14th European Nutrition Conference
Preliminary Daily
PROGRAMME
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Chair</th>
<th>Speakers</th>
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<tbody>
<tr>
<td>9:00–9:45</td>
<td>Opening ceremony – Great Hall</td>
<td></td>
<td>Ljiljana Trajkovic Pavlovic, Serbian Nutrition Society, Belgrade, Serbia</td>
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<td>Igor Spiroski, Department of Hygiene and Environmental Health, Skopje, North Macedonia</td>
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<td>Snezana Labovic, Institute of Public Health, Podgorica, Montenegro</td>
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<td>Jolanda Hyska, Institute of Public Health, Tirana, Albania</td>
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<td>Jasmina Djedjibegovic, University of Sarajevo, Sarajevo, Bosnia and Herzegovina</td>
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<tr>
<td>9:45–10:30</td>
<td>Opening lecture – Great Hall</td>
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<td>Mirjana Djermanovic, Public Health Institute, Banja Luka, Bosnia and Herzegovina</td>
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<tr>
<td>10:30–11:00</td>
<td>Coffee break</td>
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<tr>
<td>11:00–12:30</td>
<td>Plenary lectures – Great Hall</td>
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<td>Joao Breda, Quality of Care Office &amp; RD Special Adviser, Division of Country Health Policies and Systems, WHO Greece, Athens, Greece</td>
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<td></td>
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<td>Dirk Haller, Technical University Munich, Munich, Germany</td>
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<tr>
<td>12:30–13:30</td>
<td>Lunch</td>
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Time 13:30 – 15:00
Parallel Scientific Symposia

**SYMPOSIUM 1 – Hall 1**
Track: Nutrition across the lifecourse

Nutrition and early life
Organised by FENS

Chairs: Kirsi Laitinen, Turku University, Turku, Finland and Isabelle Herter-Aeberli, ETH, Zurich, Switzerland

Preconception and pregnancy nutrition for improving fertility and long-term health prospects of the child
Keith Godfrey, University of Southampton, Southampton, United Kingdom

Vegan diets in children
Liisa Korkalo, University of Helsinki, Helsinki, Finland

New interventions to promote healthy eating habits and prevent overweight in children
Camilla Damsgaard, University of Copenhagen, Copenhagen, Denmark

**SYMPOSIUM 2 – Hall 2**
Track: Nutrition education, consumers and practitioners

Developments in nutrition communication in Europe: Three key topics the EPHNA is taking on
Organised by The European Public Health Nutrition Alliance (EPHNA)

Chairs: Petra Verhoef, Netherlands Nutrition Centre, The Hague, The Netherlands

Welcome
Kremlin Wickramasinghe, WHO Europe, Copenhagen, Denmark

Introduction of EPHNA: Challenges in nutrition communication
Petra Verhoef, Netherlands Nutrition Centre, The Hague, The Netherlands

How to communicate on incorporating sustainability into Food Based Dietary Guidelines
Iben Humble Kristensen, The Danish Veterinary and Food Administration, Denmark
Loes Neven, Flemish Institute for Healthy Living, Brussels, Belgium
Jovanka Vis, Netherlands Nutrition Centre, The Hague, The Netherlands
<table>
<thead>
<tr>
<th>Title</th>
<th>Presenter/Institution</th>
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</table>
| Promotion and support of breastfeeding in Europe                                            | Maria Flothkötter, German Federal Centre for Nutrition, Bonn, Germany  
Milena Buurman, The Netherlands Nutrition Centre, The Hague, The Netherlands |
| Stigma and language in nutrition and health communication                                   | Aileen McGloin, Safefood, Cork, Ireland                |

**SYMPOSIUM 3 – Hall 3**

Track: New technologies in nutrition research

Use of innovative technologies in human nutrition research

Organised by FENS

Chairs: David Vauzour, University of East Anglia, Norwich, United Kingdom and Aneta Kopec, University of Agriculture, Krakow, Poland

<table>
<thead>
<tr>
<th>Title</th>
<th>Presenter/Institution</th>
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<tbody>
<tr>
<td>Functional brain imaging and neuromodulation in the context of obesity, addictions and eating disorders</td>
<td>David Val-Lailet, INRAE INSERM, University of Rennes, Rennes, France</td>
</tr>
<tr>
<td>Can metabolomics give us an insight into what we are eating?</td>
<td>Lorraine Brennan, University College Dublin, Dublin, Ireland</td>
</tr>
<tr>
<td>Measuring bacterial metabolites in biological samples - what can this tell us about the gut microbiome?</td>
<td>Jonathan Swann, University of Southampton, Southampton, United Kingdom</td>
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</tbody>
</table>

**SYMPOSIUM 4 – Room 10**

Track: Nutrition across the lifecourse

Gut microbiota & health throughout different life stages

Organised by ILSI Europe

Chair: Kristin Verbeke, KU Leuven, Leuven, Belgium and Elaine Vaughan, Sensus, The Netherlands

<table>
<thead>
<tr>
<th>Title</th>
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<tbody>
<tr>
<td>Prebiotics, infectious diseases and immunity</td>
<td>Paul de Vos, University of Groningen, Groningen, The Netherlands</td>
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<tr>
<td>Biological ageing and the human intestinal microbiota</td>
<td>Miguel Gueimonde, IMLA-CSIC, Villaviciosa, Spain</td>
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<tr>
<td>A systematic review of breast milk microbiota composition and the evidence for transfer to and colonization of the infant’ gut</td>
<td>Christine Edwards, University of Glasgow, Glasgow, United Kingdom</td>
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</tbody>
</table>

**SYMPOSIUM 5 – Room 11**
Track: Dietary studies, guides and recommendations

Achieving sustainability in nutrition in Serbia: from individual to public health approach
Organised by Serbian Nutrition Society

Chairs: Ljiljana Trajkovic Pavlovic, Serbian Nutrition Society, Belgrade, Serbia and Dragana Jovic, Institute of Public Health of Serbia, Belgrade, Serbia

Dietary intake assessment in 1-9 year old children living in Serbia: National Food Consumption Survey according to the EU Menu Methodology
Milica Zekovic, Institute for Medical Research, Belgrade, Serbia

Salt content in different food categories in the Serbian market: How far are they from the World Health Organization benchmark?
Milka Popovic, Institute of Public Health Vojvodina, Novi Sad, Serbia

Prevention of type 2 diabetes: The dominant role of nutritional intervention
Nebojsa Lalic, University of Belgrade, Belgrade, Serbia

Food based dietary guidelines in Serbia: beginning and pillars
Dragana Jovic, Institute of Public Health of Serbia, Belgrade, Serbia

Agriculture and food industry in Serbia- facts and figures
Aleksandar Bogunovic, Serbian Chamber of Commerce, Belgrade, Serbia

SYMPOSIUM 6 – Room 12
Track: Personalized nutrition

Precision nutrition in health and diseases
Organised by IMDEA Food Institute

Chairs: Alberto Dávalos, IMDEA Food Institute and CIBER OBN, Madrid, Spain and Alfredo Martínez, IMDEA Food Institute and University of Navarra, Pamplona, Spain

Precision nutrition and cancer
María Jesús Latasa, IMDEA Food Institute, Madrid, Spain

Food bioactive compounds in precision nutrition
Maria del Carmen Lopez de las Hazas, IMDEA Food Institute, Madrid, Spain

microRNA in precision nutrition
Alberto Davalos, IMDEA Food Institute and CIBER OBN, Madrid, Spain

