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
Snežana Labović, 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 and Institution</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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<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

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<tbody>
<tr>
<td>Welcome</td>
<td>Julianne Williams, 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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</tbody>
</table>
| How to communicate on incorporating sustainability into Food Based Dietary Guidelines | Iben Humble Kristensen, The Danish Veterinary and Food Administration, Denmark  
Loes Neven, Flemish Institute for Healthy Living, Brussels, Belgium  
Jovanka Vis, Netherlands Nutrition Centre, The Hague, The Netherlands |
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
### 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

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<thead>
<tr>
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<tr>
<td>Dietary intake assessment in 1-9 year old children living in Serbia: National Food Consumption Survey according to the EU Menu Methodology</td>
<td>Milica Zekovic, Institute for Medical Research, Belgrade, Serbia</td>
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<td>Salt content in different food categories in the Serbian market: How far are they from the World Health Organization benchmark?</td>
<td>Milka Popovic, Institute of Public Health Vojvodina, Novi Sad, Serbia</td>
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<td>Prevention of type 2 diabetes: The dominant role of nutritional intervention</td>
<td>Nebojsa Lalic, University of Belgrade, Belgrade, Serbia</td>
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<td>Food based dietary guidelines in Serbia: beginning and pillars</td>
<td>Dragana Jovic, Institute of Public Health of Serbia, Belgrade, Serbia</td>
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<td>Agriculture and food industry in Serbia: facts and figures</td>
<td>Aleksandar Bogunovic, Serbian Chamber of Commerce, Belgrade, Serbia</td>
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### SYMPOSIUM 6 – Room 13

**Track: Personalized nutrition**

**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

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<tr>
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<tr>
<td>Precision nutrition and cancer</td>
<td>María Jesús Latasa, IMDEA Food Institute, Madrid, Spain</td>
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<td>Food bioactive compounds in precision nutrition</td>
<td>María del Carmen Lopez de las Hazas, IMDEA Food Institute, Madrid, Spain</td>
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<td>microRNA in precision nutrition</td>
<td>Alberto Davalos, IMDEA Food Institute and CIBER OBN, Madrid, Spain</td>
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<tr>
<td>Precision nutrition in obesity</td>
<td>Alfredo Martínez, IMDEA Food Institute and University of Navarra, Pamplona, Spain</td>
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### 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
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 Góralśka, 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, Gothenburg, 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

**Nutritional Clinical Aspects of Probiotics Use**

**Chair:** Brižita Đorđević, University of Belgrade, Belgrade, Serbia

- **Microbiological Classification of Probiotic Strains**
  - Aleksandar Marković, Clinical Centre of Serbia, Belgrade, Serbia

- **Food Supplements with Probiotics**
  - Brižita Đorđević, University of Belgrade, Belgrade, Serbia

- **Clinical Importance of Probiotics**
  - Tamara Milovanović, Clinical Centre of Serbia, Belgrade, Serbia

### SYMPOSIUM 5 – Room 13

Organised by Upfield

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

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

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

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

**Time 18:00 – 19:30**

Oral presentations

**Time 19:30 – 21:00**

FENS General Assembly – Room 3
**Wednesday 15th November 2023**

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<th>Time 9:00 – 10:30</th>
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<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>
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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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<tr>
<td>Chairs: Licia Lacoviello, University of Insubria, Insubria, Italy and Leonie Bogl, Berne University of Applied Sciences, Berne, Switzerland</td>
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<tr>
<td>The food gap: analysing the contribution of cultural and material resources to diet quality</td>
<td>Marialaura Bonaccio, IRCCS Neuromed, Pozzilli, Italy</td>
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<td>Medical sociology and nutrition: where is the connection?</td>
<td>Emese Antal, Hungarian Platform on Health, Diet and Physical Activity, Budapest, Hungary</td>
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<td>Eating behaviour – a focus on fussy eating and neurodevelopmental disorders in families</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, Oslo, Norway

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

Conceptualisation and implementation of...
### 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**

- **sustainable healthy diets: a foundation for policymakers**
  Special Adviser, Division of Country Health Policies and Systems, WHO Greece, Athens, Greece
Quality of life and obesity prevention in an increasingly obesogenic Europe

