14th European Nutrition Conference

PROGRAMME
Tuesday 14th November 2023

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

Time 9:45 – 10:30
Opening lecture – Congress 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 – Congress 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 A

**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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<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<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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<tr>
<td>Vegan diets in children</td>
<td>Liisa Korkalo, University of Helsinki, Helsinki, Finland</td>
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<tr>
<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 B

**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>
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<tbody>
<tr>
<td>Welcome</td>
<td>Julianne Willams, 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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<tr>
<td>How to communicate on incorporating sustainability into Food Based Dietary Guidelines</td>
<td>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</td>
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</tbody>
</table>
### SYMPOSIUM 3 – Hall C
**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

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<th>Topic</th>
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<tr>
<td>Functional brain imaging and neuromodulation in the context of obesity, addictions and eating disorders</td>
<td>David Val-Laillet, 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>
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<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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### SYMPOSIUM 4 – Room 9
**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>
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<tr>
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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, IPLA-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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### 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 13
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 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 16
Track: Food science

Novel foods
Organised by the French Nutrition Society

Chairs: Marie-Josèphe 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 1
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  
Robert Akparibo, University of Sheffield, Sheffield, United Kingdom

**SYMPOSIUM 10 – Room 2**
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 A**
Meeting nutrition and health targets through individualized foods and diets
Organised by Nestlé Research and Development
SYMPOSIUM 2 – Hall B

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

Organised by dsm-firmenich

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

Welcome and introduction Helene McNulty, Ulster University, Coleraine, United Kingdom

Positive aspects and unintentional health concerns of shifting to plant-based diets Julia Bird, Bird Scientific Writing, Wassenaar, The Netherlands

Developing micronutrient adequate diets within planetary boundaries: What are the challenges and potential solutions? Flaminia Ortenzi, Global Alliance of Improved Nutrition (GAIN), Geneva, Switzerland

Mineral bioavailability of plant-based alternatives Ann-Sofie Sandberg, Chalmers University, Gothenberg, Sweden

The importance of nutrient standards for plant-based alternatives Adam Drewnowski, University of Washington, Seattle, USA

Panel discussion and Q&A -- recommendations and potential solutions

SYMPOSIUM 3 – Room 9

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

Umami basics Gary Beauchamp, Monell Chemical Sciences Center, Philadelphia, USA

Umami and satiety Kees de Graaf, Wageningen University and Research, Wageningen, The Netherlands
### Symposium 4 – Room 11

Organised by Hemofarm / Stada – To be confirmed

### Symposium 5 – Room 13

Plant based foods fulfilling the needs of many, not the few

Organised by Upfield

**Chair:** Armando Perez, Umeå University, Umeå, Sweden

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<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Important actors in food systems toward healthy and sustainable diets</td>
<td>Sander Biesbroek, Wageningen University and Research, Wageningen, The Netherlands</td>
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<td>Sufficient and nutritious plant-based foods</td>
<td>Paul Whitehouse, Head of Scientific Affairs, Upfield R&amp;D, Wageningen, The Netherlands</td>
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<td>The need for standards to improve accessibility and affordability of plant based foods</td>
<td>Lorenza Jachia, Senior Economist at UN resident coordinator’s office, Belgrade, Serbia</td>
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**Time 18:00 – 19:30**  
Oral presentations

**Time 19:30 – 21:00**  
FENS General Assembly – Room 3
**Wednesday 15th November 2023**

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<th>Time 9:00 – 10:30</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 |

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<th>Time 11:00 – 12:30</th>
<th>Parallel Scientific Symposiums</th>
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<td>SYMPOSIUM 1 – Hall A</td>
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<tr>
<td>Track: Cultural, societal and behavioural aspects of diet and nutrition</td>
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<td>Psychosocial and sociocultural determinants of food choices and implications for sustainable healthy diets</td>
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<td>Organised by FENS</td>
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<td>Chairs: Licia Lacoviello, University of Insubria, Insubria, Italy and Leonie Bogl, Berne University of Applied Sciences, Berne, Switzerland</td>
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<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><strong>Eating behaviour - a focus on fussy eating and neurodevelopmental disorders in families</strong></td>
<td>Anna Sigridur Olafsdottir, University of Iceland, Reykjavik, Iceland</td>
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| SYMPOSIUM 2 – Hall B |
| 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 C
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