Precision nutrition in obesity
Alfredo Martínez, IMDEA Food Institute and University of Navarra, Pamplona, Spain

SYMPOSIUM 7 – Room 14
Track: Dietary studies, guidelines and recommendations

How far are we from the Global Health Plan objective of 30% global reduction of salt intake by 2025?
Organised by the Italian Society of Human Nutrition

Chairs: Licia Iacoviello, University of Insubria, Varese and IRCCS Neuromed, Pozzilli, Italy and Daniela Martini, University of Milan, Milan, Italy

Excessive salt intake as main nutritional risk factor for non-communicable diseases

Lanfranco D'Elia, Federico II University of Naples, Naples, Italy

Monitoring population salt intake: analytical methods and worldwide status

Francesco Cappuccio, University of Warwick, Warwick, United Kingdom

Promoting population strategies for salt intake reduction

Francesco Branca, WHO, Geneva, Switzerland

Setting sodium benchmarks for food products: a fundamental measure of the strategy of salt intake reduction

Donato Angelino, University of Teramo, Teramo, Italy

SYMPOSIUM 8 – Room 15
Track: Food science

Novel foods

Organised by the French Nutrition Society

Chairs: Marie-Josephe Amiot-Carlin, INRAE and Montpellier University of Excellence, Montpellier, France and Dominique Turck, University of Lille, Lille, France

How are novel foods defined in the EU and how is their safety assessed?

Helle Katrine Knutsen, Norwegian Institute of Public Health, Oslo, Norway and Chair, Working Group on Novel Foods, Panel on Nutrition, Novel Foods and Food Allergens, EFSA, Parma, Italy

An overview of the EFSA Scientific Opinions on novel foods over the last 20 years

Harry McArdle, University of Aberdeen, Aberdeen, United Kingdom and Vice-Chair, Working Group on Novel Foods, Panel on Nutrition, Novel Foods and Food Allergens, EFSA, Parma, Italy

Novel foods: the example of insects

Patrick Borel, Aix-Marseille University, Marseille, France

SYMPOSIUM 9 – Room 22
Track: Nutrition across the lifecourse

School food programmes and impact on future health and well-being: global perspectives

Organised by The Nutrition Society
Chair: Robert Akparibo, University of Sheffield, Sheffield, United Kingdom

The impact of the UK free school meals policy on children’s health and well-being
Jayne Woodside, Queen's University, Belfast, United Kingdom

The importance of school food for well-being and learning: evidence from Finland
Maijaliisa Erkkola, University of Helsinki, Helsinki, Finland

Scaling up school food interventions in the global south
Alan Jackson, University of Southampton, Southampton, United Kingdom

### SYMPOSIUM 10 – Room 21
Track: Dietary bioactives

GOED Symposium on EPA/DHA Omega-3s
Organised by Global Organization for EPA and DHA Omega-3s (GOED)

Chairs: Gerard Bannenberg, GOED, Salt Lake City, USA and Philip Calder, University of Southampton, Southampton, United Kingdom

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker Name</th>
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<tbody>
<tr>
<td>The role of omega-3 fatty acids in cardiovascular health and inflammation</td>
<td>Ivana Djuriric, University of Belgrade, Belgrade, Serbia</td>
</tr>
<tr>
<td>Patients with obesity and with elevated endogenous glucose-dependent insulino-tropic polypeptide could be a target group for omega-3 supplementation</td>
<td>Joanna Góralska, Jagiellonian University Medical College, Krakow, Poland</td>
</tr>
<tr>
<td>Legacy ingredient: Emerging science for EPA and DHA Omega-3s in nutrition</td>
<td>Kaitlin Roke, GOED (Global Organization for EPA and DHA Omega-3s), Salt Lake City, USA</td>
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**Time**

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<tbody>
<tr>
<td>15:00–16:00</td>
<td>Poster Forum – Poster Hall</td>
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<td>16:00–16:30</td>
<td>Coffee break</td>
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<tr>
<td>16:30–18:00</td>
<td>Industry Symposia</td>
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### SYMPOSIUM 1 – Hall 1
Organised by Nestle – To be confirmed
## SYMPOSIUM 2 – Hall 2

**The advantages and unintentional nutritional concerns of plant-based foods and potential solutions**

Organised by dsm-fermenich

Chair: Helene McNulty, Ulster University, Coleraine, United Kingdom

<table>
<thead>
<tr>
<th>Session</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>Welcome and introduction</td>
<td>Helene McNulty, Ulster University, Coleraine, United Kingdom</td>
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<tr>
<td>Positive aspects and unintentional health concerns of shifting to plant-based diets</td>
<td>Julia Bird, Bird Scientific Writing, Wassenaar, The Netherlands</td>
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<tr>
<td>Developing micronutrient adequate diets within planetary boundaries: What are the challenges and potential solutions?</td>
<td>Flaminia Ortenzi, Global Alliance of Improved Nutrition (GAIN), Geneva, Switzerland</td>
</tr>
<tr>
<td>Mineral bioavailability of plant-based alternatives</td>
<td>Ann-Sofie Sandberg, Chalmers University, Gothenberg, Sweden</td>
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<tr>
<td>The importance of nutrient standards for plant-based alternatives</td>
<td>Adam Drewnowski, University of Washington, Seattle, USA</td>
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Panel discussion and Q&A -- recommendations and potential solutions

## SYMPOSIUM 3 – Room 10

**Umami: Taste for health**

Organised by Ajinomoto

Chairs: Julie Mennella, Monell Chemical Sciences Center, Philadelphia, USA and Tia Rains, Ajinomoto Health & Nutrition North America, Itasca, USA

<table>
<thead>
<tr>
<th>Session</th>
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<tbody>
<tr>
<td>Umami basics</td>
<td>Gary Beauchamp, Monell Chemical Sciences Center, Philadelphia, USA</td>
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<tr>
<td>Umami and satiety</td>
<td>Kees de Graaf, Wageningen University and Research, Wageningen, The Netherlands</td>
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<tr>
<td>Umami and infant development</td>
<td>Julie Mennella, Monell Chemical Sciences Center, Philadelphia, USA</td>
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<tr>
<td>Umami and salt reduction</td>
<td>Soo-Yuen Lee, University of Illinois, Urbana-Champaign, USA</td>
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## SYMPOSIUM 4 – Room 11

Organised by Hemofarm / Stada – To be confirmed

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## SYMPOSIUM 5 – Room 12

**Plant based foods fulfilling the needs of many, not the few**
Organised by Upfield

Chair: Armando Perez, Umeå University, Umeå, Sweden

Important actors in food systems toward healthy and sustainable diets
Sander Biesbroek, Wageningen University and Research, Wageningen, The Netherlands

Sufficient and nutritious plant-based foods
Paul Whitehouse, Head of Scientific Affairs, Upfield R&D, Wageningen, The Netherlands

The need for standards to improve accessibility and affordability of plant based foods
Lorenza Jachia, Senior Economist at UN resident coordinator’s office, Belgrade, Serbia