Organised by the Spanish Nutrition Society

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

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

- Multiomics approach in the metabolic alteration in children and adolescents with obesity
  Concepción Aguilera, University of Granada, Granada, Spain

- Nutrition and exercise: the necessary interaction
  Marcela González-Gross, Technical University of Madrid, Madrid, Spain

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

SYMPOSIUM 8 – Room 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

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

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

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

SYMPOSIUM 9 – Room 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 role and can we wait?
  Hanna Tuomisto, University of Helsinki, Helsinki, Finland

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

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<tr>
<th>Topic</th>
<th>Speaker</th>
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<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>
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<tr>
<td>Retronasal olfactory perception and food intake</td>
<td>Thomas Hummel</td>
<td>University of Dresden, Dresden, Germany</td>
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<td>Brain activation in response to sweet taste in children</td>
<td>Luc Marlier</td>
<td>CNRS, University of Strasbourg, Strasbourg, France</td>
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**Time Table**

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<td>Lunch</td>
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<td>Poster Forum – Poster Hall</td>
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<td>16:00 – 16:30</td>
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<td>16:30 – 18:00</td>
<td>Industry Symposiums</td>
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**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: Shauni Fitzgerald, Atlantia Clinical Trials, Cork, Ireland

- Clinical trial design
  - Shauni Fitzgerald, Atlantia Clinical Trials, Cork, Ireland

- Recruitment and patient outcome
  - Onthatile Serehete, 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 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

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**Career workshop**

**Time 18:00 – 19:30**

**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

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<th>Session</th>
<th>Speaker/Head of Nestlé Research and Development, Lausanne, Switzerland</th>
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<td>Introduction to Nestlé Research and Development</td>
<td>Ryan Carvalho, Martin Pucek</td>
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<td>Juxtapose nutrition and health research in private and academic</td>
<td>Ryan Carvalho, Eline van der Beek, Lynda O'Neill, Jibran Wali</td>
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<td>organizations</td>
<td>Martin Pucek, head of Nestlé Institute of Health Sciences</td>
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<td>Exchange experiences with Nestlé Research scientists</td>
<td>Martin Pucek, head of Human Resources, and Louis Lefebvre</td>
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<tr>
<td>Explore career and development opportunities throughout</td>
<td>Martin Pucek, head of Human Resources, and Louis Lefebvre</td>
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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
Defining healthy diets
Francesco Branca, Director of the Department of Nutrition and Food Safety, WHO, Geneva, Switzerland

Time 9:45 – 10:30
Special lecture

Special lecture – Congress Hall

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 modulate macronutrient bioaccessibility Vincenzo Fogliano, Wageningen University and Research, Wageningen, The Netherlands

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
Diet and nutrition before and during cancer treatment in relation to treatment toxicities and surgical complications

Dieuwertje Kok, Wageningen University and Research, Wageningen, The Netherlands

The role of nutrition in (the epidemiology of) cancer recurrence

Bernard Srour, Université Sorbonne Paris Nord, Paris, France

Cancer fields, cancer recurrence and altered metabolism

Bernard Corfe, Newcastle University, Newcastle, United Kingdom

Dietary interventions in cancer patients: needs and challenges?

Renate Winkels, Wageningen University and Research, Wageningen, The Netherlands

SYMPOSIUM 5 – Room 11
Track: Nutrition education, consumers and practitioners

Transitioning mainstream consumers to sustainable & healthy plant-based diets

Organised by FENS

Chairs: Bojana Vidovic, University of Belgrade, Belgrade, Serbia and Ljiljana Trajkovic Pavlovic, University of Novi Sad, Novi Sad, Serbia, Sofia University, Sofia, Bulgaria

Achieving the societal tipping point: Best approaches to reach out to new consumer groups for plant-based food

Alice Grønhøj, Aarhus University, Aarhus, Denmark

The role of the senses to promote a plant-based shift and waste reduction in foodservice

Agnès Giboreau, Institut Paul Bocuse Research Centre, Lyon, France

The social impacts of taxing meat or subsidizing fruit & vegetables

Sander Biesbroek, Wageningen University and Research, Wageningen, The Netherlands

SYMPOSIUM 6 – Room 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

Chairs: Michelle McKinley, Queen’s University Belfast, Belfast, United Kingdom

Bioavailability of micronutrients from whole foods: zooming in on dairy, fruit and vegetables