Changing consumer behaviour requires dedicated subgroup transition strategies
Corné van Dooren, WWF-NL, Zeist, The Netherlands

SYMPOSIUM 4 – Room 9
Track: Nutrition and the environment, sustainability and biodiversity

Food policies in 2023 and beyond: what is the path to follow?
Organised by IUNS

Chairs: Jacques Delarue, University of Brest, Brest, France and Philip Calder, University of Southampton, Southampton, United Kingdom

Just transitions to healthy and sustainable food consumption: progress on EAT-Lancet 2.0
Ellen Wright, EAT Forum and Alliance of Biodiversity and CIAT, Rome, Italy

Combatting childhood obesity in Europe and beyond: what public food policies to Francesco Branca, Director of the Department of Nutrition and Food Safety, WHO, Geneva,
Conceptualisation and implementation of sustainable healthy diets: a foundation for policymakers

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

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 13

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 Mary Ward, Ulster University, Coleraine, 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

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<tr>
<td>Offspring obesity prevention in pregnancy</td>
<td>Elvira Larque, University of Murcia, Murcia, Spain</td>
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<td>Multiomics approach in the metabolic alteration in children and adolescents with obesity</td>
<td>Concepción Aguilera, University of Granada, Granada, Spain</td>
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<tr>
<td>Nutrition and exercise: the necessary interaction</td>
<td>Marcela González-Gross, Technical University of Madrid, Madrid, Spain</td>
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<tr>
<td>Microbiota and quality of life in the elderly</td>
<td>Alfredo Martínez, IMDEA, Madrid and University of Navarra, Pamplona, Spain</td>
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### SYMPOSIUM 8 – Room 16

**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

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<tr>
<td>Early life intervention using pro- and prebiotics: lessons from controlled trials</td>
<td>Dirk Haller, Technical University Munich, Freising, Germany</td>
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<td>Metabotyping as a precision nutrition strategy- from idea to evidence</td>
<td>Rikard Landberg, Chalmers University of Technology, Gothenburg, Sweden</td>
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<td>Precision versus public health nutrition approaches in improving human diet quality</td>
<td>Jayne Woodside, Queens University Belfast, Belfast, United Kingdom</td>
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### SYMPOSIUM 9 – Room 1

**Track: Food science**

**Novel food alternatives**

Organised by FENS

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

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<tr>
<td>The promise of novel foods: What is their</td>
<td>Hanna Tuomisto, University of Helsinki,</td>
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**SYMPOSIUM 10 – Room 2**  
**Track: Nutrition across the life course**  

**Chemical sensory food characteristics and nutrition**

Organised by the French Nutrition Society

**Chairs:** Marie-Joséphe Amiot-Carlin, INRAE and Montpellier University of Excellence, Montpellier, France and Luc Penicaud, CNRS, Toulouse, France

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<tr>
<td>Sensory capacities and their impact on eating behaviour, diet and health</td>
<td>Paolo Gasparini, University of Trieste, Trieste, Italy</td>
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<tr>
<td>Retronasal olfactory perception and food intake</td>
<td>Thomas Hummel, University of Dresden, Dresden, Germany</td>
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<td>Brain activation in response to sweet taste in children</td>
<td>Luc Marlier, CNRS, University of Strasbourg, Strasbourg, France</td>
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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**

role and can we wait? Helsinki, Finland

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

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

SYMPOSIUM 1 – Hall A

Ways forward to change food systems towards sustainable diets
Organised by Nestlé Research and Development
Chair: Petra Klassen Wigger, Nestlé Research and Development, Switzerland

