



14TH EUROPEAN NUTRITION CONFERENCE FENS 2023, Belgrade, Serbia

Sava Center
14-17th November 2023



14th European Nutrition Conference PROGRAMME

Tuesday 14th November 2023

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

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

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

Nutrition-related health risks in the
Western Balkans

Ljiljana Trajkovic Pavlovic, Serbian Nutrition
Society, Belgrade, Serbia

Igor Spiroski, Department of Hygiene and
Environmental Health, Skopje, North
Macedonia

Snezana Labovic, Institute of Public Health,
Podgorica, Montenegro

Jolanda Hyska, Institute of Public Health,
Tirana, Albania

Jasmina Djedjibegovic, University of Sarajevo,
Sarajevo, Bosnia and Herzegovina

Mirjana Djermanovic, Public Health Institute,
Banja Luka, Bosnia and Herzegovina

Time 10:30 – 11:00
Coffee break

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

Chair: Philip Calder, FENS President

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

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

Unravelling the complexity of the gut
microbiota

Dirk Haller, Technical University Munich,
Munich, Germany

Time 12:30 – 13:30
Lunch

Time 13:30 – 15:00
Parallel Scientific Symposiums

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

Preconception and pregnancy nutrition for improving fertility and long-term health prospects of the child

Keith Godfrey, University of Southampton, Southampton, United Kingdom

Vegan diets in children

Liisa Korkalo, University of Helsinki, Helsinki, Finland

New interventions to promote healthy eating habits and prevent overweight in children

Camilla Damsgaard, University of Copenhagen, Copenhagen, Denmark

SYMPOSIUM 2 – Hall 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

Welcome

Julianne Williams, WHO Europe, Copenhagen, Denmark

Introduction of EPHNA: Challenges in nutrition communication

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

How to communicate on incorporating sustainability into Food Based Dietary Guidelines

Iben Humble Kristensen, The Danish Veterinary and Food Administration, Denmark
Loes Neven, Flemish Institute for Healthy Living, Brussels, Belgium
Jovanka Vis, Netherlands Nutrition Centre, The Hague, The Netherlands

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-Josophe 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 Bannenber, 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 Djuric, 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 Góralaska, 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 Symposiums

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

Nutritional Clinical Aspects of Probiotics Use

Cahir: 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

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

Organised by Upfield

Chair: Armando Perez, Umeå University, Umeå, Sweden

Important actors in food systems toward healthy and sustainable diets

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

Sufficient and nutritious plant-based foods

Paul Whitehouse, Head of Scientific Affairs, Upfield R&D, Wageningen, The Netherlands

The need for standards to improve accessibility and affordability of plant based foods

Lorenza Jachia, Senior Economist at UN resident coordinator's office, Belgrade, Serbia

Time 18:00 – 19:30
Oral presentations

Time 19:30 – 21:00
FENS General Assembly – Room 3

Wednesday 15th November 2023

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

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

The search for veritas: enhancing dietary trials and observational studies Walter Willett, Harvard University, Boston, USA

Can nutrition interventions be personalised according to metabolic phenotypes? Ellen Blaak, Maastricht University, Maastricht, The Netherlands

**Time 10:30 – 11:00
Coffee break**

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

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 Papiés, 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

Combatting 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 Joao Breda, Quality of Care Office & RD

sustainable healthy diets: a foundation for policymakers

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

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 Netherlands

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-Joséphine Amiot-Carlin, INRAE and Montpellier University of Excellence, Montpellier, France and Luc Penicaud, CNRS, Toulouse, France

Sensory capacities and their impact on eating behaviour, diet and health

Paolo Gasparini, University of Trieste, Trieste, Italy

Retronasal olfactory perception and food intake

Thomas Hummel, University of Dresden, Dresden, Germany

Brain activation in response to sweet taste in children

Luc Marlier, CNRS, University of Strasbourg, Strasbourg, France

Time 12:30 – 13:30
Lunch

Time 13:30 – 15:00
Oral presentations

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

Time 16:00 – 16:30
Coffee break

Time 16:30 – 18:00
Industry Symposiums

SYMPOSIUM 1 – Hall A

Ways forward to change food systems towards sustainable diets

Organised by Nestlé Research and Development

Chair: Petra Klassen Wigger, Nestlé Research and Development, Switzerland

Challenges and opportunities of plant rich diets to deliver adequate nutrition and to meet environmental targets	Eileen Gibney, University College Dublin, Ireland
Food design to enhance nutrition and metabolic outcome	Vincenzo Fogliano, Wageningen University, The Netherlands
From agricultural systems to nutrient dense product	Ryan Carvalho, Head of Nestlé Research, Switzerland