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

Food matrix effects: the case of calcium

Hanne Bertram, Aarhus University, Aarhus, Denmark
Taking a food first approach to protein recommendations: the matrix effect

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

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

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

Organised by the Nordic Rye Forum

| Introduction to Nordic Rye Forum | Nathalie Scheers, Chalmers University 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 University, Athens, Greece |
| 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
**Introduction**

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

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**SYMPOSIUM 10 – Room 2**  
Track: Nutrition, metabolism and chronic diseases

**Introduction**

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

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<thead>
<tr>
<th>Topic</th>
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**SYMPOSIUM 11 – Room 3**  
Track: Cultural, societal and behavioural aspects of diet and nutrition

**Introduction**

Obesity-from biology to epidemiology and public health  
Organised by the University of Oslo

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

<table>
<thead>
<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>The role of sulfur amino acids in obesity and metabolic health. The STAY project</td>
<td>Kathrine Vinknes, University of Oslo, Oslo, Norway</td>
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<tr>
<td>Anthropometric measures and physical frailty among older adult. The NutriFrail project</td>
<td>Anette Hjartâker, University of Oslo, Oslo, Norway</td>
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<tr>
<td>Co-creating and simulating obesity prevention policies with youth using system dynamics. The CO-CREATE project</td>
<td>Nanna Lien, University of Oslo, Oslo, Norway</td>
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**SYMPOSIUM 11 – Room 3**  
Track: Cultural, societal and behavioural aspects of diet and nutrition

**Introduction**

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

<table>
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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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<tr>
<th>Time 12:30 – 13:30</th>
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<tr>
<td>Time 13:30 – 15:00</td>
<td>Oral presentations</td>
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<tr>
<td>Time 15:00 – 16:00</td>
<td>Poster Forum – Poster Hall</td>
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<tr>
<td>Time 16:00 – 16:30</td>
<td>Coffee break</td>
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<tr>
<td>Time 16:30 – 18:00</td>
<td>Parallel Scientific Symposia</td>
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**SYMPOSIUM 1 – Hall A**
Track: Nutrition, metabolism and chronic diseases

Nutrition, dysbiosis and cardiometabolic health

Organised by FENS

<table>
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<th>Speaker</th>
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<tbody>
<tr>
<td>Nutrition, dysbiosis and cardiometabolic health</td>
<td>Karine Clément, Sorbonne Université, Inserm, Paris, France</td>
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</table>

Chairs: Brizita Djordjevic, University of Belgrade, Belgrade, Serbia and Emilie Combet, University of Glasgow, Glasgow, United Kingdom
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

<table>
<thead>
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<tr>
<td>The Flanders food guide: integrated approach for a healthy and environmentally responsible diet</td>
<td>Loes Neven, The Flanders Institute for Healthy Living, Brussels, Belgium</td>
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<tr>
<td>Consideration of sustainability within the multi-dimensional food-based dietary guideline for Germany</td>
<td>Anne Carolin Schäfer, German Nutrition Society, Bonn, Germany</td>
</tr>
<tr>
<td>Nordic and Baltic collaboration to integrate sustainability into FBDG</td>
<td>Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway and Ellen Trolle, National Food Institute DTU, Kgs Lyngby, Denmark</td>
</tr>
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</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>
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<tbody>
<tr>
<td>A global analysis of food based dietary guidelines on plant-based meat and dairy alternatives</td>
<td>Anna-Lena Klapp, University of Göttingen, Göttingen, Germany</td>
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<tr>
<td>A comprehensive analysis of plant-based dairy alternatives in Europe and their role in a sustainable diet</td>
<td>Elphee Medici, Nutrilicious, London, United Kingdom</td>
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<tr>
<td>Evaluation of plant-based dairy analogues on the Swedish market: FOP and NRF index</td>
<td>Hanieh Moshtaghian, RISE, Boras, Sweden</td>
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</table>
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

Vinoy Sophie, Mondelēz International, France

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

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

Chairs: Vilborg Kolbrún Vílmundardóttir, University of Iceland, Reykjavik, Iceland and Camilla Damsgaard, University of Copenhagen, Copenhagen, Denmark

Transition to retirement: Diet, women and menopause  
Sarah Berry, King’s College London, London, United Kingdom

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

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

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

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 1hour

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 apertifs. 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.