Challenges and opportunities of plant rich diets to deliver adequate nutrition and to meet environmental targets
Eileen Gibney, University College Dublin, Ireland

Food design to enhance nutrition and metabolic outcome
Vincenzo Fogliano, Wageningen University, The Netherlands

From agricultural systems to nutrient dense product
Ryan Carvalho, Head of Nestlé Research, Switzerland

SYMPOSIUM 2 – Hall B

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 3 – Room 9

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,
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 13

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

SYMPOSIUM 6 – Room 14

Hydration for Health
Organised by Unilever
Chair: Stavros Kavouras, Arizona State University, Tempe, USA
Introduction; dietary guidelines of water intake, epidemiological data of consumption and the impact from being under hydrated

Stavros Kavouras, Arizona State University, Tempe, USA

Relationship of Hydration and Aging; increased heat/global warming and the aging population being more vulnerable to dehydration

Evan C. Johnson, University of Wyoming, Laramie, USA

Hydration biomarkers, renal function & renal injury

Stephen Mears, Loughborough University, Loughborough, UK

Panel Discussion (all)

Led by Chair Dr. Stavros Kavouras

Time 18:00 – 19:30
Career workshop

Career development in food & nutrition

Workshop 1 – Room 9

Career opportunities in science and technology to develop innovative products and services that unlock the power of food and enhance quality of life

Organised by: Nestlé Research and Development

Introduction to Nestlé Research and Development
Ryan Carvalho, Head of Nestlé Research and Development
Martin Pucek, Head of Human Resources, Nestlé Research, Lausanne, Switzerland

Break out in four groups for individual working sessions:

Discover Nestlé Research as a unique research organization
Ryan Carvalho, Head of Nestlé Research, Lausanne, Switzerland

Juxtapose nutrition and health research in private and academic organizations
Eline van der Beek, Head of Nestlé Institute of Health Sciences, Lausanne, Switzerland

Exchange experiences with Nestlé Research scientists
Lynda O’Neill, Senior Specialist, Nestlé Institute of Health Sciences and Jibran Wali, Specialist, Nestlé Institute of Health Sciences, Lausanne, Switzerland

Explore career and development opportunities throughout
Martin Pucek, Head of Human Resources, and Louis Lefebvre, HR Specialist, Nestlé
Places are limited to 60 people. Pre-registration is recommended. Pre-registration will be opened on November 1\textsuperscript{st}. 
Thursday 16th November 2023

Time 9:00 – 9:45
Plenary lecture – Congress 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 9

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 13

Chair: Sumantra Ray, NNEdPro Global Institute for Food, Nutrition and Health, Cambridge, 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 A
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, Umea, Sweden

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

SYMPOSIUM 2 – Hall B

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 C

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 9
**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>
</tr>
<tr>
<td>The role of nutrition in (the epidemiology of) cancer recurrence</td>
<td>Bernard Srour, Université Sorbonne Paris Nord, Paris, France</td>
</tr>
<tr>
<td>Cancer fields, cancer recurrence and altered metabolism</td>
<td>Bernard Corfe, Newcastle University, Newcastle, United Kingdom</td>
</tr>
<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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</table>

### 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

<table>
<thead>
<tr>
<th>Topic</th>
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<tbody>
<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>
</tr>
<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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</tbody>
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### SYMPOSIUM 6 – Room 13
**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
<table>
<thead>
<tr>
<th>Chairs: Michelle McKinley, Queen’s University Belfast, Belfast, United Kingdom</th>
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<tbody>
<tr>
<td>Bioavailability of micronutrients from whole foods: zooming in on dairy, fruit and vegetables</td>
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<td>Food matrix effects: the case of calcium</td>
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<td>Taking a food first approach to protein recommendations: the matrix effect</td>
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**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

