranean University  
**Prof. İrfan Erol**

Dean of Faculty of Chemistry and  
Metallurgy, at Istanbul Technical  
University  
**Prof. Dr. Beraat Özçelik**

Visiting Professor, Centre for Nutrition  
and Health, Oxford Brookes University  
**Prof. Dr. Julian Stowell**

Dean, Faculty of Agricultural and Food  
Sciences and Environmental  
Management, University of Debrecen  
**Prof. Dr. Diana Banati**

### The formal sessions covered a range of topics focused on eating disorders and their implications

Information on Anorexia nervosa, bulimia nervosa and binge eating syndrome as well as orthorexia nervosa was provided. Here are some points of particular relevance raised during the presentations:

- Eating disorders are often prevalent in adolescents and young adults, but this problem can be encountered in childhood and after 40 years of age.
- Patients with anorexia nervosa, whose body perception is impaired, perceive themselves as very overweight, although they are very thin, and strive for greater weight loss. It causes serious problems such as deterioration of blood values and body electrode balance, decrease in heart rate, imbalance of sex hormones.

- Bulimia nervosa patients lose control after consuming excessive amounts of food and exhibit cleansing behaviours such as self-vomiting, laxative use, excessive sports or no eating. Patients, who are usually of normal weight or are slightly overweight, exhibit these cleansing behaviours secretly because of disgust and shame.

- In binge eating syndrome, a person loses control and consumes more food than a normal individual can eat. However, they do not exhibit the cleansing behaviours seen in patients with bulimia nervosa. They tend to exhibit the same behaviour over and over again with emotions such as shame and guilt caused by excessive eating.

- In orthorexia nervosa, a pathological obsession with consuming foods that are biologically pure, free of herbicides, pesticides or artificial substances, a person may be seriously guilty or even hate himself/herself when he/she cannot achieve this because he/she has placed his/her diet at the centre of his/her life.





## NUTRITION AND HEALTH COMMUNICATIONS PROGRAMME (For healthcare professionals)

December 7<sup>th</sup>, 8<sup>th</sup>, İstanbul



We have broken new ground again by expanding our highly popular Nutrition and Health Communication Programme to include medical faculty students and healthcare professionals. The first 'Medical Clinic Nutrition and Health Communication Programme' was held on December 7-8, in İstanbul at the Demiroğlu Bilim University. Participation included students who had reached the 4th and 5th years of their medical education, as well as medical residents and other healthcare professionals.

We have continued to broaden and enhance our activities aimed at raising awareness of the benefits of balanced nutrition and a healthy lifestyle. Our objective is to transmit the most up-to-date and accurate information on these subjects to the public. Towards this objective we have expanded our Nutrition and Health Communication Programme into universities.

The first 'Medical Clinic Nutrition and Health Communication Programme' was held on December 7-8, in İstanbul at the Demiroğlu Bilim University. Some 400 students in the 4th and 5th years of their medical education, together with medical residents and other healthcare professionals, joined us for the programme. This was Turkey's first internationally accredited 'Nutrition and Health Communication Programme'. We hosted both nationally and internationally acclaimed keynote speakers.



## Keynote speakers of the Programme

Vice Chancellor,  
Eastern Mediterranean University

**Prof. H. Tanju Besler**

Board Member,  
Turkish Dietetic Association

**Dr. Şeniz Ilgaz**

**Prof. Dr. Emel Özer**

Visiting Professor, Centre for Nutrition  
and Health, Oxford Brookes University

**Prof. Dr. Julian Stowell**

Chairman of the Turkish Diabetes  
Foundation

**Prof. Temel Yılmaz**

Founder of the Institute of  
Communication Sciences

**Prof. Ali Atif Bir**

Instructor at the Department of  
Nutrition and Dietetics in Healthcare  
Sciences Faculty of Eastern  
Mediterranean University

**Prof. İrfan Erol**

Head of Nephrology Department,  
Demiroğlu Bilim University

**Prof. Dr. Tevfik Ecder**

Professor, Department of  
Diabetes - Endocrinology, Istanbul  
University Faculty of Medicine

**Prof. Dr. Kubilay Karşıdağ**

Senior Manager, Food and Health, EUFIC

**Dr. Joanna Kaniewska**

Dean, Faculty of Agricultural and Food  
Sciences and Environmental  
Management, University of Debrecen

**Prof. Dr. Diana Banati**

## Various aspects of clinical nutrition were discussed during the two days of the workshop.

During the first day of the programme macro and micro-nutrients, balanced nutrition, food psychology, metabolic syndrome and the importance of sound science were discussed among other subjects. On the second day, nutrition and popular diets were discussed as well as the specific requirements for people with chronic kidney disease.

The programme included a workshop which focused on how best to provide the public with information on the latest scientific developments in the field of nutrition, lifestyle, and health. The workshop was moderated by Prof. Ali Atif Bir, Founder of the Institute of Communication Sciences.

Following the programme, participants received an accreditation certificate awarded by the German Society of Nutrition and Food Science.







