14th European Nutrition Conference

PROGRAMME
<table>
<thead>
<tr>
<th>Time 9:00 – 9:45</th>
<th>Opening ceremony – Congress Hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time 9:45 – 10:30</td>
<td>Opening lecture – Congress Hall</td>
</tr>
<tr>
<td>Chair: Sladjana Sobajic, Vice-President of Serbian Nutrition Society</td>
<td></td>
</tr>
<tr>
<td>Nutrition-related health risks in the Western Balkans</td>
<td>Ljiljana Trajkovic Pavlovic, Serbian Nutrition Society, Belgrade, Serbia</td>
</tr>
<tr>
<td></td>
<td>Igor Spiroski, Department of Hygiene and Environmental Health, Skopje, North Macedonia</td>
</tr>
<tr>
<td></td>
<td>Snezana Labovic, Institute of Public Health, Podgorica, Montenegro</td>
</tr>
<tr>
<td></td>
<td>Jolanda Hyska, Institute of Public Health, Tirana, Albania</td>
</tr>
<tr>
<td></td>
<td>Jasmina Djedjibegovic, University of Sarajevo, Sarajevo, Bosnia and Herzegovina</td>
</tr>
<tr>
<td></td>
<td>Mirjana Djermanovic, Public Health Institute, Banja Luka, Bosnia and Herzegovina</td>
</tr>
<tr>
<td>Time 10:30 – 11:00</td>
<td>Coffee break</td>
</tr>
<tr>
<td>Time 11:00 – 12:30</td>
<td>Plenary lectures – Congress Hall</td>
</tr>
<tr>
<td>Chair: Philip Calder, FENS President</td>
<td></td>
</tr>
<tr>
<td>The role of diet and nutrition to ensure high quality health systems for all</td>
<td>Joao Breda, Quality of Care Office &amp; RD Special Adviser, Division of Country Health Policies and Systems, WHO Greece, Athens, Greece</td>
</tr>
<tr>
<td>Unravelling the complexity of the gut microbiota</td>
<td>Dirk Haller, Technical University Munich, Munich, Germany</td>
</tr>
<tr>
<td>Time 12:30 – 13:30</td>
<td>Lunch</td>
</tr>
</tbody>
</table>
## 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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>Vegan diets in children</td>
<td>Liisa Korkalo, University of Helsinki, Helsinki, Finland</td>
</tr>
<tr>
<td>New interventions to promote healthy eating habits and prevent overweight in children</td>
<td>Camilla Damsgaard, University of Copenhagen, Copenhagen, Denmark</td>
</tr>
</tbody>
</table>

## 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>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>Julianne Williams, WHO Europe, Copenhagen, Denmark</td>
</tr>
<tr>
<td>Introduction of EPHNA: Challenges in nutrition communication</td>
<td>Petra Verhoef, Netherlands Nutrition Centre, The Hague, The Netherlands</td>
</tr>
<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</td>
</tr>
<tr>
<td></td>
<td>Loes Neven, Flemish Institute for Healthy Living, Brussels, Belgium</td>
</tr>
<tr>
<td></td>
<td>Jovanka Vis, Netherlands Nutrition Centre, The Hague, The Netherlands</td>
</tr>
</tbody>
</table>
Promotion and support of breastfeeding in Europe
Maria Flothkötter, German Federal Centre for Nutrition, Bonn, Germany
Milena Buurman, The Netherlands Nutrition Centre, The Hague, The Netherlands

Stigma and language in nutrition and health communication
Aileen McGloin, Safefood, Cork, Ireland

SYMPOSIUM 3 – Hall 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

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 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

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’ gut
Christine Edwards, University of Glasgow, Glasgow, United Kingdom

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

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

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

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

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

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

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

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

SYMPOSIUM 6 – Room 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 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 16
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 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
Chair: Petra Klassen Wigger, Nestlé Research and Development, Switzerland

Personalizing diets from genetics to behavior: Where do we stand today
Sarah Berry, King's College, London, United Kingdom

Tailoring foods and diets to specific needs: Example pregnancy and lactation
Eline van der Beek, Nestlé Research, Switzerland / Groningen University, The Netherlands

Precision nutrition to address obesity: From biomarkers to practical applications
J. Alfredo Martinez, IMDEA / University of Valladolid, Spain

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
Umami and infant development
Julie Mennella, Monell Chemical Sciences Center, Philadelphia, USA

Umami and salt reduction
Soo-Yuen Lee, University of Illinois, Urbana-Champaign, USA