Time 18:00 – 19:30
Oral presentations

Time 19:30 – 21:00
FENS General Assembly – Room 20
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<tr>
<th>Time 9:00 – 10:30</th>
<th>Plenary lectures – Great Hall</th>
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<tr>
<td>Chair: Stefaan De Henauw, Gent University, Ghent, Belgium</td>
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<tr>
<td>The search for veritas: enhancing dietary trials and observational studies</td>
<td>Walter Willett, Harvard University, Boston, USA</td>
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<td>Can nutrition interventions be personalised according to metabolic phenotypes?</td>
<td>Ellen Blaak, Maastricht University, Maastricht, The Netherlands</td>
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| Time 10:30 – 11:00 | Coffee break |

| Time 11:00 – 12:30 | Parallel Scientific Symposia |

### SYMPOSIUM 1 – Hall 1

**Track: Cultural, societal and behavioural aspects of diet and nutrition**

Psychosocial and sociocultural determinants of food choices and implications for sustainable healthy diets

Organised by FENS

**Chairs:** Licia Lacoviello, University of Insubria, Insubria, Italy and Leonie Bogl, Berne University of Applied Sciences, Berne, Switzerland

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<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>The food gap: analysing the contribution of cultural and material resources to diet quality</td>
<td>Marialaura Bonaccio, IRCCS Neuromed, Pozzilli, Italy</td>
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<tr>
<td>Medical sociology and nutrition: where is the connection?</td>
<td>Emese Antal, Hungarian Platform on Health, Diet and Physical Activity, Budapest, Hungary</td>
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<tr>
<td>Eating behaviour</td>
<td>Anna Sigridur Olafsdottir, University of Iceland, Reykjavik, Iceland</td>
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### SYMPOSIUM 2 – Hall 2

**Track: Dietary bioactives**

Interplay between dietary bioactives, gut microbiota and metabolic health

Organised by FENS
Chairs: Ana Rodriguez-Mateos, Kings College London, London, UK and Daniel del Rio, University of Parma, Parma, Italy

The role of polyphenols in the modulation of intestinal permeability
Cristian del Bo, University of Milan, Milan, Italy

Interactions of gut microbiota with dietary polyphenols and consequences for human health
Francisco Tomas Barberan, CEBAS-CSIC, Murcia, Spain

Dietary bioactives as prebiotics: the evidence so far
Mirjana Rajilić Stojanović, University of Belgrade, Belgrade, Serbia

SYMPOSIUM 3 – Hall 3
Track: Nutrition and the environment, sustainability and biodiversity

Sustainable consumption into practice
Organised by FENS

Chairs: Jelena Meinilä, University of Helsinki, Helsinki, Finland and Diego Moretti, Swiss Distance University of Applied Sciences/University of Applied Sciences and Arts of Southern Switzerland and ETH, Zurich, Switzerland

How (not) to talk about plant-based foods
Ester Papies, University of Glasgow, Glasgow, United Kingdom

Can everyone afford a healthy and sustainable diet?
Bhavani Shankar, University of Sheffield, Sheffield, United Kingdom

How to modify food environments to support healthy and sustainable consumption
Joreintje Mackenbach, Vrije Universiteit Amsterdam, Amsterdam, The Netherlands

SYMPOSIUM 4 – Room 10
Track:

Organised by IUNS – To be confirmed

SYMPOSIUM 5 – Room 11
Track: Nutrition across the life course

Food for thought, and for cognitive ageing
Organised by ILSI Europe

Chairs: David Vauzour, University of East Anglia, Norwich, United Kingdom and Anirikh Chakrabarti, Cargill, Belgium
The EAT–Lancet reference diet and cognitive function across the life course
Curie Kim, King's College London, London, United Kingdom

Prebiotics for a sharp mind? What we know and where to go next
Boushra Dalile, KU Leuven, Leuven, Belgium

Multi-nutrient interventions and cognitive ageing: are we barking up the right tree?
Hayley Young, Swansea University, Swansea, United Kingdom

SYMPOSIUM 6 – Room 12
Track: Nutrition across the life course

Prevention of age-related malnutrition and functional decline
Organised by FORTIPHY, PROMED-EX and APPETITE – projects funded by the HDHL JPI (Healthy Diet for a Healthy Life Joint Programming Initiative)
Chairs: Helen Roche, University College Dublin, Dublin, Ireland and and Philip Calder, University of Southampton, Southampton, United Kingdom

The FORTIPHY project: Development of innovative food-based fortification solutions to sustain health in older people using a co-creation approach
Claire Sulmont-Rosse, INRAE and Burgundy Franche-Comte University, Dijon, France

Effects of a PROtein enriched MEDiterranean diet and EXercise on nutritional status and cognition in undernourished adults with subjective cognitive decline: The PROMED-EX Trial
Claire McEvoy, Queens University Belfast, Belfast, United Kingdom

Plant protein and fibre interactions with physical activity and appetite regulation in older adults - The APPETITE Project
Helen Roche, University College Dublin, Dublin, Ireland

SYMPOSIUM 7 – Room 14
Track: Nutrition, metabolism and chronic disease

Quality of life and obesity prevention in an increasingly obesogenic Europe
Organised by the Spanish Nutrition Society

Chairs: Rosaura Leis, University of Santiago de Compostela, Santiago de Compostela, Spain and Luis Moreno, University of Zaragoza, Zaragoza, Spain

Offspring obesity prevention in pregnancy
Elvira Larque, University of Murcia, Murcia, Spain

Multiomics approach in the metabolic alteration in children and adolescents with obesity
Concepción Aguilera, University of Granada, Granada, Spain
Nutrition and exercise: the necessary interaction 
Marcela González-Gross, Technical University of Madrid, Madrid, Spain

Microbiota and quality of life in the elderly 
Alfredo Martínez, IMDEA, Madrid and University of Navarra, Pamplona, Spain

**SYMPOSIUM 8 – Room 15**
Track: Personalized nutrition
The role of precision nutrition in future health promotion

Organised by NuGO

Chairs: Diana Ivanova, Medical University of Varna, Varna, Bulgaria and Baulkje de Roos, University of Aberdeen, Aberdeen, United Kingdom

Early life intervention using pro- and prebiotics: lessons from controlled trials
Dirk Haller, Technical University Munich, Freising, Germany

Metabotyping as a precision nutrition strategy- from idea to evidence
Rikard Landberg, Chalmers University of Technology, Gothenburg, Sweden

Precision versus public health nutrition approaches in improving human diet quality
Jayne Woodside, Queens University Belfast, Belfast, United Kingdom

**SYMPOSIUM 9 – Room 22**
Track: Food science

Novel food alternatives

Organised by FENS

Chair: Diana Banati, University of Szeged, Szeged, Hungary and Nicoletta Pellegrini, Udine University, Udine, Italy

The promise of novel foods: What is their role and can we wait?
Hanna Tuomisto, University of Helsinki, Helsinki, Finland

Allergenicity of novel proteins
Tamara Hoppenbrouwers, Wageningen University and Research, Wageninien, The Netherlands

Exploring the future of edible insects
Arnold van Huis, Wageningen University and Research, The Netherlands

**SYMPOSIUM 10 – Room 21**
Track: Nutrition across the life course

Chemical sensory food characteristics and nutrition

Organised by the French Nutrition Society

Chairs: Marie-Josephe Amiot-Carlin, INRAE and Montpellier University of Excellence, Montpellier, France and Luc Penicaud, CNRS, Toulouse, France
Sensory capacities and their impact on eating behaviour, diet and health  
Paolo Gasparini, University of Trieste, Trieste, Italy

Retronasal olfactory perception and food intake  
Thomas Hummel, University of Dresden, Dresden, Germany