# PARTICIPATION IN NATIONAL AND INTERNATIONAL CONGRESSES

# NATIONAL CONGRESSES



## ACIBADEM MEHMET ALİ AYDINLAR UNIVERSITY 8TH NATIONAL HEALTHY LIVING SYMPOSIUM

April 11<sup>th</sup>-14<sup>th</sup>, Istanbul

In the 8th National Healthy Living Symposium, we presented the “Preliminary Results of the Research of Food Balance Consumption Frequency and Amount - II” carried out as an element of the Balanced Nutrition Education Project.

The 8th National Healthy Living Symposium organized by Acibadem Mehmet Ali Aydınlar University took place on April 11-14. During the symposium, Assoc. Prof. F. Esra Güneş, Head of Marmara University Nutrition

and Dietetic Department, presented the “Preliminary Results of the Research of Food Balance Consumption Frequency and Amount - II”.

Important findings about eating habits, knowledge level on nutrition, physical activity conditions of school-aged children were collected in the research carried out in Gaziantep, Istanbul and Antalya conducted by respectively SANKO University, Marmara University and the Mediterranean University. This research as undertaken to monitor the impact of the Balanced Nutrition Education Project (see below).

The symposium was attended by academics, dietitians, healthcare professionals and students.



## 2. INTERNATIONAL HEALTHY NUTRITION CONGRESS

September 10<sup>th</sup>-12<sup>th</sup>, Ankara

The Results of the “Food Balance Consumption Frequency and Quantity Research-II” conducted by the Sabri Ülker Foundation under the auspices of the Balanced Nutrition Education Project were presented by Dr.Hülya Kamarlı Altun, Nutrition and Dietetic Department of Mediterranean University, at the 2nd International Healthy Nutrition Congress which took place on October 10-12, 2019. The theme of the Congress was “Endocrine Diseases”. It was hosted by the Nutrition and Dietetic Department of the Healthcare Sciences Faculty, Ankara University. This was the most comprehensive childhood nutrition survey conducted in Turkey in recent years. It involved the participation of 1901 students from 2nd, 3rd and 4th grades in pilot schools in Istanbul, Antalya and Gaziantep, and was conducted by the Nutrition and

Dietetic Departments of Marmara, Mediterranean and SANKO Universities. The objective was to assess the effectiveness of the Balanced Nutrition Education Project implemented by the Sabri Ülker Foundation and led by the Directorate General for Primary Education of the Ministry of National Education. It evaluated the students nutritional knowledge levels, nutritional habits and physical activity status before and after the nutritional education and measured positive change in children after the Food Balance Education. Delegates at the symposium included many academicians, dietitians, healthcare professionals and students and the presentation of the “Preliminary Results of the Research of Balanced Nutrition Eating Frequency and Amount- II” attracted great attention.



# INTERNATIONAL CONGRESSES

## 4. INTERNATIONAL CONGRESS OF HIDDEN HUNGER

February 27<sup>th</sup> - March 1<sup>st</sup>, Stuttgart

One in every nine people in the world suffers from hidden hunger

**The Sabri Ülker Foundation hosted the scientific session entitled “Popular Diets and Their Correlation with the Hidden Hunger” at the 4th International Congress of Hidden Hunger which took place in Stuttgart, Germany. In this session the relation between diets and “hidden hunger”, defined as vitamin and mineral deficiencies, was analyzed. It was stated that news about popular diets as presented via various communication channels could cause serious health problems.**

We are continuing our activities aimed at raising awareness about nutrition and healthy lifestyles and transmitting the most accurate information on these subjects to the public. The Sabri Ülker Foundation aspires to keep updated on new developments in the field of food,

nutrition and health. To this end we participate in many congresses, both nationally and internationally.

We took part in the prestigious 4th International Congress of Hidden Hunger by hosting a scientific session entitled “Popular Diets and Their Effects on Health: Will they cause Hidden Hunger?”

In this session we presented our “For Accurate Science” programme. During the session it was underlined that governments around the world allocate a budget of 2 trillion dollars to alleviate health problems caused by hidden hunger.

Prof. Hans Konrad Biesalski, Head of the Department of Biological Chemistry and Center for Nutrition and Food Safety at the University of Hohenheim, Dr. Laura Fernández Celemin, Director General of the European Food Information Council (EUFIC), Selen Tokcan, Communications Coordinator of the Sabri Ülker Foundation and Prof. Ali Atif Bir, Founder of the Institute of Communications Sciences, Anadolu University attended the session as keynote speakers.



### Attention must be paid to vitamin and mineral deficiencies

In the congress the health impacts of much-publicised popular diets such as the DASH diet, detox, low carbohydrate and high fat diets, intermittent fasting and clean nutrition were discussed during the session entitled “Popular Diets and Their Effects on Health: Will they cause hidden hunger?”

The scientists presenting in this session focused on the correlation between popular diets and health, drawing attention to the major risk to public health of vitamin and mineral deficiencies that may be caused by adherence to these diets. Here are some of the key points presented:

- Limited consumption of vegetables, fruit and whole grain on the low carbohydrate and high fat diets can cause vitamin and mineral deficiencies.
- Even if, as claimed, detox diets remove toxins from the body within a short timeframe and facilitate rapid weight loss, these diets can cause essential vitamin and mineral levels to go down below normal.
- Intermittent fasting diets also cause vitamin and mineral deficiencies which may lead to negative impacts such as poorer concentration, and fatigue.