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<th>Chairs: To be confirmed</th>
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<tr>
<td>Introduction to Nordic Rye Forum</td>
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<tr>
<td>Evidence-based health effects of rye intake</td>
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<td>Barriers of rye consumptions and ways around them</td>
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<tr>
<td>Attractive rye foods for convenience and health - a FoodTech perspective</td>
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<td>What is the health economic price tag on too low or adequate whole grain intake in the population? Results from a Nordic study</td>
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**SYMPOSIUM 8 – Room 16**  
Track: Dietary studies, guidelines and recommendations

Adherence to healthy dietary profiles

Organised by FENS

<table>
<thead>
<tr>
<th>Chairs: Frank Thies, University of Aberdeen, Aberdeen, United Kingdom and Vesselka Duleva, National Center of Public Health and Analyses, Sofia, Bulgaria</th>
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<tbody>
<tr>
<td>Adherence to the Mediterranean diet</td>
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<td>Measurement of ultra-processed foods in epidemiological studies</td>
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<tr>
<td>Adherence to the Nordic Diet</td>
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**SYMPOSIUM 9 – Room 1**  
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 2**  
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 3**  
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  

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<thead>
<tr>
<th>Title</th>
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<tbody>
<tr>
<td>Assessing the efficacy of family-based healthy eating intervention to address childhood malnutrition: A study based in Tbilisi, Georgia</td>
<td>Rusudan Gvamichava, University of Westminster, London, United Kingdom</td>
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<tr>
<td>Assessing nutritional status and empowering healthy choices amidst Western influences</td>
<td>Eka Bobokhidze, Tbilisi State University, Tbilisi, Georgia</td>
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<tr>
<td>Challenges of healthy food production – a case study from Georgia</td>
<td>Nana Kldiashvili, LTD Loomba, Tbilisi, Georgia</td>
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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**  
Parallel Scientific Symposiums

**SYMPOSIUM 1 – Hall A**  
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 B
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 Health, Oslo, Norway and Ellen Trolle, National Food Institute DTU, Kgs Lyngby, Denmark

SYMPOSIUM 3 – Hall C
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 dairy alternatives in Europe and their role in a sustainable diet
Elphee Medici, Nutrilicious, London, United Kingdom

Evaluation of plant-based dairy analogues on the Swedish market: FOP and NRF index
Hanieh Moshtaghian, RISE, Boras, Sweden

Opportunities and challenges for scaling plant-based meat and alternatives as a part of sustainable and healthy diets
Dagmar Brekelmans, World Business Council for Sustainable Development, Plant & Protein Diversification Workstream, The Netherlands

SYMPOSIUM 4 – Room 9
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
Stephanie Kullmann, Institute for Diabetes Research and Metabolic Diseases of the Helmholtz Center Munich at the University of Tübingen, Tübingen, Germany

Digital tools for dietary assessment
Janet Cade, University of Leeds, Leeds, United Kingdom

Multi-dimensional data analytics in human nutrition and health
Neerja Karnani, ASTAR, Singapore

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
Anette Buyken, Paderborn University, Paderborn, Germany

Scientific review of digestible and non-digestible carbohydrates consumption for toddlers (1-3 years) in relation to health outcomes
Bartlomiej Zalewski, Medical University of Warsaw, Warsaw, Poland
### SYMPOSIUM 6 – Room 13
**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

<table>
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<tbody>
<tr>
<td>Omega-3 fatty acids as controllers of inflammation: relevance to public health</td>
<td>Philip Calder, 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, University of Brest, Brest, France</td>
</tr>
<tr>
<td>Polyunsaturated fatty acids, tumour development and ferroptosis</td>
<td>Yvan Larondelle, 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>
<thead>
<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Is there a moderate consumption of beer for health?</td>
<td>Ascensión Marcos, CSIC, Madrid, Spain</td>
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<tr>
<td>Dietary and alcohol drinking patterns in patients with excess weight - relation to adipocytokines</td>
<td>Gema Frühbeck, University of Navarra, Pamplona, Spain</td>
</tr>
<tr>
<td>Effect of moderate consumption of different phenolic-content beers on the human gut microbiota composition.</td>
<td>Isabel Moreno-Indias, Biomedical Research Institute of Malaga and Platform in Nanomedicine, Málaga, Spain</td>
</tr>
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### SYMPOSIUM 8 – Room 16
**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
SYMPOSIUM 9 – Room 1
Track: Dietary bioactives