Brain activation in response to sweet taste in children  
Luc Marlier, CNRS, University of Strasbourg, Strasbourg, France

Time 12:30 – 13:30  
Lunch

Time 13:30 – 15:00  
Oral presentations

Time 15:00 – 16:00  
Poster Forum – Poster Hall

Time 16:00 – 16:30  
Coffee break

Time 16:30 – 18:00  
Industry Symposia

**SYMPOSIUM 1 – Hall 1**

Organised by Nestle – To be confirmed

**SYMPOSIUM 2 – Hall 2**

Cross-talk between the gut and the brain – the role of functional carbohydrates and prebiotic fibres

Organised by Beneo
### SYMPOSIUM 3 – Room 10

Advancing nutrition and microbiome research: best practices in clinical trial design, recruitment, and data integrity

Organised by Atlantia Clinical Trials

Chairs: Irene Cisma Díaz, Atlantia Clinical Trials, Cork, Ireland and Shauni Fitzgerald, Atlantia Clinical Trials, Cork, Ireland

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<tbody>
<tr>
<td>Clinical trial design</td>
<td>Vânia Maria Barbos, Atlantia Clinical Trials, Cork, Ireland</td>
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<tr>
<td>Recruitment and patient outcome</td>
<td>Onthatile Serehete, Atlantia Clinical Trials, Cork, Ireland</td>
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<tr>
<td>Data integrity &amp; real-world data</td>
<td>Gillian Dunngalvin, Atlantia Clinical Trials, Cork, Ireland</td>
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### SYMPOSIUM 4 – Room 11

Plant-based diets: transition to a healthy plate and planet

Organised by Cosun Nutrition Center

Chair: Frans Kok, Wageningen University and Research, Wageningen, The Netherlands

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<tbody>
<tr>
<td>Introduction</td>
<td>Frans Kok, Wageningen University and Research, Wageningen, The Netherlands</td>
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<tr>
<td>Protein transition: shift to optimal diets within planetary boundaries</td>
<td>Fras Kok, Wageningen University and Research, Wageningen, The Netherlands</td>
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<tr>
<td>Consumer interest in healthy and sustainable diets</td>
<td>Wim Verbeke, University of Ghent, Ghent, Belgium</td>
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<tr>
<td>The plant positive way: role of value chain actors and industry solutions</td>
<td>Andries Olie, Cosun Nutrition Center, Hilversum, The Netherlands</td>
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### SYMPOSIUM 5 – Room 12

Embracing fungi within sustainable food-based dietary guidelines

Organised by Quorn Foods
Chair: Hannah Theobald, Quorn Foods, Stokesley, United Kingdom

Nutritional attributes of fungi and mycoprotein
Hannah Theobald, Quorn Foods, Stokesley, United Kingdom

Mycoprotein and health
Benjamin Wall, University of Exeter, Exeter, United Kingdom

How fungal cellular structure underpins the health benefits of mycoprotein
Frederick Warren, Quadrum Institute Biosciences, Norwich, United Kingdom

Fungi and food based dietary guidelines – current status and evidence gaps
Emma Derbyshire, Nutritional Insight, Epsom, United Kingdom

Time 18:00 – 19:30
Workshops

Career development in food & nutrition
Workshop 1 – Room 10
Organised by Nestle – To be confirmed

Increasing trust in the nutrition science
Workshop 2 – Room 12
Organised by FENS

Time 19:30 – 21:00
FENS General Assembly – Room 20
Thursday 16th November 2023

Time 9:00 – 9:45
Plenary lecture – Great Hall

Chair: Sladjana Sobajic, University of Belgrade, Belgrade, Serbia
Facilitating food system transformation
Corinna Hawkes, City, University of London, London, United Kingdom

Time 9:45 – 10:30
Parallel Special lectures

Special lecture 1 – Room 10
Chair: Danijela Ristic Medic, University of Belgrade, Belgrade, Serbia
Defining healthy diets
Francesco Branca, Department of Nutrition for Health and Development, WHO, Geneva, Switzerland

Special lecture 2 – Room 12
Chair: Alan Jackson, University of Southampton, Southampton, United Kingdom
Nutrition education in the changing world
Armando Perez-Cueto, Umeå University, Umea, Sweden

Time 10:30 – 11:00
Coffee break

Time 11:00 – 12:30
Parallel Scientific Symposiums

SYMPOSIUM 1 – Hall 1
FENS Presidential Symposium
Increasing trust in the science of nutrition
Organised by FENS
Chairs: Philip Calder, University of Southampton, Southampton, United Kingdom and Jan de Vries, Nutrition Solutions, The Netherlands
What are the concepts and methods we need for the future of nutrition science? Hinke Haisma, University of Groningen, Groningen, The Netherlands

The European nutrition research landscape: diversity and perspectives Armando Perez-Cueto, Umeå University, Umeå, Sweden

Strengthening the future of nutrition trial reporting: CONSORT-nut? Jessica Rigutto, ETH, Zurich, Switzerland

**SYMPOSIUM 2 – Hall 2**
Track: Food science

A different perspective on processed foods
Organised by FENS

Chairs: Nicoletta Pellegrini, Udine University, Udine, Italy and Diana Banati, University of Szeged, Szeged, Hungary

Challenges in defining processed foods Eileen Gibney, University College Dublin, Dublin, Ireland

How different texture of processed foods influences oral processing, energy intake and metabolism Ciaran Forde, Wageningen University and Research, Wageningen, The Netherlands

The opportunities for food science to apply food processing to develop food textures that can slow or reduce calorie intakes Wender Bredie, University of Copenhagen, Copenhagen, Denmark

**SYMPOSIUM 3 – Hall 3**
Track: Personalized nutrition

Personalized nutrition approaches to the prevention and treatment of metabolic disorders
Organised by FENS

Chairs: Lutgarda Bozzetto, University of Naples Federico II, Naples, Italy and Gabi Radulian, Carol Davila University of Medicine and Pharmacy, Bucharest, Romania

The postprandial response as a valid target? Sarah Berry, King's College London, London, United Kingdom

Personalised targeting of metabolic inflammation – myth or reality? Helen Roche, University College Dublin, Dublin, Ireland

Personalised targeting of diabetes Lutgarda Bozzetto, University of Naples Federico II, Naples, Italy

**SYMPOSIUM 4 – Room 10**
### Track: Nutrition, metabolism and chronic disease

The role of diet and nutrition before, during and after cancer treatment

Organised by The Nutrition Society and the French Nutrition Society

Chairs: Bernard Srour, Université Sorbonne Paris Nord, Paris, France

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>Diet and nutrition before and during cancer treatment in relation to treatment toxicities and surgical complications</td>
<td>Dieuwertje Kok, Wageningen University and Research, Wageningen, The Netherlands</td>
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<tr>
<td>The role of nutrition in (the epidemiology of) cancer recurrence</td>
<td>Bernard Srour, Université Sorbonne Paris Nord, Paris, France</td>
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<tr>
<td>Cancer fields, cancer recurrence and altered metabolism</td>
<td>Bernard Corfe, Newcastle University, Newcastle, United Kingdom</td>
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<tr>
<td>Dietary interventions in cancer patients: needs and challenges?</td>
<td>Renate Winkels, Wageningen University and Research, Wageningen, The Netherlands</td>
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### SYMPOSIUM 5 – Room 11