## What is Hidden Hunger?

Nutrition is not just about feeding. It is necessary to take sufficient and balanced amounts of nutrients necessary for the body to function optimally. The human body requires essential amino acids and micronutrients including vitamins and minerals, which have a direct impact on physical and mental health. The human body cannot synthesize these essential nutrients. Regardless of energy and protein intake, complications may occur in the body when sufficient and

balanced nutrition is not provided over a prolonged period or when there is no access to good quality, healthy and safe food. The problem that arises from an inadequacy of some or all of these vital vitamins and minerals is called hidden hunger. Hidden hunger can occur both in conditions of poor nutrition or of overnutrition. In either case it weakens the individual's immune system, prevents optimal physical and mental development and may even result in death.

## News from the Conference...



**Prof.  
Hans Konrad  
Biesalski**

Head of the Department of Biological Chemistry and Center for Nutrition and Food Safety at the University of Hohenheim

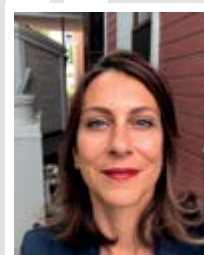
“Vitamin and mineral deficiencies affect 1 in 3 people worldwide. By 2030, it is estimated that the average daily energy intake will gradually increase, but experts predict that hidden hunger may become more prevalent. The number of people who were nourished poorly reached 821 million in 2017. This figure accounts for 11% of the world population. 807 million children in the world every year suffer from deficiencies of vitamin A, zinc etc., that is hidden hunger, and are experiencing developmental disability. Malnutrition accounts for about half of the world's childhood deaths. However, it is stated that if the children's nutrition is regulated, 45 out of every 100 childhood deaths can be prevented. Due to iodine deficiency in the womb, between 8 and 38 million babies are born with the risk of mental retardation every year on a worldwide basis. On a global scale there are 151 million dwarf children from 0 to 5 years, 51 million children are thin, and 38 million children are overweight or obese. In Turkey one every ten 10 children are dwarf and more than one third of these are severely dwarf. 4.1% of the children younger than 5 years old are extremely thin.



**Dr. Laura  
Fernández  
Celemin**

General Director of the European Food Information Council (EUFIC)

“Scientific evidence suggests that removing any nutrients from the diet, although not necessary, can lead to nutrient deficiencies. In popular diets, solid energy limitation and uniform nutrient consumption may cause health problems in the future as they prevent intake of a sufficient amount of energy and nutrients. No food alone is good or bad, the important thing is the type and amount of food consumed during the day. Therefore, instead of fear of food, we should aim at rich, sufficient and balanced nutrition using fruits, vegetables, whole grains and unsaturated fats.”



**Selen Tokcan**

Sabri Ülker Foundation Communications Director

“An enormous amount of information about the health effects of popular diets is available to the public, especially through social media channels. The Sabri Ülker Foundation makes available to the public up-to-date scientific information on nutrition, lifestyle and health via the “For Accurate Science” initiative which has been described in the section above.”

## THE EUROPEAN NUTRITION LEADERSHIP PROGRAMME (ENLP)

April 14<sup>th</sup>, Luxembourg

### A groundbreaking study in the treatment of prostate cancer

**The guest of the European Nutrition Leadership Platform this year was Prof. Fahri Saatcioglu from Oslo University, Norway. Mr. Saatcioglu inspired young scientists and leaders with his groundbreaking research into the**

**treatment of prostate cancer, on which he has been working for many years.**

The European Nutrition Leadership Platform (ENLP) 2019 was sponsored by the Sabri Ülker Foundation. Here nutrition leaders of the future come together. This year the delegates were inspired by Prof. Dr. Fahri Saatcioglu who talked about his groundbreaking research into the treatment of prostate cancer, on which he has been working for many years. He also shared information on his successful career journey and his interesting life story.



## European Nutrition Leadership Platform-ENLP

Established in 1994, ENLP is a strong, independent network open to all food and nutrition experts in Europe. Its members include more than 230 different institutions and organizations,

and more than 750 food and nutrition experts. The ENLP, financed by sponsors from the European food industry, is a part of the Global Nutrition Leadership Platform (NLP).



## 11TH WORLD CONFERENCE OF SCIENCE JOURNALISTS (WCSJ)

July 3<sup>rd</sup> - 5<sup>th</sup>, Lausanne

### A forum to share scientific knowledge on nutrition

**Our foundation aspires to support the dissemination of scientific knowledge on nutrition, lifestyle and health within society. To that end, we hosted the session “How Should We Fight Against the Information Pollution?” at the 11th World Conference of Science Journalists which took place on July 3-5 in Lausanne, Switzerland.**

World Federation of Science Journalists organized a conference entitled “Reaching New Heights in Science Journalism” in Lausanne, Switzerland on July 3<sup>rd</sup> to 5<sup>th</sup>. Many issues such as science policy, science and ethical sociology, as well as the new challenges led by changes in the media and the professional principles of science journalism, were discussed at the conference.