<table>
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<th>Time 20:00 – 24:00</th>
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<td>Gala dinner</td>
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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 Atif 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: Ionut Craciun, 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
foods and future perspectives

**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

<table>
<thead>
<tr>
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<tr>
<td>Short introduction on the EU HealthFerm project</td>
<td>Christophe Courtin, KU Leuven, Leuven, Belgium</td>
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<tr>
<td>Fermentation technology, consequences on food composition and acceptability of foods</td>
<td>Christophe Courtin, KU Leuven, Leuven, Belgium</td>
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<tr>
<td>Expectation on the effects of plant based fermented foods: potential mechanisms</td>
<td>Kristin Verbeke; KU Leuven, Leuven, Belgium</td>
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<td>Evidence of the health effects of plant based fermented foods</td>
<td>Marjukka Kolehmainen; University of Eastern Finland, Kuopio, Finland</td>
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**SYMPOSIUM 4 – Room 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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<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

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
**SYMPOSIUM 8 – Room 16**  
Track: Nutrition, metabolism and chronic disease

<table>
<thead>
<tr>
<th>Title</th>
<th>Chair</th>
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<tbody>
<tr>
<td>Nutritional status and food intake patterns in UK and Irish children: Challenges and opportunities in an obesogenic environment</td>
<td>Maeve Kerr, Ulster University, Coleraine, United Kingdom</td>
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<tr>
<td>Generating novel and sustainable bioactive protein ingredients from low-value underutilised sources: A marine experience from Ireland</td>
<td>Philp Allsopp, Ulster University, Coleraine, United Kingdom</td>
</tr>
<tr>
<td>Nutrition and mental health in ageing: Latest findings from the TUDA study of older adults incorporating new technologies and interdisciplinary expertise</td>
<td>Catherine Hughes, Ulster University, Coleraine, United Kingdom</td>
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**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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<td>A SWEET start. Project overview</td>
<td>Jason Halford, University of Leeds, Leeds, United Kingdom</td>
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<td>Acute and 14-days effect of novel blends on appetite and metabolism</td>
<td>Jason Halford, University of Leeds, Leeds, United Kingdom</td>
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<td>Weight loss maintenance - Main results from 1-year intervention study</td>
<td>Anne Raben, University of Copenhagen, Copenhagen, Denmark</td>
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<td>Microbiota and safety - Main results from 1-year intervention study</td>
<td>Jacco Bastings, University of Maastricht, Maastricht, the Netherlands</td>
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<td>Large population and twin studies - Main results</td>
<td>Edith Feskens, Wageningen University and Research, Wageningen, The Netherlands and Lisa Heggie, University College London, London, United Kingdom</td>
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<td>Sustainability of sweeteners</td>
<td>James Suckling, University of Surrey, Guildford, United Kingdom</td>
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<td>Making sense of sweeteners, findings from the SWEET consumer and media studies</td>
<td>Lada Timotijevic, University of Surrey, Guildford, 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(s)</th>
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<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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<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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<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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<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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<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 Góral ska-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

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<th>Title</th>
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<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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<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>
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**Time 10:30 – 11:00**

Coffee break
Time 11:00 – 12:30
Parallel Scientific Symposia

**SYMPOSIUM 1 – Hall A**
Track: Nutrition education, consumers and practitioners

Education for behaviour change
Organised by FENS

Chairs: Ivana Djuricic, University of Belgrade, Belgrade, Serbia and Marietta Kiss, University of Debrecen, Debrecen, Hungary

- The impact of nudging on sustainable healthy food choices
  Armando Perez-Cueto, Umeå University, Umeå, Sweden

- Nutrition education resources for medical doctors
  Sumantra Ray, NNEdPro Global Institute For Food, Nutrition and Health, Cambridge, United Kingdom

- Food based dietary guidelines as a tool for behaviour change – challenges and opportunities
  Androniki Naska, National and Kapodistrian University of Athens, Athens, Greece

**SYMPOSIUM 2 – Hall 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

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, Universite Sorbonne Paris Nord and Universite Paris Cite, 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 Cite 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 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

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
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<td>Award lecture</td>
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<td>Closing ceremony</td>
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