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

Chairs: Lars Dragsted, University of Copenhagen, Coenhagen Denmark and Ana Rodriguez-Mateos, Kings College London, London, UK

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 exposure to dietary bioactives Claudine Manach , INRAE, Clermont-Ferrand, France

SYMPOSIUM 10 – Room 2
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 Ellen Wright, 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

Time 18:00 – 19:30
Interactive Thursday (pre-registration needed)

Workshop 1 – Room 9

Organised by the European Food Information Council (EUFIC)

Carlos Abundancia, EUFIC: Training school on scientific communication

This session provides a broad overview of the essential elements of science communication, including its definition, significance, and evolution. Participants will gain insights into best practices of effective science communication, including key components of a well-structured communication plan. This informative session intends to raise awareness of the elements that go into good science communication and equip attendees with the essential knowledge to engage with their audiences more effectively.

Max 100 participants. Pre-registration is recommended. Pre-registration will be opened on November 1st.

Workshop 2 – Room 11

Organised by ENLP: Building training and networks for leadership in nutrition: joining the ENLP Experience

Workshop 3 – Room 13

Organised by EFFoST: Food technology meets Nutrition – come sample our food aperitifs

Session length 1 hour

Moderator: Professor Diana Banati, Vice Dean for Science, University of Szeged.

Speakers (20 minutes each plus 10 minutes questions)

1. Professor Eileen Gibney, University College Dublin.
   Talk title: Food processing and healthy diets

2. Professor Vincenzo Fogliano, Wageningen University and Research
   Talk title: On the positive nexus between ultra processed food and health

Join us to explore food processing and its impact on health from the point of views of an expert in Food Science and Technology and an expert in Nutrition.

This will be an interactive session where you will have an opportunity to enjoy food aperitifs designed to demonstrate the role of processing. Two different aperitif boxes (isocaloric) will be on offer; one will be largely unprocessed and the other highly processed food. During the course of the session you will be asked to consume the prepared aperitifs. At the end of the session your opinions will be canvassed and the outcomes discussed.

Max 100 participants. Pre-registration is recommended. Pre-registration will be opened on November 1st.
Time 20:00 – 24:00
Gala dinner
**SYMPOSIUM 1 – Hall A**
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 Dalyot, FoodEducators&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

- Addressing misrepresentation of nutrition science in the media
  - Ali Atıf Bir, Sabri Ülker Foundation, Istanbul, Turkey

**SYMPOSIUM 2 – Hall B**
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 and Zsuzsanna Horvath, European Food Safety Authority, Parma, Italy

- Innovative protein sources: exploring the latest developments in the area of novel
  - Reinhard Ackerl, European Food Safety Authority, Parma, Italy
### SYMPOSIUM 3 – Hall C

**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

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<tr>
<th>Title</th>
<th>Speaker(s)</th>
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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>
</tr>
<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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<tr>
<td>Evidence of the health effects of plant based fermented foods</td>
<td>Marijukka Kolehmainen; University of Eastern Finland, Kuopio, Finland</td>
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### SYMPOSIUM 4 – Room 9

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

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

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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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<tr>
<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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<tr>
<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**
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

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<tr>
<td>Food labelling information: Collecting new and re-using existing data to underpin policy and reformulation</td>
<td>Igor Pravst</td>
<td>Nutrition Institute, Ljubljana</td>
<td>Slovenia</td>
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<td>Making food nutrition security data FAIRer for exploitation</td>
<td>Eileen Gibney</td>
<td>University College Dublin</td>
<td>Dublin, Ireland</td>
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<td>Predicting allergenicity: Development of a ranking method and screening tools to assess allergy risk</td>
<td>Clare Mills</td>
<td>University of Surrey, Guildford</td>
<td>United Kingdom</td>
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**SYMPOSIUM 6 – Room 13**
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)