Delegates to the conference included executive editors and science editors of prestigious publications such as The Guardian, Le Monde and Financial Times. The conference brought together over 500 people seeking to improve publication and

communication in science and health journalism. This annual event offers a different theme each year.

### Huge attention for the “For Accurate Science” Platform

The session, “How to fight against the Information Pollution?” hosted by the Sabri Ülker Foundation attracted great attention. Speakers included Nimali Samarasinha, Communication Director of the European Food Information Council; Fiona Fox, President of the UK Science Media Centre; Begüm Mutuş, General Manager of the Sabri Ülker Foundation and Prof. Dr. Ali Atif Bir, Founder of the Institute of Communication Sciences in Eskişehir, Turkey. This session emphasized the importance of accurate communication of scientific knowledge. Ethical codes of science journalism were also discussed in the context of how health and nutrition news affect society.

The Sabri Ülker Foundation’s platform “For Accurate Science”, as described earlier in this report, was presented during this session to great acclaim. Representatives of leading broadcasting organizations from around the world showed a keen interest in this initiative of our Foundation.



## 13<sup>TH</sup> EUROPEAN NUTRITION CONFERENCE (FENS2019)

October 15<sup>th</sup> - 18<sup>th</sup>, Dublin

Our Foundation participated in the 13th European Nutrition Conference, held in Dublin. The event is held every 4 years. We presented for the first time the results of our latest evaluation of the Balanced Nutrition Education programme.

**The presentation was entitled “Food Balance, Consumption Frequency and Quantity Research II”. Our research has shown that the Balanced Nutrition Education Programme has achieved impressive positive results. For example, the rate of students having breakfast every day rose to 94 percent. There was also a considerable increase in the level of physical activity, thanks to the new “Living Actively” initiative. In addition, excessive energy intake in the children included in the programme declined and 12 out of every 100 overweight children reached their ideal weight.**

The 4 yearly Federation of European Nutrition Societies (FENS) Conference provides an excellent opportunity for our Foundation to network with leading nutrition scientists, not only from Europe but from around the

world. It is the leading event for nutrition science in Europe. It also provides an opportunity to showcase the work of our Foundation. The theme of the 13th FENS Conference was “Malnutrition in an Obese World: European Perspective”. This fitted well with our contribution entitled “Food Balance, Consumption Frequency and Quantity Research II”

Our research results were presented at the session on October 15, 2019. Our Foundation was represented by Talat İçöz, our Chairman, Begüm Mutuş, our General Manager and Prof. Tanju Besler, Member of our Science Committee, Vice Rector of the Eastern Mediterranean University and Lecturer at the Faculty of Health Sciences. The presentation showcased the positive impact of the Balanced Nutrition Education Programme.

The research, led by the Directorate General for Primary Education of the Ministry of National Education, was conducted by the Nutrition and Dietetic Departments of Marmara, Mediterranean and SANKO Universities with the participation of students of 2nd, 3rd and 4th grades in pilot schools. It measured positive change in the knowledge of nutrition, nutritional habits and physical activity status of the students before and after nutritional education provided under the auspices of the Balanced Nutrition Education Programme.



**Prof.  
H. Tanju Besler**

Vice Rector of  
the Eastern  
Mediterranean  
University

### “This study has demonstrated the success of the Balanced Nutrition Education Project”

“The research was undertaken to evaluate the impact on students of the Balanced Nutrition Education Programme. As previously mentioned, the programme has now been implemented for 8 years, reaching over 6 million children, teachers, and parents across Turkey in our journey to communicate the principles of balanced nutrition. After an education programme of 32 weeks, children adopted the habit of having breakfast, started to consume more vegetables and fruits, and understood the importance of physical activity and energy balance.”





**Talat İzöz**

Chairman of the Sabri Ülker Foundation

## "We will continue our project to reach even more children"

"The Sabri Ülker Foundation strives to contribute to improvements in public health under its vision of 'All is for a better life'. We are pleased to see the contribution we are making to the development of our children by taking the Balanced Nutrition Project to over 6 million of students, parents, and teachers in 750 schools across 15 cities. We are now expanding the programme to include an additional 50 schools in a further 5 cities."



**Begüm Mutuş**

General Manager of the Sabri Ülker Foundation

## "We are proud to have implemented this exemplary project"

"Our children are now aware of balanced nutrition, what a healthy plate looks like, and what to consume without any prohibition. We are proud to have implemented this exemplary project for 8 years now in collaboration with the Ministry of National Education."

# YEMEKTE DENGELİ BESİN TÜKETİM SIKLIĞI VE MİKTARI ARAŞTIRMASI II, 2018-2019 SONUÇLAR



İstanbul, Antalya ve Gaziantep illerinde **45 Okulda 1901 öğrenci** ile Marmara, Akdeniz ve SANKO Üniversiteleri katkıları ile gerçekleştirildi.