**Track: Nutrition education, consumers and practitioners**

Transitioning mainstream consumers to sustainable & healthy plant-based diets

Organised by FENS

Chairs: Bojana Vidovic, University of Belgrade, Belgrade, Serbia and Ludmila Ivanova, Sofia University, Sofia, Bulgaria

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<tr>
<th>Topic</th>
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<tr>
<td>Achieving the societal tipping point: Best approaches to reach out to new consumer groups for plant-based food</td>
<td>Alice Grønhøj, Aarhus University, Aarhus, Denmark</td>
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<tr>
<td>The role of the senses to promote a plant-based shift and waste reduction in foodservice</td>
<td>Agnès Giboreau, Institut Paul Bocuse Research Centre, Lyon, France</td>
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<tr>
<td>The social impacts of taxing meat or subsidizing fruit &amp; vegetables</td>
<td>Sander Biesbroek, Wageningen University and Research, Wageningen, The Netherlands</td>
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### SYMPOSIUM 6 – Room 12

**Track: Dietary studies, guidelines and recommendations**

Food matrix matters - exploring differences in the nutritional and health effects of whole foods, fortified foods and supplements

Organised by European Milk Forum

Chairs: Michelle McKinley, Queen's University Belfast, Belfast, United Kingdom
Bioavailability of micronutrients from whole foods: zooming in on dairy, fruit and vegetables

Alida Melse-Boonstra, Wageningen University and Research, Wageningen, The Netherlands

Food matrix effects: the case of calcium

Hanne Bertram, Aarhus University, Aarhus, Denmark

Taking a food first approach to protein recommendations: the matrix effect

Oliver Witard, King’s College London, London, United Kingdom

SYMPOSIUM 7 – Room 14
Track: Nutrition, metabolism and chronic disease

Increase your whole grain intake with RYE - Here is how and why!

Organised by the Nordic Rye Forum

Chairs: To be confirmed

Introduction to Nordic Rye Forum
Nathalie Scheers, Chalmers University, Gothenburg, Sweden

Evidence-based health effects of rye intake
Rikard Landberg, Chalmers University, Gothenburg, Sweden

Barriers of rye consumptions and ways around them
Pernilla Sandvik, Uppsala University, Uppsala, Sweden

Attractive rye foods for convenience and health - a FoodTech perspective
Speaker to be confirmed

What is the health economic price tag on too low or adequate whole grain intake in the population? Results from a Nordic study
Anne Kirstine Eriksen, Danish Cancer Society, Copenhagen, Denmark

SYMPOSIUM 8 – Room 15
Track: Dietary studies, guidelines and recommendations

Adherence to healthy dietary profiles

Organised by FENS

Chairs: Frank Thies, University of Aberdeen, Aberdeen, United Kingdom and Vesselka Duleva, National Center of Public Health and Analyses, Sofia, Bulgaria

Adherence to the Mediterranean diet
Dimosthenes Panagiotakos, Harokopio University, Athens, Greece

Measurement of ultra-processed foods in...
epidemiological studies

Adherence to the Nordic Diet

SYMPOSIUM 9 – Room 22
Track: Nutrition, metabolism and chronic diseases

Low/no calorie sweeteners as a tool in reducing sugars intake, body weight and risk of non-communicable diseases (NCDs): From evidence to recommendations

Organised by the International Sweeteners Association (ISA)

Chair: Alison Gallagher, Ulster University, Coleraine, United Kingdom

Introduction

Low/no calorie sweeteners and risk of non-communicable diseases (NCDs): Correlation vs. Causation

Low/no calorie sweeteners as a mean of achieving weight control: A review of evidence

Dietary recommendations for reducing free sugar intakes: Outcomes of a randomised controlled trial

SYMPOSIUM 10 – Room 21
Track: Nutrition, metabolism and chronic diseases

Obesity-from biology to epidemiology and public health

Organised by the University of Oslo

Chair: Stine Marie Ulven, University of Oslo, Oslo, Norway

The role of sulfur amino acids in obesity and metabolic health. The STAY project

Anthropometric measures and physical frailty among older adult. The NutriFrail project

Co-creating and simulating obesity prevention policies with youth using system dynamics. The CO-CREATE project

SYMPOSIUM 11 – Room 20
Track: Cultural, societal and behavioural aspects of diet and nutrition
Dramatic changes in eating habits and food environment - challenges for public health in Georgia

Organised by the Georgian Nutrition Society
Chair: Saba Kobakhidze, Tbilisi State University, Tbilisi, Georgia and Ivane Javakhishvili, Tbilisi State University, Tbilisi, Georgia

Assessing the efficacy of family-based healthy eating intervention to address childhood malnutrition: A study based in Tbilisi, Georgia
Rusudan Gvamichava, University of Westminster, London, United Kingdom

Assessing nutritional status and empowering healthy choices amidst Western influences
Eka Bobokhidze, Tbilisi State University, Tbilisi, Georgia

Challenges of healthy food production – a case study from Georgia
Nana Kldiashvili, LTD Loomba, Tbilisi, Georgia

Time 12:30 – 13:30
Lunch

Time 13:30 – 15:00
Oral presentations

Time 15:00 – 16:00
Poster Forum – Poster Hall

Time 16:00 – 16:30
Coffee break

Time 16:30 – 18:00
Parallel Scientific Symposia

SYMPOSIUM 1 – Hall 1
Track: Nutrition, metabolism and chronic diseases

Nutrition, dysbiosis and cardiometabolic health
Organised by FENS
Chairs: Brizita Djordjevic, University of Belgrade, Belgrade, Serbia and Emilie Combet, University of Glasgow, Glasgow, United Kingdom

Nutrition, dysbiosis and cardiometabolic disease
Karine Clément, Sorbonne Université, Inserm, Paris, France

Mechanistic interplay between nutrition, dysbiosis and cardiometabolic disorders
Ana Valdes, University of Nottingham, Nottingham, United Kingdom

Dietary interventions for correcting dysbiosis and related cardiometabolic disorders
Nathalie Delzenne, University Catholique de Louvain, Brussels, Belgium

SYMPOSIUM 2 – Hall 2
Track: Food science

Different concepts to incorporate sustainability in food-based dietary guidelines in Belgium (Flanders), Germany, and the Nordic/Baltic countries

Organised by German Nutrition Society, The Flanders Institute for Healthy Living, Norwegian Institute of Public Health and National Food Institute DTU:

Chair: Bernhard Watzl, German Nutrition Society, Bonn, Germany

The Flanders food guide: integrated approach for a healthy and environmentally responsible diet
Loes Neven, The Flanders Institute for Healthy Living, Brussels, Belgium

Consideration of sustainability within the multi-dimensional food-based dietary guideline for Germany
Anne Carolin Schäfer, German Nutrition Society, Bonn, Germany

Nordic and Baltic collaboration to integrate sustainability into FBDG
Helle Margrete Meltzer, Norwegian Institute of Public Heath, Oslo, Norway and Ellen Trolle, National Food Institute DTU, Kgs Lyngby, Denmark

SYMPOSIUM 3 – Hall 3
Track: Nutrition and the environment, sustainability and biodiversity

Impact of incorporating plant-based alternatives in the diet

Organised by Alpro Foundation

Chair: Ian Rowland, University of Reading, Reading, United Kingdom and Stephanie De Vriese, Alpro Foundation, Wevelgem, Belgium

A global analysis of food based dietary guidelines on plant-based meat and dairy alternatives
Anna-Lena Klapp, University of Göttingen, Göttingen, Germany

