14th European Nutrition Conference
Preliminary Daily PROGRAMME
Tuesday 14th November 2023

Time 9:00 – 9:45
Opening ceremony – Great Hall

Time 9:45 – 10:30
Opening lecture – Great Hall

Chair: Sladjana Sobajic, Vice-President of Serbian Nutrition Society

Nutrition-related health risks in the Western Balkans

Ljiljana Trajkovic Pavlovic, Serbian Nutrition Society, Belgrade, Serbia
Igor Spiroski, Department of Hygiene and Environmental Health, Skopje, North Macedonia
Snezana Labovic, Institute of Public Health, Podgorica, Montenegro
Jolanda Hyska, Institute of Public Health, Tirana, Albania
Jasmina Djedjibegovic, University of Sarajevo, Sarajevo, Bosnia and Herzegovina
Mirjana Djermanovic, Public Health Institute, Banja Luka, Bosnia and Herzegovina

Time 10:30 – 11:00
Coffee break

Time 11:00 – 12:30
Plenary lectures – Great Hall

Chair: Philip Calder, FENS President

The role of diet and nutrition to ensure high quality health systems for all

Joao Breda, Quality of Care Office & RD Special Adviser, Division of Country Health Policies and Systems, WHO Greece, Athens, Greece

Unravelling the complexity of the gut microbiota

Dirk Haller, Technical University Munich, Munich, Germany

Time 12:30 – 13:30
Lunch
**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

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<tr>
<th>Topic</th>
<th>Speaker</th>
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<tr>
<td>Preconception and pregnancy nutrition for improving fertility and long-term health prospects of the child</td>
<td>Keith Godfrey, University of Southampton, Southampton, United Kingdom</td>
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<td>Vegan diets in children</td>
<td>Liisa Korkalo, University of Helsinki, Helsinki, Finland</td>
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<td>New interventions to promote healthy eating habits and prevent overweight in children</td>
<td>Camilla Damsgaard, University of Copenhagen, Copenhagen, Denmark</td>
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**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

<table>
<thead>
<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Welcome</td>
<td>Kremlin Wickramasinghe, WHO Europe, Copenhagen, Denmark</td>
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<tr>
<td>Introduction of EPHNA: Challenges in nutrition communication</td>
<td>Petra Verhoef, Netherlands Nutrition Centre, The Hague, The Netherlands</td>
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<td>How to communicate on incorporating sustainability into Food Based Dietary Guidelines</td>
<td>Iben Humble Kristensen, The Danish Veterinary and Food Administration, Denmark</td>
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<td>Loes Neven, Flemish Institute for Healthy Living, Brussels, Belgium</td>
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<td>Jovanka Vis, Netherlands Nutrition Centre, The Hague, The Netherlands</td>
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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

Functional brain imaging and neuromodulation in the context of obesity, addictions and eating disorders
David Val-Laillet, INRAE INSERM, University of Rennes, Rennes, France

Can metabolomics give us an insight into what we are eating?
Lorraine Brennan, University College Dublin, Dublin, Ireland

Measuring bacterial metabolites in biological samples - what can this tell us about the gut microbiome?
Jonathan Swann, University of Southampton, Southampton, United Kingdom

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

Prebiotics, infectious diseases and immunity
Paul de Vos, University of Groningen, Groningen, The Netherlands

Biological ageing and the human intestinal microbiota
Miguel Gueimonde, IPLA-CSIC, Villaviciosa, Spain

A systematic review of breast milk microbiota composition and the evidence for transfer to and colonization of the infant’s gut
Christine Edwards, University of Glasgow, Glasgow, United Kingdom

SYMPOSIUM 5 – Room 11
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
  María del Carmen Lopez de las Hazas, IMDEA Food Institute, Madrid, Spain

- microRNA in precision nutrition
  Alberto Dávalos, 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

The role of omega-3 fatty acids in cardiovascular health and inflammation
Ivana Djuriric, University of Belgrade, Belgrade, Serbia

Patients with obesity and with elevated endogenous glucose-dependent insulinotropic polypeptide could be a target group for omega-3 supplementation
Joanna Góralska, Jagiellonian University Medical College, Krakow, Poland

Legacy ingredient: Emerging science for EPA and DHA Omega-3s in nutrition
Kaitlin Roke, GOED (Global Organization for EPA and DHA Omega-3s), Salt Lake City, USA

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

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

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<tr>
<th>Topic</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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<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>
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<td>Mineral bioavailability of plant-based alternatives</td>
<td>Ann-Sofie Sandberg, Chalmers University, Gothenberg, Sweden</td>
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<td>The importance of nutrient standards for plant-based alternatives</td>
<td>Adam Drewnowski, University of Washington, Seattle, USA</td>
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<td>Panel discussion and Q&amp;A -- recommendations and potential solutions</td>
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## 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