**Toplam enerji alımında azalma**



**Fiziksel aktivite düzeyinde artış**



**Öğrencilerin gün içinde hareketsiz geçirdikleri sürede azalma**



**Tüm öğrencilerin şişmanlık oranlarında azalma**



**Sağlıklı yaşam, beslenme ve hijyen kuralları konusunda bilgi düzeyinde artış**



SABRI ÜLKER  
METABOLIC  
RESEARCH  
CENTER



# THE SABRI ÜLKER CENTER



**Prof. Dr. Gökhan Hotamışlıgil**  
Head of Sabri Ülker Center

The Sabri Ülker Foundation is committed to making a positive contribution to improving public health. Towards this end we collaborate internationally with scientists, universities and other research institutes to ensure that we are up-to-date with the latest developments in nutrition, lifestyle and health. The Sabri Ülker Center is pre-eminent in the field of metabolism and remains a vital partner for our Foundation.



The Sabri Ülker Metabolic Research Center was established in 2014 within the Harvard University School of Public Health. World class scientists in the center conduct studies at the forefront of metabolism research, studies which

have global impact, and which seek to address the challenges of metabolic diseases. Findings from the center have direct relevance to public health and our Foundation is proud to be associated with this prestigious enterprise.

## The Sabri Ülker Foundation continues to support young scientists!

The mission of Keystone Symposia is that they will serve as a catalyst for the advancement of biomedical and life sciences by connecting scientists within and across disciplines at conferences and workshops held at venues that create an environment conducive to information exchange, generation of new ideas and

acceleration of applications that benefit society. Prof. Dr. Gökhan Hotamışlıgil was a speaker at the Keystone Symposium held in Canada in April 2019. In this way the Sabri Ülker Foundation has continued to contribute to the education and development of young scientists.

# III. METABOLISM AND LIFE SYMPOSIUM

**SABRİ ÜLKER CENTER SYMPOSIUM**

Istanbul, Turkey  
Istanbul Congress Center  
**3-5 JUNE 2020**  
[www.sabriulker-symposium.org](http://www.sabriulker-symposium.org)

ORGANIZED BY:  
GÜKHAN HİTAMİSLİOĞLU, MD, PhD  
HARVARD UNIVERSITY

**KEYNOTE SPEAKER**  
ROGER KORNBERG, PhD STANFORD UNIVERSITY

**SPEAKERS**  
RUSSELL FOSTER, PhD, FRs OXFORD UNIVERSITY  
JEFFREY FRIEDMAN, MD, PhD ROCKEFELLER UNIVERSITY  
CHRISTOPHER GLASS, MD, PhD UNIVERSITY OF CALIFORNIA SAN DIEGO  
TAKASHI KADOWAKI, MD, PhD UNIVERSITY OF TOKYO  
JUDITH KLUMPERMAN, PhD UNIVERSITY OF UTRECHT  
ROGER KORNBERG, PhD STANFORD UNIVERSITY  
PENG LI, PhD TSINGHUA UNIVERSITY  
JENNIFER LIPPINCOTT-SCHWARTZ, PhD HOWARD HUGHES MEDICAL INSTITUTE  
DAVID MANGELSDORF, PhD UNIVERSITY OF TEXAS  
SATCHINDANANDA PANDA, PhD SALK INSTITUTE  
DAVID SABATINI, MD, PhD MASSACHUSETTS INSTITUTE OF TECHNOLOGY  
ANU SUOMALAINEN, MD, PhD UNIVERSITY OF HELSINKI  
TOBIAS WALTHER, PhD HARVARD UNIVERSITY

**RISING STARS**  
SEMİR BEYAZ, PhD COLD SPRING HARBOR LABORATORY  
BETÜL KAÇAR, PhD UNIVERSITY OF ARIZONA  
GÜLÇİN PEKKURNAZ, PhD UNIVERSITY OF CALIFORNIA SAN DIEGO  
NİLAY YAPICI, PhD CORNELL UNIVERSITY

HOSTED BY SABRİ ÜLKER FOUNDATION

HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH  
SABRİ ÜLKER FOOD RESEARCH FOUNDATION  
DEPARTMENT OF GENETICS AND COMPLEX DISEASES

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JEFFREY FRIEDMAN, MD, PhD ROCKEFELLER UNIVERSITY  
CHRISTOPHER GLASS, MD, PhD UNIVERSITY OF CALIFORNIA SAN DIEGO  
TAKASHI KADOWAKI, MD, PhD UNIVERSITY OF TOKYO  
JUDITH KLUMPERMAN, PhD UNIVERSITY OF UTRECHT  
ROGER KORNBERG, PhD STANFORD UNIVERSITY  
PENG LI, PhD TSINGHUA UNIVERSITY  
JENNIFER LIPPINCOTT-SCHWARTZ, PhD HOWARD HUGHES MEDICAL INSTITUTE  
DAVID MANGELSDORF, PhD UNIVERSITY OF TEXAS  
SATCHINDANANDA PANDA, PhD SALK INSTITUTE  
DAVID SABATINI, MD, PhD MASSACHUSETTS INSTITUTE OF TECHNOLOGY  
ANU SUOMALAINEN, MD, PhD UNIVERSITY OF HELSINKI  
TOBIAS WALTHER, PhD HARVARD UNIVERSITY

**RISING STARS**  
SEMİR BEYAZ, PhD COLD SPRING HARBOR LABORATORY  
BETÜL KAÇAR, PhD UNIVERSITY OF ARIZONA  
GÜLÇİN PEKKURNAZ, PhD UNIVERSITY OF CALIFORNIA SAN DIEGO  
NİLAY YAPICI, PhD CORNELL UNIVERSITY