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<tr>
<td>Available, sustainable but not eaten: why is there a poor adherence to the Mediterranean Diet?</td>
<td>Elliott Berry</td>
<td>Hebrew University, Jerusalem</td>
<td>Israel</td>
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<tr>
<td>Is the Mediterranean Diet sustainable? The CIHEAM 2011-2023 case study on the assessment of the Mediterranean Diet as a sustainable diet</td>
<td>Sandro Dernini</td>
<td>CIHEAM Bari, Bari, Italy</td>
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<tr>
<td>Food intake in adolescents from Mediterranean European countries</td>
<td>Marcela González-Gross</td>
<td>FENS Task Force and Technical University of Madrid</td>
<td>Madrid, Spain</td>
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**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

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<tr>
<td>Nutritional status and food intake patterns in UK and Irish children:</td>
<td>Maeve Kerr, Ulster University, Coleraine, United Kingdom</td>
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<td>Challenges and opportunities in an obesogenic environment</td>
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<td>Generating novel and sustainable bioactive protein ingredients from low-</td>
<td>Philp Allsopp, Ulster University, Coleraine, United Kingdom</td>
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<td>value underutilised sources: A marine experience from Ireland</td>
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<tr>
<td>Nutrition and mental health in ageing:</td>
<td>Catherine Hughes, Ulster University, Coleraine, United Kingdom</td>
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<td>Latest findings from the TUDA study of older adults incorporating new</td>
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<td>technologies and interdisciplinary expertise</td>
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**SYMPOSIUM 8 – Room 16**

**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

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<tr>
<th>Title</th>
<th>Chair</th>
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</thead>
<tbody>
<tr>
<td>A SWEET start. Project overview</td>
<td>Jason Halford</td>
<td>University of Leeds, Leeds,</td>
<td>United Kingdom</td>
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<td>United Kingdom</td>
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<td>Acute and 14-days effect of novel blends on appetite and metabolism</td>
<td>Jason Halford</td>
<td>University of Leeds, Leeds,</td>
<td>United Kingdom</td>
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<td>United Kingdom</td>
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<tr>
<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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<tr>
<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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<td>Maastricht, the Netherlands</td>
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<td>Large population and twin studies - Main results</td>
<td>Edith Feskens, Wageningen University and</td>
<td>Wageningen, The Netherlands and Lisa Heggie, University College London, London, United Kingdom</td>
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<td>Wageningen, The Netherlands</td>
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<td>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,</td>
<td>United Kingdom</td>
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<td>Guildford, United Kingdom</td>
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<tr>
<td>Making sense of sweeteners, findings from the SWEET consumer and media</td>
<td>Lada Timotijevic</td>
<td>University of Surrey, Guildford,</td>
<td>United Kingdom</td>
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### SYMPOSIUM 9 – Room 1
**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

<table>
<thead>
<tr>
<th>Title</th>
<th>Speaker</th>
<th>Institution</th>
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<tbody>
<tr>
<td>Analysis of the environmental awareness of a selected group of farmers from the municipality of Łyse (Mazowieckie voivodeship, Poland)</td>
<td>Ewa Rembiałkowska, FQH &amp; Warsaw University of Life Sciences, Warsaw, Poland</td>
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<tr>
<td>Analysis of consumer opinions on organic fruit (CO-FRESH)</td>
<td>Renata Kazimierczak, Warsaw University of Life Sciences, Warsaw, Poland</td>
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<tr>
<td>Perception and consumption of organic food in a group of organic and conventional fruit growers - a pilot study (CO-FRESH project)</td>
<td>Hubert Dobrowolski, Warsaw University of Life Sciences, Warsaw, Poland</td>
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<tr>
<td>Opportunities for organic product market development with regard to the survey conducted among students from WULS</td>
<td>Justyna Obidzińska, Warsaw University of Life Sciences, Warsaw, Poland</td>
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<tr>
<td>Is organic food consumption associated with other sustainable dietary choices and behaviours? Study based on a survey carried out in capital city of Poland</td>
<td>Rita Góralska-Walczak, Warsaw University of Life Sciences, Warsaw, Poland</td>
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### SYMPOSIUM 10 – Room 2
**Track: New technologies in nutrition research**