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<tbody>
<tr>
<td>Umami basics</td>
<td>Gary Beauchamp, Monell Chemical Sciences Center, Philadelphia, USA</td>
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<td>Umami and satiety</td>
<td>Kees de Graaf, Wageningen University and Research, Wageningen, The Netherlands</td>
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<td>Umami and infant development</td>
<td>Julie Mennella, Monell Chemical Sciences Center, Philadelphia, USA</td>
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<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

## 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
**Wednesday 15th November 2023**

**Time 9:00 – 10:30**  
Plenary lectures – Great Hall

Chair: Stefaan De Henauw, Gent University, Ghent, Belgium

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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>
<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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<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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<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
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: 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 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 Baukje 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: 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 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

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**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

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**SYMPOSIUM 1 – Hall 1**

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

Chair: Markus Heinrichs, University of Freiburg, Freiburg, Germany

Impact of glycemic index on sleep and memory consolidation
David Benton, Swansea University, Swansea, United Kingdom

Prebiotics and the gut-brain-axis
Markus Heinrichs, University of Freiburg,
Freiburg, Germany

Effects of prebiotics on intestinal colonization and mood
Robert Rastall, University of Reading, Reading, United Kingdom

SYMPOSIUM 2 – Hall 2
Organised by Nestle – To be confirmed

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

Clinical trial design
Vânia Maria Barbos, Atlantia Clinical Trials, Cork, Ireland

Recruitment and patient outcome
Onthatile Serehete, Atlantia Clinical Trials, Cork, Ireland

Data integrity & real-world data
Gillian Dunngalvin, Atlantia Clinical Trials, Cork, Ireland

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

Introduction
Frans Kok, Wageningen University and Research, Wageningen, The Netherlands

Protein transition: shift to optimal diets within planetary boundaries
Fras Kok, Wageningen University and Research, Wageningen, The Netherlands

Consumer interest in healthy and sustainable diets
Wim Verbeke, University of Ghent, Ghent, Belgium

The plant positive way: role of value chain actors and industry solutions
Andries Olie, Cosun Nutrition Center, Hilversum, The Netherlands

SYMPOSIUM 5 – Room 12
Embracing fungi within sustainable food-based dietary guidelines
Organised by Quorn Foods

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

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<tr>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>Nutritional attributes of fungi and mycoprotein</td>
<td>Hannah Theobald, Quorn Foods, Stokesley, United Kingdom</td>
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<td>Mycoprotein and health</td>
<td>Benjamin Wall, University of Exeter, Exeter, United Kingdom</td>
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<td>How fungal cellular structure underpins the health benefits of mycoprotein</td>
<td>Frederick Warren, Quadrum Institute Biosciences, Norwich, United Kingdom</td>
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<td>Fungi and food based dietary guidelines – current status and evidence gaps</td>
<td>Emma Derbyshire, Nutritional Insight, Epsom, United Kingdom</td>
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**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**

<table>
<thead>
<tr>
<th>Time 9:00 – 9:45</th>
<th>Plenary lecture – Great Hall</th>
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<tbody>
<tr>
<td>Chair: Sladjana Sobajic, University of Belgrade, Belgrade, Serbia</td>
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<td>Facilitating food system transformation Corinna Hawkes, City, University of London, London, United Kingdom</td>
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<tr>
<th>Time 9:45 – 10:30</th>
<th>Parallel Special lectures</th>
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<tr>
<td>Special lecture 1 – Room 10</td>
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<tr>
<td>Chair: Danijela Ristic Medic, University of Belgrade, Belgrade, Serbia</td>
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<td>Defining healthy diets Francesco Branca, Department of Nutrition for Health and Development, WHO, Geneva, Switzerland</td>
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<td>Special lecture 2 – Room 12</td>
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<td>Chair: Alan Jackson, University of Southampton, Southampton, United Kingdom</td>
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<td>Nutrition education in the changing world Armando Perez-Cueto, Umeå University, Umea, Sweden</td>
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**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

Diet and nutrition before and during cancer treatment in relation to treatment toxicities and surgical complications
Dieuwertje Kok, Wageningen University and Research, Wageningen, The Netherlands

The role of nutrition in (the epidemiology of) cancer recurrence
Bernard Srour, Université Sorbonne Paris Nord, Paris, France

Cancer fields, cancer recurrence and altered metabolism
Bernard Corfe, Newcastle University, Newcastle, United Kingdom