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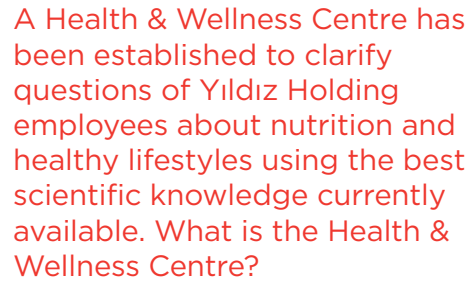
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# COMMUNICATION ACTIVITIES



## HEALTHY DISCUSSIONS

The Sabri Ülker Foundation has launched a “Healthy Discussion” series, here we ask experts questions about nutrition and health and share the information obtained with the public.

**May 20<sup>th</sup>, İstanbul**

Our guest at the Healthy Discussions event this year was Prof. Murat Baş who shared special nutrition advice regarding what should be consumed during Ramadan. He also presented useful information on what constitutes a healthy intestine.





## HEALTHY LIFE DAY

September 19<sup>th</sup>, Istanbul

The Sabri Ülker Foundation continues its activities to ensure that as many individuals in our country as possible adopt a healthy lifestyle including balanced nutrition and physical activity. Towards this objective we have implemented a “Healthy Life Day”, to be held on the Thursday of the third week of September every year. The first Healthy Life Day was celebrated on September 19th with the participation of esteemed guests.

Guests at this year’s “Healthy Life Day” were Selahattin Dönmez, dietician and Lecturer at İstinye University, and Duygu Keçecioğlu, Breathing Coach. Selahattin Dönmez informed our participants about “New Developments with regard to the Ideal Nutrition Plan” and Duygu Keçecioğlu talked about “Breathing Awareness and Stress Management” and informed participants about an interactive diaphragmatic breathing exercise.

We staged a quiz on nutrition before the Healthy Life Day and three individuals among those who gave correct answers to all the questions were presented surprise gifts at the event. We also asked some questions to map the nutrition habits of our employees. We then created a nutrition map based on these answers which was interpreted by Selahattin Dönmez and some tips were given.





## INTERNAL COMMUNICATIONS ACTIVITIES

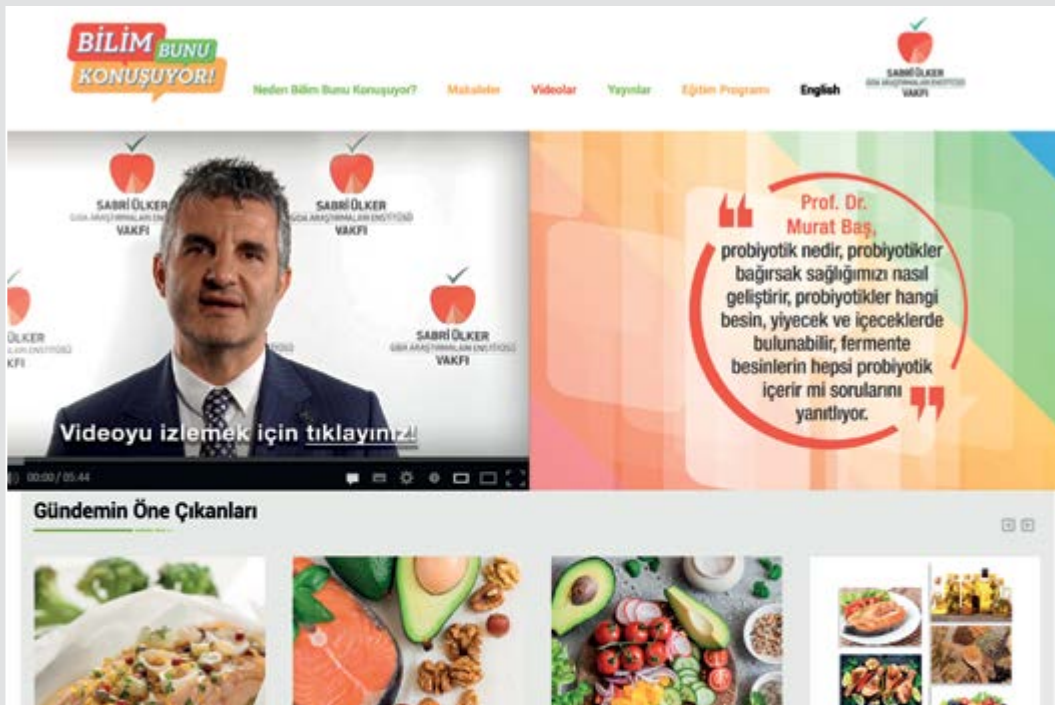
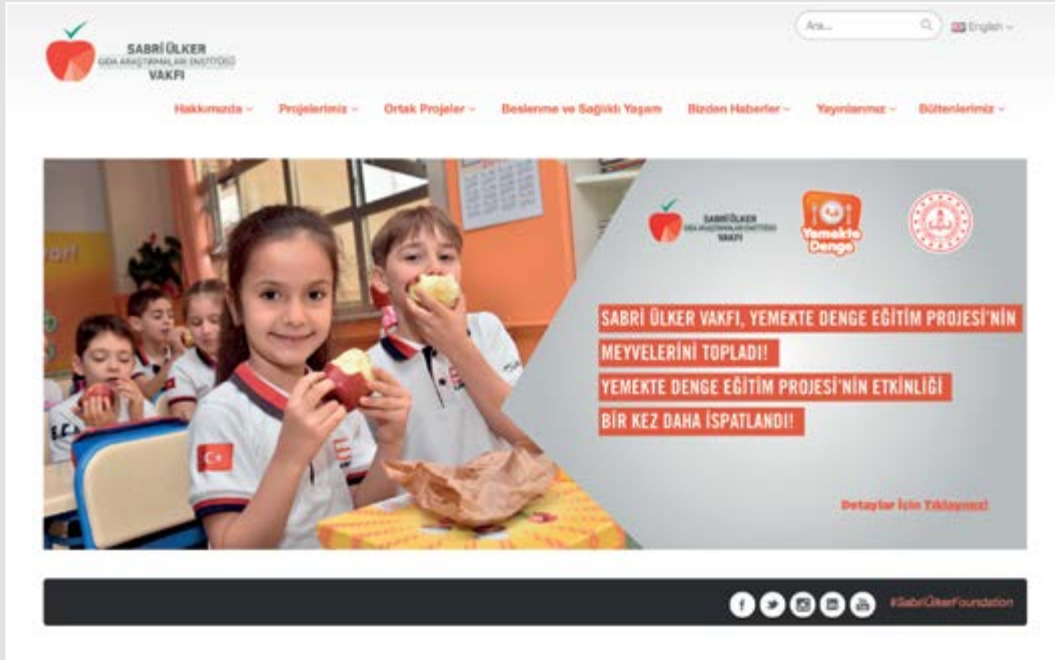