**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

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>18:00 – 19:30</td>
<td>Oral presentations</td>
</tr>
<tr>
<td>19:30 – 21:00</td>
<td>FENS General Assembly – Room 3</td>
</tr>
</tbody>
</table>
### Plenary lectures – Congress Hall

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 9:00 – 10:30 | The search for veritas: enhancing dietary trials and observational studies  
Walter Willett, Harvard University, Boston, USA |
| 9:00 – 10:30 | Can nutrition interventions be personalised according to metabolic phenotypes?  
Ellen Blaak, Maastricht University, Maastricht, The Netherlands |

### Coffee break

10:30 – 11:00

### Parallel Scientific Symposia

**SYMPOSIUM 1 – Hall A**

**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  
  The food gap: analysing the contribution of cultural and material resources to diet quality  
  Marialaura Bonaccio, IRCCS Neuromed, Pozzilli, Italy  
  Medical sociology and nutrition: where is the connection?  
  Emese Antal, Hungarian Platform on Health, Diet and Physical Activity, Budapest, Hungary  
  **Eating behaviour - a focus on fussy eating and neurodevelopmental disorders in families**  
  Anna Sigridur Olafsdottir, University of Iceland, Reykjavik, Iceland

**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, Oslo, Norway

Combating childhood obesity in Europe and beyond: what public food policies to Francesco Branca, Director of the Department of Nutrition and Food Safety, WHO, Geneva,
adopt?  Switzerland

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

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

### 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

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

### 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

The promise of novel foods: What is their potential? Hanna Tuomisto, University of Helsinki,
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

**SYMPOSIUM 10 – Room 2**  
**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

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

**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**
### 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  
Eileen Gibney, University College Dublin, Ireland  
Vincenzo Fogliano, Wageningen University, The Netherlands  
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  
David Benton, Swansea University, Swansea, United Kingdom  
Markus Heinrichs, University of Freiburg, Freiburg, Germany  
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  
Vânia Maria Barbos, Atlantia Clinical Trials,
Recruitment and patient outcome
Onthatile Serehete, Atlantia Clinical Trials, Cork, Ireland

Data integrity & real-world data
Gillian Dunegalvin, 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 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

Organized 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 1st.
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, Umeå, 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, Umeå, 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/Institution</th>
</tr>
</thead>
<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>
</tr>
</tbody>
</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>
<th>Speaker/Institution</th>
</tr>
</thead>
<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>
</tr>
<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>
</tr>
</tbody>
</table>

### 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
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 of Technology, Gothenburg, Sweden

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

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

Influence of processing on the quality and nutritional properties of rye products
Kati Katina, University of Helsinki, Helsinki, Finland

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

Concluding remarks
Rikard Landberg, Chalmers University of Technology, Gothenburg, Sweden

SYMPOSIUM 8 – Room 16
Track: Dietary studies, guidelines and recommendations

Adherence to healthy dietary profiles
Organised by FENS

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

Adherence to the Mediterranean diet
Dimosthenes Panagiotakos, Harokopio
Measurement of ultra-processed foods in epidemiological studies
Mathilde Touvier, Sorbonne Paris Cité Epidemiology and Statistics Research Center (CRESS), Paris, France

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

**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

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30 – 13:30</td>
<td>Lunch</td>
</tr>
<tr>
<td>13:30 – 15:00</td>
<td>Oral presentations</td>
</tr>
<tr>
<td>15:00 – 16:00</td>
<td>Poster Forum – Poster Hall</td>
</tr>
<tr>
<td>16:00 – 16:30</td>
<td>Coffee break</td>
</tr>
<tr>
<td>16:30 – 18:00</td>
<td>Parallel Scientific Symposia</td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition, dysbiosis and cardiometabolic disease</td>
<td>Karine Clément</td>
<td>Sorbonne Université, Inserm, Paris, France</td>
</tr>
<tr>
<td>Mechanistic interplay between nutrition, dysbiosis and cardiometabolic disorders</td>
<td>Ana Valdes</td>
<td>University of Nottingham, Nottingham, United Kingdom</td>
</tr>
<tr>
<td>Dietary interventions for correcting dysbiosis and related cardiometabolic disorders</td>
<td>Nathalie Delzenne</td>
<td>University Catholique de Louvain, Brussels, Belgium</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Flanders food guide: integrated approach for a healthy and environmentally responsible diet</td>
<td>Loes Neven</td>
<td>The Flanders Institute for Healthy Living, Brussels, Belgium</td>
</tr>
<tr>
<td>Consideration of sustainability within the multi-dimensional food-based dietary guideline for Germany</td>
<td>Anne Carolin Schäfer</td>
<td>German Nutrition Society, Bonn, Germany</td>
</tr>
<tr>
<td>Nordic and Baltic collaboration to integrate sustainability into FBDG</td>
<td>Helle Margrete Meltzer</td>
<td>Norwegian Institute of Public Heath, Oslo, Norway and Ellen Trolle, National Food Institute DTU, Kgs Lyngby, Denmark</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>A global analysis of food based dietary guidelines on plant-based meat and dairy</td>
<td>Anna-Lena Klapp</td>
<td>University of</td>
</tr>
</tbody>
</table>
alternatives