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

<table>
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<tr>
<th>Title</th>
<th>Speaker</th>
<th>Institution</th>
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<tbody>
<tr>
<td>Biomarkers of food and dietary intake</td>
<td>Lars Dragsted University of Copenhagen, Copenhagen Denmark</td>
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<tr>
<td>Biomarkers of plant food bioactive intake</td>
<td>Ana Rodriguez-Mateos, King's College London, London, United Kingdom</td>
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<tr>
<td>Can predictive models serve as “biomarkers” of the risk of inadequate dietary intake?</td>
<td>Alessandra Bordoni, University of Bologna, Bologna, Italy</td>
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</tbody>
</table>

**Time 10:30 – 11:00**

**Coffee break**
Time 11:00 – 12:30
Parallel Scientific Symposiums

**SYMPOSIUM 1 – Hall A**
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 Heath, 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 B**
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

- 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 C**
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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>Dietary patterns and chronic disease risk</td>
<td>Carmen Piernas, University of Granada, Granada, Spain</td>
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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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**SYMPOSIUM 4 – Room 9**

**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

<table>
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<tr>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>Beyond quantity: the quality side of protein intake?</td>
<td>Thomas Preston, University of Glasgow, Glasgow, United Kingdom</td>
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<tr>
<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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<tr>
<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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**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

<table>
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<tr>
<th>Topic</th>
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<tbody>
<tr>
<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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<tr>
<td>Are Front-Of-Pack labelling systems effective ways of helping people eat</td>
<td>Lorenzo Maria Donini, University of Rome, Rome, Italy</td>
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</tbody>
</table>
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 13**
**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 16**
**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

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Presenter</th>
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<tr>
<td>Introduction to the concept of personalized nutrition and scope of the session (10 mins)</td>
<td>Eileen Gibney, University College Dublin, Dublin, Ireland</td>
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<tr>
<td>What does personalised nutrition mean for a researcher? (10 mins)</td>
<td>Baukje de Roos, University of Aberdeen, Aberdeen, United Kingdom</td>
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<tr>
<td>What does personalised nutrition mean for the commercial sector? (10 mins)</td>
<td>Torsten Schröder, Chief Medical Officer at Perfood, Germany</td>
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<tr>
<td>What does personalised nutrition mean for public health (10 mins)</td>
<td>Murielle Bochud, Unisanté &amp; University of Lausanne, Lausanne, Switzerland</td>
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<tr>
<td>What does personalised nutrition mean for the consumer (10 mins)</td>
<td>Barbara Stewart Knox, University of Bradford, Bradford, United Kingdom</td>
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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

**SYMPOSIUM 9 – Room 1**

**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: Jacques Delarue (FENS) and Sandro Dernini (CIHEAM Bari)

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<thead>
<tr>
<th>Session Title</th>
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<tr>
<td>A global Mediterranean Diet adherence score. Why do we need it?</td>
<td>Nahla Hwalla, IUNS Task Force and American University of Beirut, Beirut, Lebanon</td>
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<tr>
<td>History of score indexes of adherence to Mediterranean Diet. Why a single one would be better</td>
<td>Jacques Delarue, FENS Task Force and Brest University, Brest, France</td>
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A way forward: Round table discussion

**Time 12:30 – 14:00**
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<th>Congress Hall</th>
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<tr>
<td>FENS Awards</td>
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<td>Award lecture</td>
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<tr>
<td>Presentation of FENS2027 host</td>
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<td>Closing ceremony</td>
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