Dietary interventions in cancer patients: needs and challenges?
Renate Winkels, Wageningen University and Research, Wageningen, The Netherlands

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

Achieving the societal tipping point: Best approaches to reach out to new consumer groups for plant-based food
Alice Grønhøj, Aarhus University, Aarhus, Denmark

The role of the senses to promote a plant-based shift and waste reduction in foodservice
Agnès Giboreau, Institut Paul Bocuse Research Centre, Lyon, France

The social impacts of taxing meat or subsidizing fruit & vegetables
Sander Biesbroek, Wageningen University and Research, Wageningen, The Netherlands

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

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

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

Measurement of ultra-processed foods in  
Mathilde Touvier, Sorbonne Paris Cité Epidemiology and Statistics Research Center
epidemiological studies
(CRESS), Paris, France

Adherence to the Nordic Diet
Jyrki Virtanen, University of Eastern Finland, Kuopio, Finland

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
Alison Gallagher, Ulster University, Coleraine, United Kingdom

Low/no calorie sweeteners and risk of non-communicable diseases (NCDs): Correlation vs. Causation
Carlo La Vecchia, University of Milan, Milan, Italy

Low/no calorie sweeteners as a mean of achieving weight control: A review of evidence
Katherine Appleton, Bournemouth University, Bournemouth, United Kingdom

Dietary recommendations for reducing free sugar intakes: Outcomes of a randomised controlled trial
Lucy Boxall, Bournemouth University, Bournemouth, United Kingdom

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
Kathrine Vinknes, University of Oslo, Oslo, Norway

Anthropometric measures and physical frailty among older adult. The NutriFrail project
Anette Hjartåker, University of Oslo, Oslo, Norway

Co-creating and simulating obesity prevention policies with youth using system dynamics. The CO-CREATE project
Nanna Lien, University of Oslo, Oslo, Norway

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

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**Time**

**12:30 – 13:30**  
Lunch

**13:30 – 15:00**  
Oral presentations

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

**16:00 – 16:30**  
Coffee break

**16:30 – 18:00**  
Parallel Scientific Symposiums

**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 alternatives
Elphee Medici, Nutrilicious, London, United Kingdom
### 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

<table>
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<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Imaging brain-body interactions in the control of metabolism and food intake</td>
<td>Stephanie Kullmann, Institute for Diabetes Research and Metabolic Diseases of the Helmholtz Center Munich at the University of Tübingen, Tübingen, Germany</td>
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<tr>
<td>Digital tools for dietary assessment</td>
<td>Janet Cade, University of Leeds, Leeds, United Kingdom</td>
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<tr>
<td>Multi-dimensional data analytics in human nutrition and health</td>
<td>Neerja Karnani, ASTAR, Singapore</td>
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### 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

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<tr>
<td>Health relevance of lowering postprandial glycaemia in the paediatric population through diet</td>
<td>Anette Buyken, Paderborn University, Paderborn, Germany</td>
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<tr>
<td>Scientific review of digestible and non-digestible carbohydrates consumption for toddlers (1-3 years) in relation to health outcomes</td>
<td>Bartlomiej Zalewski, Medical University of Warsaw, Warsaw, Poland</td>
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<tr>
<td>Precision nutrition to improve blood</td>
<td>Emanuel Canfora, Maastricht University,</td>
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**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

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<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Omega-3 fatty acids as controllers of inflammation: relevance to public health</td>
<td>Philip Calder</td>
<td>University of Southampton, Southampton, United Kingdom</td>
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<tr>
<td>Long chain n-3 fatty acids and insulin-resistance: an update in 2023</td>
<td>Jacques Delarue</td>
<td>University of Brest, Brest, France</td>
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<tr>
<td>Polyunsaturated fatty acids, tumour development and ferroptosis</td>
<td>Yvan Larondelle</td>
<td>UCLouvain, Louvain-la-Neuve, Belgium</td>
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**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