A comprehensive analysis of plant-based Elphee Medici, Nutrilicious, London, United
dairy alternatives in Europe and their role in a sustainable diet

Evaluation of plant-based dairy analogues on the Swedish market: FOP and NRF index

Opportunities and challenges for scaling plant-based meat and alternatives as a part of sustainable and healthy diets

**SYMPOSIUM 4 – Room 10**

Track: New technologies in nutrition research

New technologies for data acquisition and analysis

Organised by FENS

Chairs: Alessandra Bordoni, University of Bologna, Bologna, Italy and Bryndis Eva Birgisdottir, University of Iceland, Reykjavik, Iceland

Imaging brain-body interactions in the control of metabolism and food intake

Digital tools for dietary assessment

Multi-dimensional data analytics in human nutrition and health

**SYMPOSIUM 5 – Room 11**

Track: Nutrition, metabolism and chronic diseases

Dietary carbohydrates and health

Organised by ILSI Europe

Chairs: Cristina Campoy, University of Granada, Granada, Spain and Stephan Theis, Beneo/Südzucker Group, Mannheim, Germany

Health relevance of lowering postprandial glycaemia in the paediatric population through diet

Scientific review of digestible and non-digestible carbohydrates consumption for toddlers (1-3 years) in relation to health outcomes

Precision nutrition to improve blood
SYMPOSIUM 6 – Room 12
Track: Nutrition, metabolism and chronic disease

Dietary fatty acids and chronic diseases

Organised by French Nutrition Society and Belgian Nutrition Society

Chairs: Jacques Delarue, University of Brest, Brest, France and Yvan Larondelle, UCLouvain, Louvain-la-Neuve, Belgium

Omega-3 fatty acids as controllers of inflammation: relevance to public health
Philip Calder, University of Southampton, Southampton, United Kingdom

Long chain n-3 fatty acids and insulin-resistance: an update in 2023
Jacques Delarue, University of Brest, Brest, France

Polyunsaturated fatty acids, tumour development and ferroptosis
Yvan Larondelle, UCLouvain, Louvain-la-Neuve, Belgium

SYMPOSIUM 7 – Room 14
Track: Nutrition, metabolism and chronic disease

Controversies on the alcohol consumption: Pros and cons

Organised by International Society of Immunonutrition (ISIN)

Chairs: Alfredo Martinez, University of Navarra, Pamplona, Spain and Ascension Marcos, CSIC, Madrid, Spain

Is there a moderate consumption of beer for health?
Ascensión Marcos, CSIC, Madrid, Spain

Dietary and alcohol drinking patterns in patients with excess weight - relation to adipocytokines
Gema Frühbeck, University of Navarra, Pamplona, Spain

Effect of moderate consumption of different phenolic-content beers on the human gut microbiota composition.
Isabel Moreno-Indias, Biomedical Research Institute of Malaga and Platform in Nanomedicine, Málaga, Spain

SYMPOSIUM 8 – Room 15
Track: Nutrition across the life course

Nutrition and healthy ageing

Organised by FENS

Chairs: Vilborg Kolbrún Vilmundardóttir, University of Iceland, Reykjavik, Iceland and Camilla Damsgaard, University of Copenhagen, Copenhagen, Denmark
Transition to retirement: Diet, women and menopause
Sarah Berry, King's College London, London, United Kingdom

Transition to retirement: Diet quality and ageing in men
Sian Robinson, Newcastle University, Newcastle, United Kingdom

Nutrition and physical functioning in older adults
Marjolein Visser, Vrije Universiteit Amsterdam, Amsterdam, The Netherlands

**SYMPOSIUM 9 – Room 22**
Track: Dietary bioactives

Polyphenols and other bioactives: time for dietary recommendations?
Organised by FENS

Chairs: Lars Dragsted, University of Copenhagen, Coenhagen Denmark and Stefan Lorkowski, University of Jena, Jena, Germany

Polyphenols: time for dietary recommendations?
Gunter Kuhnle. University of Reading, Reading, United Kingdom

From carotenoid intake to carotenoid biomarkers – implications for dietary Recommendations
Volker Böhm, University of Jena, Jena, Germany

Development of databases for assessing intake of dietary bioactives
Claudine Manach, INRAE, Clermont-Ferrand, France

**SYMPOSIUM 10 – Room 21**
Track: Nutrition and the environment, sustainability and biodiversity

Biodiversity on our plate
Organised by FENS

Chairs: Corné van Dooren, WWF-NL Zeist, The Netherlands and Jelena Meinilä, University of Helsinki, Helsinki, Finland

The right to adequate food
Fabrice DeClerck, EAT Forum and Alliance of Biodiversity and CIAT, Rome, Italy

Dietary species richness as a measure of food biodiversity and nutritional quality of diets
Céline Termote, Alliance Biodiversity and CIAT, Rome, Italy

Strategies for feeding the world more sustainably with organic and more biodiverse agriculture
Christian Schader, FIBL Switzerland, Frick, Switzerland
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<th>Time 18:00 – 19:30</th>
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<tr>
<td><strong>Interactive Thursday (pre-registration needed)</strong></td>
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**Workshop 1 – Room 10**
Organised by Carlos Abundancia & EUFIC: Training school on scientific communication

**Workshop 2 – Room 11**
Organised by ENLP: Building training and networks for leadership in nutrition: joining the ENLP Experience

**Workshop 3 – Room 12**
Organised by EFFoST: Interactive session on processed foods

<table>
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<th>Time 20:00 – 24:00</th>
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<td><strong>Gala dinner</strong></td>
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<tr>
<td><strong>EFSA Symposium</strong></td>
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<tr>
<td>Nutrition in the Spotlight: EFSA's Scientific Contributions to Food Safety</td>
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<td>Organised by European Food Safety Authority (EFSA)</td>
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<td>Chair: Ana Afonso, European Food Safety Authority, Parma, Italy</td>
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<td>EFSA’s approach in revising the tolerable upper intake level of vitamin D</td>
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<td>Navigating the complexities of intake assessment: Insights from EFSA’s latest protocol</td>
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<td>Innovative protein sources: exploring the latest developments in the area of novel foods and future perspectives</td>
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<th>SYMPOSIUM 2 – Hall 2</th>
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<tr>
<td><strong>Track: Nutrition education, consumers and practitioners</strong></td>
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<tr>
<td>Food education and engagement: in the classroom and beyond</td>
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<tr>
<td>Organised by the European Food Information Council (EUFIC)</td>
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<td>Chairs: Nina McGrath, EUFIC, Brussels, Belgium and Laura Fernández Celemín, EUFIC, Brussels, Belgium</td>
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<tr>
<td>Food educators: supporting educators across Europe to teach, engage and inspire young people to make healthier and more sustainable food choices</td>
<td>Keren Daylot, Weizmann Institute of Science, Rehovot, Israel</td>
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<td>Food education examples from Estonia: The path to less waste and more awareness</td>
<td>Helin Haga, Science Centre AHHAA Foundation, Tartu, Estonia</td>
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<td>Food education - A gift for life!</td>
<td>Kirstie McAdoo, Airfield Estate, Dublin, Ireland</td>
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### SYMPOSIUM 3 – Hall 3
Track: Nutrition, metabolism and chronic diseases