## PERIODICAL PRESS RELEASES





## WEB SITES





# SABRİ ÜLKER FOUNDATION ON MEDIA

2019 yılında

Yazılı Basın  
605 haber

İnternet Haberleri  
2500 haber

TV Haber  
21 dk. 04 sn.

Toplam erişim  
30.521.567 kişi

## Her 9 kişiden 1'i gizli aç

**Kişilerin her dokuzunda birinde gizli açlık olduğu** bildirildi. Dünya Sağlık Örgütü (WHO) tarafından yapılan araştırmaya göre, gizli açlık dünya genelinde 600 milyon kişiye ulaşmış durumda. Araştırma, gizli açlığın sadece açlık olarak algılanmadığını, aynı zamanda beslenme yetersizliği olarak da tanımlanabileceğini gösteriyor. WHO, gizli açlığın sadece açlık olarak algılanmadığını, aynı zamanda beslenme yetersizliği olarak da tanımlanabileceğini gösteriyor. WHO, gizli açlığın sadece açlık olarak algılanmadığını, aynı zamanda beslenme yetersizliği olarak da tanımlanabileceğini gösteriyor.



## Kış Mevsimi Gözünüzü Korkutmasın!

Gıda, beslenme ve sağlık konularında sağladığı projelerle toplum sağlığını geleceği için çalışan Sabri Ülker Vakfı, kışın gelmesiyle birlikte birçok sağlık sorunlarından korunmalarını amaçladığını bildiriyor. Vakıf, bal, zeytin, siyahı, yeşil ve kırmızı meyveler, kurutulmuş meyveler ve kurutulmuş sebzeler tüketimini tavsiye ediyor. Vakıf, bal, zeytin, siyahı, yeşil ve kırmızı meyveler, kurutulmuş meyveler ve kurutulmuş sebzeler tüketimini tavsiye ediyor.

SAĞLIKLI BESLENMEYİ ÖĞRENER ÇOCUK DAHA AZ KİLO ALIYOR

# OBEZİTEYE EĞİTİM DARBESİ

Türkiye'de 1.901 çocuk üzerinde yapılan beslenme araştırması, Dublin'de düzenlenen 13. Avrupa Beslenme Konferansı'nda sunuldu.

**ANNEİNİ REHBERİ**

## Instagram

Anne, çocuğunun beslenmesini öğrenmek için Instagram'da arama yapabilir. Bu platformda, çocukların beslenmesiyle ilgili birçok video ve fotoğraf paylaşılıyor. Anne, çocuğunun beslenmesini öğrenmek için Instagram'da arama yapabilir. Bu platformda, çocukların beslenmesiyle ilgili birçok video ve fotoğraf paylaşılıyor.

## Velilere çocuk beslenmesi eğitimi

**İHA** - Sabri Ülker Vakfı'nın Milli Eğitim Bakanlığı ile birliğinde hayata geçirildiği Yemekte Denge Eğitim Projesi, öğrenci ve öğretmenlerin arasında 7-11 yaş arası olan çocukların beslenmesi konusunda velilere eğitim veriyor. Proje kapsamında, velilere çocuk beslenmesi konusunda eğitim veriliyor. Proje kapsamında, velilere çocuk beslenmesi konusunda eğitim veriliyor.