<table>
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<tr>
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<tbody>
<tr>
<td>Is there a moderate consumption of beer for health?</td>
<td>Ascensión Marcos</td>
<td>CSIC, Madrid, Spain</td>
</tr>
<tr>
<td>Dietary and alcohol drinking patterns in patients with excess weight - relation to adipocytokines</td>
<td>Gema Frühbeck</td>
<td>University of Navarra, Pamplona, Spain</td>
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<tr>
<td>Effect of moderate consumption of different phenolic-content beers on the human gut microbiota composition.</td>
<td>Isabel Moreno-Indias</td>
<td>Biomedical Research Institute of Malaga and Platform in Nanomedicine, Málaga, Spain</td>
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**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, Copenhagen 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
<table>
<thead>
<tr>
<th>Time 18:00 – 19:30</th>
<th>Interactive Thursday (pre-registration needed)</th>
</tr>
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<tbody>
<tr>
<td>Workshop 1 – Room 10</td>
<td>Organised by Carlos Abundancia &amp; EUFIC: Training school on scientific communication</td>
</tr>
<tr>
<td>Workshop 2 – Room 11</td>
<td>Organised by ENLP: Building training and networks for leadership in nutrition: joining the ENLP Experience</td>
</tr>
<tr>
<td>Workshop 3 – Room 12</td>
<td>Organised by EFFoST: Interactive session on processed foods</td>
</tr>
<tr>
<td>Time 20:00 – 24:00</td>
<td>Gala dinner</td>
</tr>
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</table>
**SYMPOSIUM 1 – Hall 1**  
EFSA Symposium  

**Nutrition in the Spotlight: EFSA's Scientific Contributions to Food Safety**  
Organised by European Food Safety Authority (EFSA)  

**Chair:** Ana Afonso, European Food Safety Authority, Parma, Italy  

EFSA’s approach in revising the tolerable upper intake level of vitamin D  
Androniki Naska, University of Athens, Athens, Greece and Chair of EFSA WG on ULs and member of EFSA NDA Panel  

Navigating the complexities of intake assessment: Insights from EFSA’s latest protocol  
Lucia Fabiani, European Food Safety Authority, Parma, Italy  

Innovative protein sources: exploring the latest developments in the area of novel foods and future perspectives  
Reinhard Ackerl, European Food Safety Authority, Parma, Italy  

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

**Food education and engagement: in the classroom and beyond**  
Organised by the European Food Information Council (EUFIC)  

**Chairs:** Nina McGrath, EUFIC, Brussels, Belgium and Laura Fernández Celemín, EUFIC, Brussels, Belgium  

Food educators: supporting educators across Europe to teach, engage and inspire young people to make healthier and more sustainable food choices  
Keren Daylot, Weizmann Institute of Science, Rehovot, Israel  

Food education examples from Estonia: The path to less waste and more awareness  
Helin Haga, Science Centre AHHAA Foundation, Tartu, Estonia  

Food education - A gift for life!  
Kirstie McAdoo, Airfield Estate, Dublin, Ireland
**SYMPOSIUM 3 – Hall 3**
Track: Nutrition, metabolism and chronic diseases

Technology and health of plant based fermented foods, a point of view from the HealthFerm project

Organised by EU HealthFerm Project

Chairs: Jan de Vries, Nutrition Solutions, Gorssel, The Netherlands and Kristin Verbeke; KU Leuven, Leuven, Belgium

- Short introduction on the EU HealthFerm project; Christophe Courtin, KU Leuven, Leuven, Belgium
- Fermentation technology, consequences on food composition and acceptability of foods Christophe Courtin, KU Leuven, Leuven, Belgium
- Expectation on the effects of plant based fermented foods: potential mechanisms Kristin Verbeke; KU Leuven, Leuven, Belgium
- Evidence of the health effects of plant based fermented foods Marjukka Kolehmainen; University of Eastern Finland, Kuopio, Finland

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

Novel human intervention trials to promote health

Organised by University of Southampton

Chairs: Philip Calder, University of Southampton, Southampton, United Kingdom and Jonathan Swann, University of Southampton, Southampton, United Kingdom

- The effect of NAD⁺ precursor supplementation on skeletal muscle and mitochondrial function in older adults Colleen Deane, University of Southampton, Southampton, United Kingdom
- Adipose tissue inflammation in human obesity and response to chronic marine omega-3 fatty acid supplementation Helena Fisk, University of Southampton, Southampton, United Kingdom
- A personalised intervention trial aimed at reducing body fatness Ella Baker, University of Southampton, Southampton, United Kingdom

**SYMPOSIUM 5 – Room 11**
Track: Food science

Using food data and approaches for nutrition and health research and public health policy
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: Challenges and opportunities in an Maeve Kerr, Ulster University, Coleraine, United Kingdom
obesogenic environment