<table>
<thead>
<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Technology and health of plant based fermented foods, a point of view from the HealthFerm project</td>
<td>Organised by EU HealthFerm Project</td>
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<tr>
<td>Short introduction on the EU HealthFerm project;</td>
<td>Christophe Courtin, KU Leuven, Leuven, Belgium</td>
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<tr>
<td>Fermentation technology, consequences on food composition and acceptability of foods</td>
<td>Christophe Courtin, KU Leuven, Leuven, Belgium</td>
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<tr>
<td>Expectation on the effects of plant based fermented foods: potential mechanisms</td>
<td>Kristin Verbeke; KU Leuven, Leuven, Belgium</td>
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<td>Evidence of the health effects of plant based fermented foods</td>
<td>Marjukka Kolehmainen; University of Eastern Finland, Kuopio, Finland</td>
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### SYMPOSIUM 4 – Room 10
Track: Nutrition, metabolism and chronic disease

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<thead>
<tr>
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<tbody>
<tr>
<td>Novel human intervention trials to promote health</td>
<td>Organised by University of Southampton</td>
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<tr>
<td>Chairs: Philip Calder, University of Southampton, Southampton, United Kingdom and Jonathan Swann, University of Southampton, Southampton, United Kingdom</td>
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<tr>
<td>The effect of NAD⁺ precursor supplementation on skeletal muscle and mitochondrial function in older adults</td>
<td>Colleen Deane, University of Southampton, Southampton, United Kingdom</td>
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<td>Adipose tissue inflammation in human obesity and response to chronic marine omega-3 fatty acid supplementation</td>
<td>Helena Fisk, University of Southampton, Southampton, United Kingdom</td>
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<td>A personalised intervention trial aimed at reducing body fatness</td>
<td>Ella Baker, University of Southampton, Southampton, United Kingdom</td>
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### SYMPOSIUM 5 – Room 11
Track: Food science

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<tr>
<td>Using food data and approaches for nutrition and health research and public health policy</td>
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Organised by: EuroFIR

Chairs: Sian Astley, EuroFIR, Brussels, Belgium and Paul Finglas, Quadram Institute Biosciences, Norwich, United Kingdom

Food labelling information: Collecting new and re-using existing data to underpin policy and reformulation
Igor Pravst, Nutrition Institute, Ljubljana, Slovenia

Making food nutrition security data FAIRer for exploitation
Eileen Gibney, University College Dublin, Dublin, Ireland

Predicting allergenicity: Development of a ranking method and screening tools to assess allergy risk
Clare Mills, University of Surrey, Guildford, United Kingdom

SYMPOSIUM 6 – Room 12
Track: Nutrition, metabolism and chronic disease

Measuring and promoting adherence to the Mediterranean Diet, as a model for sustainable diets: Part 1
Organised by CIHEAM Bari, Joint FENS Task Force on Mediterranean Networking and IUNS Task Force on Sustainable Diets

Chairs: Barbara Burlingame (IUNS), Jacques Delarue (FENS) and Sandro Dernini (CIHEAM Bari)

Available, sustainable but not eaten: why is there a poor adherence to the Mediterranean Diet?
Elliott Berry, Hebrew University, Jerusalem, Israel

The Mediterranean Diet as a case study for the assessment of sustainable diets
Roberto Capone, CIHEAM Bari, Bari, Italy

Food intake in adolescents from Mediterranean European countries
Marcela González-Gross, FENS Task Force and Technical University of Madrid, Madrid, Spain

SYMPOSIUM 7 – Room 14
Track: Nutrition across the lifecourse

Promoting better health through improved nutrition through the lifecycle
Organised by The Nutrition Innovation Centre for Food and Health (NICHE), Ulster University

Chairs: Helene McNulty, Ulster University, Coleraine, United Kingdom and Mary Ward, Ulster University, Coleraine, United Kingdom

Nutritional status and food intake patterns in UK and Irish children:
Maeve Kerr, Ulster University, Coleraine, United Kingdom
Challenges and opportunities in an obesogenic environment

Generating novel and sustainable bioactive protein ingredients from low-value underutilised sources: A marine experience from Ireland

Nutrition and mental health in ageing: Latest findings from the TUDA study of older adults incorporating new technologies and interdisciplinary expertise

Philip Allsopp, Ulster University, Coleraine, United Kingdom

Catherine Hughes, Ulster University, Coleraine, United Kingdom

SYMPOSIUM 8 – Room 15
Track: Nutrition, metabolism and chronic disease

Role of non- or low-energy sweeteners for obesity, health, safety, and sustainability. The SWEET project

Organised by: The SWEET Consortium (Horizon 2020 project)

Chairs: Anne Raben, University of Copenhagen, Denmark and Jason Halford, University of Leeds, Leeds, United Kingdom

A SWEET start. Project overview

Jason Halford, University of Leeds, Leeds, United Kingdom

Acute and 14-days effect of novel blends on appetite and metabolism

Jason Halford, University of Leeds, Leeds, United Kingdom

Weight loss maintenance - Main results from 1-year intervention study

Anne Raben, University of Copenhagen, Copenhagen, Denmark

Microbiota and safety - Main results from 1-year intervention study

Jacco Bastings, University of Maastricht, Maastricht, the Netherlands

Large population and twin studies - Main results

Edith Feskens, Wageningen University and Research, Wageningen, The Netherlands and Lisa Heggie, University College London, London, United Kingdom

Sustainability of sweeteners

James Suckling, University of Surrey, Guildford, United Kingdom

Making sense of sweeteners, findings from the SWEET consumer and media studies

Lada Timotijevic, University of Surrey, Guildford, United Kingdom

SYMPOSIUM 9 – Room 22
Track: Cultural, societal and behavioural aspects of food and nutrition

Organised by International Research Association for Organic Food Quality and Health (FQH)
Chairs: Ewa Rembialkowska, FQH, The Netherlands and Renata Kazimierczak, Warsaw University of Life Sciences, Warsaw, Poland

Analysis of the environmental awareness of a selected group of farmers from the municipality of Łyse (Mazowieckie voivodeship, Poland)  
Ewa Rembialkowska, FQH & Warsaw University of Life Sciences, Warsaw, Poland

Analysis of consumer opinions on organic fruit (CO-FRESH)  
Renata Kazimierczak, Warsaw University of Life Sciences, Warsaw, Poland

Perception and consumption of organic food in a group of organic and conventional fruit growers - a pilot study (CO-FRESH project)  
Hubert Dobrowolski, Warsaw University of Life Sciences, Warsaw, Poland

Opportunities for organic product market development with regard to the survey conducted among students from WULS  
Justyna Obidzińska, Warsaw University of Life Sciences, Warsaw, Poland

Is organic food consumption associated with other sustainable dietary choices and behaviours? Study based on a survey carried out in capital city of Poland  
Rita Góralska-Walczak, Warsaw University of Life Sciences, Warsaw, Poland

**SYMPOSIUM 10 – Room 21**  
Track: New technologies in nutrition research

Biomarkers of dietary intake: recent advances and challenges

Organised by Food & Function – a journal published by the Royal Society of Chemistry

Chairs: Christine Morand, INRAE, Clermont Ferrand, France and Rebecca Garton, Royal Society of Chemistry, London, United Kingdom

Biomarkers of food and dietary intake  
Lars Dragsted University of Copenhagen, Copenhagen Denmark

Biomarkers of plant food bioactive intake  
Ana Rodriguez-Mateos, King's College London, London, United Kingdom

Can predictive models serve as “biomarkers” of the risk of inadequate dietary intake?  
Alessandra Bordoni, University of Bologna, Bologna, Italy