SYMPOSIUM 2 – Hall B

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

Organised by Beneo

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

Impact of glycemic index on sleep and memory consolidation	David Benton, Swansea University, Swansea, United Kingdom
Prebiotics and the gut-brain-axis	Markus Heinrichs, University of Freiburg, Freiburg, Germany
Effects of prebiotics on intestinal colonization and mood	Robert Rastall, University of Reading, Reading, United Kingdom

SYMPOSIUM 3 – Room 9

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

Organised by Atlantia Clinical Trials

Chairs: 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,

Cork, Ireland

Data integrity & real-world data

Shauni Fitzgerald, Atlantia Clinical Trials,
Cork, Ireland and Onthatile Serehete, 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 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

Organied by: Nestlé Research and Development

Introduction to Nestlé Research and Development

Ryan Carvalho, Head of Nestlé Research and 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 Jibrán 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

Nestlé R&D

Research, Lausanne, Switzerland

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, Umea, Sweden

**Time 10:30 – 11:00
Coffee break**

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

SYMPOSIUM 1 – Hall A
FENS Presidential Symposium

Increasing trust in the science of nutrition

Organised by FENS

Chairs: Philip Calder, University of Southampton, Southampton, United Kingdom and Jan de Vries, Nutrition Solutions, The Netherlands

What are the concepts and methods we need for the future of nutrition science?

Hinke Haisma, University of Groningen, Groningen, The Netherlands

The European nutrition research landscape: diversity and perspectives

Armando Perez-Cueto, Umeå University, Umea, Sweden

Strengthening the future of nutrition trial reporting: CONSORT-nut?

Jessica Rigutto, ETH, Zurich, Switzerland

SYMPOSIUM 2 – Hall B

Track: Food science

A different perspective on processed foods

Organised by FENS

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

Challenges in defining processed foods

Eileen Gibney, University College Dublin, Dublin, Ireland

How different texture of processed foods influences oral processing, energy intake and metabolism

Ciaran Forde, Wageningen University and Research, Wageningen, The Netherlands

The opportunities for food science to apply food processing to 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

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

**Time 12:30 – 13:30
Lunch**

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

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

**Time 16:00 – 16:30
Coffee break**

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

SYMPOSIUM 1 – Hall A

Track: Nutrition, metabolism and chronic diseases

Nutrition, dysbiosis and cardiometabolic health

Organised by FENS

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

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

Mechanistic interplay between nutrition, dysbiosis and cardiometabolic disorders

Ana Valdes, University of Nottingham, Nottingham, United Kingdom

Dietary interventions for correcting dysbiosis and related cardiometabolic disorders

Nathalie Delzenne, University Catholique de Louvain, Brussels, Belgium

SYMPOSIUM 2 – Hall B

Track: Food science

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

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

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

The Flanders food guide: integrated approach for a healthy and environmentally responsible diet

Loes Neven, The Flanders Institute for Healthy Living, Brussels, Belgium

Consideration of sustainability within the multi-dimensional food-based dietary guideline for Germany

Anne Carolin Schäfer, German Nutrition Society, Bonn, Germany

Nordic and Baltic collaboration to integrate sustainability into FBDG

Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway and Ellen Trolle, National Food Institute DTU, Kgs Lyngby, Denmark

SYMPOSIUM 3 – Hall C

Track: Nutrition and the environment, sustainability and biodiversity

Impact of incorporating plant-based alternatives in the diet

Organised by Alpro Foundation

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

A global analysis of food based dietary guidelines on plant-based meat and dairy alternatives

Anna-Lena Klapp, University of Göttingen, Göttingen, Germany

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

Elphee Medici, Nutrilicious, London, United Kingdom

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

Hanieh Moshtaghian, RISE, Boras, Sweden

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

Dagmar Brekelmans, World Business Council for Sustainable Development, Plant & Protein Diversification Workstream, The Netherlands

SYMPOSIUM 4 – Room 9

Track: New technologies in nutrition research

New technologies for data acquisition and analysis

Organised by FENS

Chairs: Alessandra Bordonni, 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, Mondelez 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 Vilmundardóttir, University of Iceland, Reykjavik, Iceland and Camilla Damsgaard, University of Copenhagen, Copenhagen, Denmark

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

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

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

adults

Amsterdam, The Netherlands

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, 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.