A comprehensive analysis of plant-based dairy alternatives in Europe and their role in a sustainable diet

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

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

SYMPOSIUM 4 – Room 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 Birgsdottir, University of Iceland, Reykjavik, Iceland

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

Digital tools for dietary assessment

Multi-dimensional data analytics in human nutrition and health

SYMPOSIUM 5 – Room 11
Track: Nutrition, metabolism and chronic diseases

Dietary carbohydrates and health

Organised by ILSI Europe

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

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

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

Anette Buyken, Paderborn University, Paderborn, Germany

Bartlomiej Zalewski, Medical University of Warsaw, Warsaw, Poland
outcomes

Precision nutrition to improve blood glucose homeostasis
Emanuel Canfora, Maastricht University, Maastricht, The Netherlands

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

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

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

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

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

Controversies on the alcohol consumption: Pros and cons
Organised by International Society of Immunonutrition (ISIN)
Chairs: Alfredo Martinez, University of Navarra, Pamplona, Spain and Ascension Marcos, CSIC, Madrid, Spain

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

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

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

SYMPOSIUM 8 – Room 16
Track: Nutrition across the life course

Nutrition and healthy ageing
Organised by FENS
SYMPOSIUM 9 – Room 1
Track: Dietary bioactives

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

Chairs: Lars Dragsted, University of Copenhagen, Copenhagen Denmark and Ana Rodriguez-Mateos, King's 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: Corne van Dooren, WWF-NL Zeist, The Netherlands and Jelena Meinilä, University of Helsinki, Helsinki, Finland

The right to adequate food Ellen Wright, EAT Forum, Oslo, Norway

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
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

This workshop focuses on developing leadership in nutrition, specifically the ENLP leadership training, the seminars, and linked networks. The workshop aims to emphasise the role of leadership in nutrition careers, building on alumni testimonials.

The workshop will present the ENLP essential and advanced seminar programme and will spotlight on ENLP alumni, their experience and careers and how ENLP contributed to their progress.

This will be followed by a round table about leadership needs and opportunity in nutrition in Europe

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

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
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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food educators: supporting educators across Europe to teach, engage and inspire young people to</td>
<td>Keren Dalyot, FoodEducators &amp; Weizmann Institute of Science, Rehovot,</td>
</tr>
<tr>
<td>make healthier and more sustainable food choices</td>
<td>Israel</td>
</tr>
<tr>
<td>Food education examples from Estonia: The path to less waste and more awareness</td>
<td>Helin Haga, Science Centre AHHAA Foundation, Tartu, Estonia</td>
</tr>
<tr>
<td>Food education - A gift for life!</td>
<td>Kirstie McAdoo, Airfield Estate, Dublin, Ireland</td>
</tr>
<tr>
<td>Addressing misrepresentation of nutrition science in the media</td>
<td>Ali Atif Bir, Sabri Ülker Foundation, Istanbul, Turkey</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>EFSA's approach in revising the tolerable upper intake level of vitamin D</td>
<td>Androniki Naska, University of Athens, Athens, Greece and Chair of EFSA WG on ULs and member of EFSA NDA Panel</td>
</tr>
<tr>
<td>Navigating the complexities of intake assessment: Insights from EFSA's latest protocol</td>
<td>Lucia Fabiani and Zsuzsanna Horvath, European Food Safety Authority, Parma, Italy</td>
</tr>
<tr>
<td>Innovative protein sources: exploring the latest developments in the area of novel</td>
<td>Reinhard Ackerl, European Food Safety Authority, Parma, Italy</td>
</tr>
</tbody>
</table>
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