**Time 10:30 – 11:00**  
Coffee break

**Time 11:00 – 12:30**  
Parallel Scientific Symposia
### SYMPOSIUM 1 – Hall 1
**Track: Nutrition education, consumers and practitioners**

**Education for behaviour change**
Organised by FENS

**Chairs:** Ludmila Ivanova, Sofia University, Sofia, Bulgaria and Marietta Kiss, University of Debrecen, Debrecen, Hungary

| The impact of nudging on sustainable healthy food choices | Armando Perez-Cueto, Umeå University, Umeå, Sweden |
| Nutrition education resources for medical doctors | Sumantra Ray, NNEdPro Global Institute For Food, Nutrition and Health, Cambridge, United Kingdom |
| Food based dietary guidelines as a tool for behaviour change – challenges and opportunities | Androniki Naska, National and Kapodistrian University of Athens, Athens, Greece |

### SYMPOSIUM 2 – Hall 2
**Track: Dietary studies, guidelines and recommendations**

**Food-based dietary guidelines: new aspects**
Organised by FENS

**Chairs:** Jadwiga Hamułka, Warswa University of Life Sciences, Warsaw, Poland and Dragana Jovic, Institute of Public Health of Serbia, Belgrade, Serbia

| Sustainable healthy diets as part of food-based dietary guidelines | Daniela Martini, University of Milan, Milan, Italy |
| Evaluation of the visual aspects of food-based dietary guidelines | Britta Renner, University of Konstanz, Konstanz, Germany |
| Do dietary guidelines encourage biodiversity on our plate? | Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway |

### SYMPOSIUM 3 – Hall 3
**Track: Nutrition, metabolism and chronic diseases**

**Diet quality and cardiometabolic health**
Organised by FENS

**Chairs:** Jutta Dierkes, University of Bergen, Bergen, Norway and Budimka Novakovic, University of Novi Sad, Novi Sad, Serbia

<p>| Dietary patterns and chronic disease risk | Carmen Piernas, University of Oxford, Oxford, United Kingdom |</p>
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<thead>
<tr>
<th>Topic</th>
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<tr>
<td>Dietary protein quantity and quality and cardiometabolic health</td>
<td>Francois Mariotti, AgroParisTech, Paris, France</td>
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<tr>
<td>Processed foods and cardiometabolic risk</td>
<td>Mathilde Touvier, Université Sorbonne Paris Nord and Université Paris Cité, Paris, France</td>
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<td><strong>SYMPOSIUM 4 – Room 10</strong></td>
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<td><strong>Track: New technologies in nutrition research</strong></td>
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<td>Going beyond the surface: how stable isotopes are advancing nutrition research</td>
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<td>Organised by the International Atomic Energy Agency (IAEA)</td>
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<td>Chairs: Shruti Shertukde, IAEA, Vienna, Austria and Cornelia Loechl, IAEA, Vienna, Austria</td>
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<td>Beyond quantity: the quality side of protein intake?</td>
<td>Thomas Preston, University of Glasgow, Glasgow, United Kingdom</td>
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<td>A novel method to determine iron requirements and assess the effect of iron interventions</td>
<td>Isabelle Herter-Aeberli, ETH Zurich, Zurich, Switzerland</td>
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<td>Breastfeeding success? The impact of maternal education on infant feeding practices using data from the IAEA human milk database</td>
<td>Marieke de Sevaux, University of Groningen, Groningen, The Netherlands</td>
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<td><strong>SYMPOSIUM 5 – Room 11</strong></td>
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<td><strong>Track: Cultural, societal and behavioural aspects of diet and nutrition</strong></td>
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<td>Are we helping people make healthier choices?</td>
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<td>Chairs: Licia Iacoviello, University of Insubria, Insubria, Italy and Marialaura Bonaccio, IRCCS Neuromed, Pozzilli, Italy</td>
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<td>The Nutri-score: between scepticism and promises kept</td>
<td>Chantal Julia, Sorbonne Paris Cité Epidemiology and Statistics Research Center, Paris, France</td>
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<td>Are Front-Of-Pack labelling systems effective ways of helping people eat well?</td>
<td>Lorenzo Maria Donini, University of Rome, Rome, Italy</td>
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<td>Can changing retail food environments effectively and equitably support healthier food choices?</td>
<td>Christina Vogel, City, University of London, London and University of Southampton, Southampton, United Kingdom</td>
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SYMPOSIUM 6 – Room 12
Track: Nutrition education, consumers and practitioners

Increasing transparency in the food chain by technology to facilitate healthy food choices

Organised by ILSI Europe

Chair: Jayne Woodside, Queens University Belfast, Belfast, United Kingdom

Transparency solutions for transforming the food system: the TITAN project
Isabelle Guelinckx, ILSI Europe, Brussels, Belgium

A digital chatbot, the play-way to educate children and parents on nutritional habits
Maijaliisa Erkkola, University of Helsinki, Helsinki, Finland

A QR code, so much more than just a link
Ciro Borrelli, QualityChain, Massagno, Switzerland

Developing the Sus-Health index
Jayne Woodside, Queens University Belfast, Belfast, United Kingdom

SYMPOSIUM 7 – Room 14
Track: Nutrition across the life course

High-Value Nutrition - Growing New Zealand’s science to take high-value foods to the world

Organised by High-Value Nutrition, New Zealand National Science Challenge

Chair: Donnell Alexander, Ministry for Primary Industries, Wellington, New Zealand

High-Value Nutrition: Growing New Zealand’s Science to take high-value foods to the world
Joanne Todd, University of Auckland, Auckland, New Zealand

Dietary interventions, digestive physiology and microbiome modulation
Nicole Roy, University of Otago, Dunedin, New Zealand

He Rourou Whai Painga: A New Zealand diet for metabolic health and family wellbeing; an intervention of a dietary pattern and behaviour change support
Fiona Lithander, University of Auckland, Auckland, New Zealand

He Rourou Whai Painga: A New Zealand diet for metabolic health and family wellbeing: participant insights
Denise Conroy, New Zealand Institute for Plant and Food Research. Auckland, New Zealand

SYMPOSIUM 8 – Room 15
Track: Personalized nutrition

Personalized nutrition 20 years on: where next?

Organised by FENS

Chairs: Baukje de Roos, University of Aberdeen, Aberdeen, United Kingdom United Kingdom and Eileen Gibney, University College Dublin, Dublin, Ireland
Introduction to the concept of personalized nutrition and scope of the session (10 mins)

Eileen Gibney, University College Dublin, Dublin, Ireland

What does personalised nutrition mean for a researcher? (10 mins)

Baukje de Roos, University of Aberdeen, Aberdeen, United Kingdom

What does personalised nutrition mean for the commercial sector? (10 mins)

Torsten Schröder, Chief Medical Officer at Perfood, Germany

What does personalised nutrition mean for public health (10 mins)

Murielle Bochud, Unisanté & University of Lausanne, Lausanne, Switzerland

What does personalised nutrition mean for the consumer (10 mins)

Barbara Stewart Knox, University of Bradford, Bradford, United Kingdom

Following on from the above short presentations the following questions/topics will be considered by the group, facilitated by the session chairs.

Who benefits most from personalised nutrition? (20 mins)

What are the current evidence gaps to ensure maximal benefit in the future? (15 mins)

Wrap up / Conclusions (5 mins)

Audience will be asked questions at beginning and end of the session via Mentimeter