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

Philp Allsopp, Ulster University, Coleraine, United Kingdom

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

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

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Speaker</th>
<th>Institution</th>
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<tbody>
<tr>
<td>A SWEET start. Project overview</td>
<td>Jason Halford</td>
<td>University of Leeds, Leeds, United Kingdom</td>
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<tr>
<td>Acute and 14-days effect of novel blends on appetite and metabolism</td>
<td>Jason Halford</td>
<td>University of Leeds, Leeds, United Kingdom</td>
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<td>Weight loss maintenance - Main results from 1-year intervention study</td>
<td>Anne Raben</td>
<td>University of Copenhagen, Copenhagen, Denmark</td>
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<td>Microbiota and safety - Main results from 1-year intervention study</td>
<td>Jacco Bastings</td>
<td>University of Maastricht, Maastricht, the Netherlands</td>
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<tr>
<td>Large population and twin studies - Main results</td>
<td>Edith Feskens</td>
<td>Wageningen University and Research, Wageningen, The Netherlands and Lisa Heggie, University College London, London, United Kingdom</td>
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<tr>
<td>Sustainability of sweeteners</td>
<td>James Suckling</td>
<td>University of Surrey, Guildford, United Kingdom</td>
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<td>Making sense of sweeteners, findings from the SWEET consumer and media studies</td>
<td>Lada Timotijevic</td>
<td>University of Surrey, Guildford, United Kingdom</td>
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### 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 Rembiałkowska, 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 Rembiałkowska, 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 Górska-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

<table>
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<tbody>
<tr>
<td>The impact of nudging on sustainable healthy food choices</td>
<td>Armando Perez-Cueto, Umeå University, Umea, Sweden</td>
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<tr>
<td>Nutrition education resources for medical doctors</td>
<td>Sumantra Ray, NNEdPro Global Institute For Food, Nutrition and Heath, Cambridge, United Kingdom</td>
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<tr>
<td>Food based dietary guidelines as a tool for behaviour change – challenges and opportunities</td>
<td>Androniki Naska, National and Kapodistrian University of Athens, Athens, Greece</td>
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SYMPOSIUM 2 – Hall 2

Track: Dietary studies, guidelines and recommendations

Food-based dietary guidelines: new aspects

Organised by FENS

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

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

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<tr>
<td>Dietary patterns and chronic disease risk</td>
<td>Carmen Piernas, University of Oxford, Oxford, United Kingdom</td>
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<td>Dietary protein quantity and quality and</td>
<td>Francois Mariotti, AgroParisTech, Paris, United Kingdom</td>
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cardiometabolic health

Processed foods and cardiometabolic risk

Mathilde Touvier, Université Sorbonne Paris Nord and Université Paris Cité, Paris, France

SYMPOSIUM 4 – Room 10
Track: New technologies in nutrition research

Going beyond the surface: how stable isotopes are advancing nutrition research

Organised by the International Atomic Energy Agency (IAEA)

Chairs: Shruti Shertukde, IAEA, Vienna, Austria and Cornelia Loechl, IAEA, Vienna, Austria

Beyond quantity: the quality side of protein intake?

Thomas Preston, University of Glasgow, Glasgow, United Kingdom

A novel method to determine iron requirements and assess the effect of iron interventions

Isabelle Herter-Aeberli, ETH Zurich, Zurich, Switzerland

Breastfeeding success? The impact of maternal education on infant feeding practices using data from the IAEA human milk database

Marieke de Sevaux, University of Groningen, Groningen, The Netherlands

SYMPOSIUM 5 – Room 11
Track: Cultural, societal and behavioural aspects of diet and nutrition

Are we helping people make healthier choices?

Organised by FENS

Chairs: Licia Iacoviello, University of Insubria, Insubria, Italy and Marialaura Bonaccio, IRCCS Neuromed, Pozzilli, Italy

The Nutri-score: between scepticism and promises kept

Chantal Julia, Sorbonne Paris Cité Epidemiology and Statistics Research Center, Paris, France

Are Front-Of-Pack labelling systems effective ways of helping people eat well?

Lorenzo Maria Donini, University of Rome, Rome, Italy

Can changing retail food environments effectively and equitably support healthier food choices?

Christina Vogel, City, University of London, London and University of Southampton, Southampton, United Kingdom
**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 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

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**SYMPOSIUM 9 – Room 22**

**Track: Nutrition, metabolism and chronic diseases**

Measuring and promoting adherence to the Mediterranean Diet, as a model for sustainable diets: Part 2

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)

A global Mediterranean Diet adherence score. Why do we need it?  
Nahla Hwalla, IUNS Task Force and American University of Beirut, Beirut, Lebanon

History of score indexes of adherence to Mediterranean Diet. Why a single one would be better  
Jacques Delarue, FENS Task Force and Brest University, Brest, France

Is the Mediterranean Diet sustainable?  
Sandro Dernini, CIHEAM Bari, Bari, Italy

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**Time 12:30 – 14:00**

**Great Hall**

- FENS Awards
- Award lecture
- Presentation of FENS2027 host
- Closing ceremony