Yemekte Denge Eğitim Projesi, Milli Eğitim Bakanlığı ile birliğinde hayata geçirildiği Yemekte Denge Eğitim Projesi, öğrenci ve öğretmenlerin arasında 7-11 yaş arası olan çocukların beslenmesi konusunda velilere eğitim veriyor. Proje kapsamında, velilere çocuk beslenmesi konusunda eğitim veriliyor. Proje kapsamında, velilere çocuk beslenmesi konusunda eğitim veriliyor.

**GENÇ BİLİM İNSANLARINA TAM DESTEK**

**TESVİK EDECEK GELECEĞE KATKI**

Sabri Ülker Vakfı, genç bilim insanlarına destek sağlamak amacıyla "Genç Bilim İnsanlarına Tam Destek" projesini başlattı. Proje kapsamında, genç bilim insanlarına burs ve diğer destekler sağlanacak. Proje kapsamında, genç bilim insanlarına burs ve diğer destekler sağlanacak.

**BİLİM BUNU KONUŞUYOR**

**Bilimsel güncel bilgi**

Sabri Ülker Vakfı, bilim insanlarına destek sağlamak amacıyla "Bilim Bunu Konuşuyor" projesini başlattı. Proje kapsamında, bilim insanlarına burs ve diğer destekler sağlanacak. Proje kapsamında, bilim insanlarına burs ve diğer destekler sağlanacak.

**Başarı için düzenli beslenme**

Gıda, beslenme ve sağlık konusunda sağladığı projelerle toplum sağlığını geleceği için çalışan Sabri Ülker Vakfı, düzenli beslenmenin başarı için önemli olduğunu vurguluyor. Vakıf, düzenli beslenmenin başarı için önemli olduğunu vurguluyor.

**Kanser hücreleri iki yanı uçurum olan bir zirvede yürüyor, o mekanizmaları bozarsak tepelaklak yuvarlanacak**

Sabri Ülker Vakfı, kanser hücreleri ile ilgili araştırmaları desteklemek amacıyla "Kanser Hücreleri İki Yanı Uçurum" projesini başlattı. Proje kapsamında, kanser hücreleri ile ilgili araştırmaları desteklemek amacıyla "Kanser Hücreleri İki Yanı Uçurum" projesini başlattı.

**Organik beslenme popüler bir diyet yaklaşımı mı sağlık için gereklilik mi?**

Sabri Ülker Vakfı, organik beslenmenin sağlık için gereklilik olup olmadığını araştırmak amacıyla "Organik Beslenme" projesini başlattı. Proje kapsamında, organik beslenmenin sağlık için gereklilik olup olmadığını araştırmak amacıyla "Organik Beslenme" projesini başlattı.

**Genç yeteneklerden bayrama özel tarifler**

Sabri Ülker Vakfı, genç yeteneklerin bayramlara özel tarifler hazırlamasını teşvik etmek amacıyla "Genç Yeteneklerden Bayrama Özel Tarifler" projesini başlattı. Proje kapsamında, genç yeteneklerin bayramlara özel tarifler hazırlamasını teşvik etmek amacıyla "Genç Yeteneklerden Bayrama Özel Tarifler" projesini başlattı.

## SOCIAL MEDIA BY NUMBERS

### SABRİ ÜLKER FOUNDATION

VISITORS

**508.782**

VIEWS

**573.134**

### BALANCED NUTRITION TEST

VISITORS

**14.737**

PEOPLE SOLVING THE TEST

**6.594**

### FOR ACCURATE SCIENCE!

VISITORS

**153.386**

VIEWS

**172.389**

The most watched videos  
**For Accurate Science  
Talks 2**  
Prof. Beste Özben Sadıç

ALL TIMES  
YOUTUBE VIEWS

**4.183**

WEB SITE VIEWS

**41.406**

VISITORS

**39.500**

### BALANCED NUTRITION

VISITORS

**92.857**

VIEWS

**149.282**

### BALANCED NUTRITION CUSINE

VISITORS

**17.029**

### iGROW

VISITORS

**53.065**

VIEWS

**62.764**

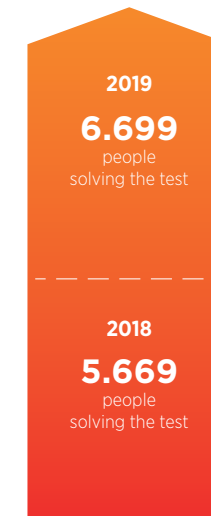
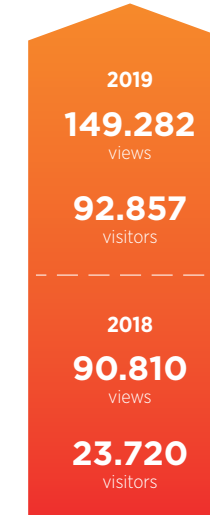
The most viewed article  
**Are there foods  
that increase breast  
milk supply?**

VIEWS

**15.347**

VISITORS

**14.688**



\*The numbers for 2019 are until December 5<sup>th</sup>



THE SABRİ ÜLKER FOUNDATION

**ACTIVITY  
REPORT**  
2019

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