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

A personalised intervention trial aimed at reducing body fatness Ella Baker, University of Southampton, Southampton, United Kingdom
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 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)

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

Is the Mediterranean Diet sustainable? The CIHEAM 2011-2023 case study on the assessment of the Mediterranean Diet as a sustainable diet
Sandro Dernini, 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 obesogenic environment
Maeve Kerr, Ulster University, Coleraine, United Kingdom

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 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

A SWEET start. Project overview
Jason Halford, University of Leeds, Leeds, United Kingdom

Acute and 14-days effect of novel blends on appetite and metabolism
Jason Halford, University of Leeds, Leeds, United Kingdom

Weight loss maintenance - Main results from 1-year intervention study
Anne Raben, University of Copenhagen, Copenhagen, Denmark

Microbiota and safety - Main results from 1-year intervention study
Jacco Bastings, University of Maastricht, Maastricht, the Netherlands

Large population and twin studies - Main results
Edith Feskens, Wageningen University and Research, Wageningen, The Netherlands and Lisa Heggie, University College London, London, United Kingdom

Sustainability of sweeteners
James Suckling, University of Surrey, Guildford, United Kingdom

Making sense of sweeteners, findings from the SWEET consumer and media studies
Lada Timotijevic, University of Surrey, Guildford, United Kingdom
### SYMPOSIUM 9 – Room 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>Speakers</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>Analysis of consumer opinions on organic fruit (CO-FRESH)</td>
<td>Renata Kazimierczak, Warsaw University of Life Sciences, Warsaw, Poland</td>
</tr>
<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>
</tr>
<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>
</tr>
<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 Górska-Walczak, Warsaw University of Life Sciences, Warsaw, Poland</td>
</tr>
</tbody>
</table>

### 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>
<thead>
<tr>
<th>Title</th>
<th>Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biomarkers of food and dietary intake</td>
<td>Lars Dragsted University of Copenhagen, Copenhagen Denmark</td>
</tr>
<tr>
<td>Biomarkers of plant food bioactive intake</td>
<td>Ana Rodriguez-Mateos, King's College London, London, United Kingdom</td>
</tr>
<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>
</tr>
</tbody>
</table>

**Time 10:30 – 11:00**

Coffee break
<table>
<thead>
<tr>
<th>SYMPOSIUM 1 – Hall A</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Track: Nutrition education, consumers and practitioners</td>
<td></td>
</tr>
</tbody>
</table>

**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, Umea, 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 |

<table>
<thead>
<tr>
<th>SYMPOSIUM 2 – Hall B</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Track: Dietary studies, guidelines and recommendations</td>
<td></td>
</tr>
</tbody>
</table>

**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 |

<table>
<thead>
<tr>
<th>SYMPOSIUM 3 – Hall C</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Track: Nutrition, metabolism and chronic diseases</td>
<td></td>
</tr>
</tbody>
</table>

**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

Dietary patterns and chronic disease risk  Carmen Piernas, University of Granada, Granada, Spain
Dietary protein quantity and quality and cardiometabolic health  Francois Mariotti, AgroParisTech, Paris, France
Processed foods and cardiometabolic risk  Mathilde Touvier, Université Sorbonne Paris Nord and Université Paris Cité, Paris, France

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

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  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 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**
Personalized nutrition 20 years on: where next?

Organised by FENS

Chairs: Baukje de Roos, University of Aberdeen, Aberdeen, United Kingdom United Kingdom and Eileen Gibney, University College Dublin, Dublin, Ireland

Introduction to the concept of personalized nutrition and scope of the session (10 mins) Eileen Gibney, University College Dublin, Dublin, Ireland

What does personalised nutrition mean for a researcher? (10 mins) Baukje de Roos, University of Aberdeen, Aberdeen, United Kingdom

What does personalised nutrition mean for the commercial sector? (10 mins) Torsten Schröder, Chief Medical Officer at Perfood, Germany

What does personalised nutrition mean for public health (10 mins) Murielle Bochud, Unisanté & University of Lausanne, Lausanne, Switzerland

What does personalised nutrition mean for the consumer (10 mins) Barbara Stewart Knox, University of Bradford, Bradford, United Kingdom

Following on from the above short presentations the following questions/topics will be considered by the group, facilitated by the session chairs.
Who benefits most from personalised nutrition? (20 mins)
What are the current evidence gaps to ensure maximal benefit in the future? (15 mins)
Wrap up / Conclusions (5 mins)

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

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)

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

A way forward: Round table discussion

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