Time 20:00 – 24:00
Gala dinner

Friday 17th November 2023

Time 9:00 – 10:30
Parallel Scientific Symposiums

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 AHHA 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

Short introduction on the EU HealthFerm project; Christophe Courtin, KU Leuven, Leuven, Belgium

Fermentation technology, consequences on food composition and acceptability of foods Christophe Courtin, KU Leuven, Leuven, Belgium

Expectation on the effects of plant based fermented foods: potential mechanisms Kristin Verbeke; KU Leuven, Leuven, Belgium

Evidence of the health effects of plant based fermented foods Marjukka Kolehmainen; University of Eastern Finland, Kuopio, Finland

SYMPOSIUM 4 – Room 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

The effect of NAD⁺ precursor supplementation on skeletal muscle and mitochondrial function in older adults Colleen Deane, University of Southampton, Southampton, United Kingdom

Adipose tissue inflammation in human obesity and response to chronic marine omega-3 fatty acid supplementation Helena Fisk, University of Southampton, Southampton, United Kingdom

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

SYMPOSIUM 5 – Room 11

Track: Food science

Using food data and approaches for nutrition and health research and public health policy

Organised by: EuroFIR

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

Food labelling information: Collecting new and re-using existing data to underpin policy and reformulation

Igor Pravst, Nutrition Institute, Ljubljana, Slovenia

Making food nutrition security data FAIRer for exploitation

Eileen Gibney, University College Dublin, Dublin, Ireland

Predicting allergenicity: Development of a ranking method and screening tools to assess allergy risk

Clare Mills, University of Surrey, Guildford, United Kingdom

SYMPOSIUM 6 – Room 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

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| Analysis of the environmental awareness of a selected group of farmers from the municipality of Łyse (Mazowieckie voivodeship, Poland) | Ewa Rembiałkowska, FQH & Warsaw University of Life Sciences, Warsaw, Poland |
| Analysis of consumer opinions on organic fruit (CO-FRESH) | Renata Kazimierczak, Warsaw University of Life Sciences, Warsaw, Poland |
| Perception and consumption of organic food in a group of organic and conventional fruit growers - a pilot study (CO-FRESH project) | Hubert Dobrowolski, Warsaw University of Life Sciences, Warsaw, Poland |
| Opportunities for organic product market development with regard to the survey conducted among students from WULS | Justyna Obidzińska, Warsaw University of Life Sciences, Warsaw, Poland |
| Is organic food consumption associated with other sustainable dietary choices and behaviours? Study based on a survey carried out in capital city of Poland | Rita Góralaska-Walczak, Warsaw University of Life Sciences, Warsaw, Poland |

SYMPOSIUM 10 – Room 2

Track: New technologies in nutrition research

Biomarkers of dietary intake: recent advances and challenges

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

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

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| Biomarkers of food and dietary intake | Lars Dragsted University of Copenhagen, Copenhagen Denmark |
| Biomarkers of plant food bioactive intake | Ana Rodriguez-Mateos, King's College London, London, United Kingdom |
| Can predictive models serve as “biomarkers” of the risk of inadequate dietary intake? | Alessandra Bordonni, University of Bologna, Bologna, Italy |

Time 10:30 – 11:00
Coffee break

Time 11:00 – 12:30
Parallel Scientific Symposiums

SYMPOSIUM 1 – Hall A

Track: Nutrition education, consumers and practitioners

Education for behaviour change

Organised by FENS

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

Sustainable healthy diets as part of food-based dietary guidelines

Daniela Martini, University of Milan, Milan, Italy

Evaluation of the visual aspects of food-based dietary guidelines

Britta Renner, University of Konstanz, Konstanz, Germany

Do dietary guidelines encourage biodiversity on our plate?

Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway

SYMPOSIUM 3 – Hall 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, 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

well?

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

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

SYMPOSIUM 6 – Room 13

Track: Nutrition education, consumers and practitioners

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

Organised by ILSI Europe

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

Transparency solutions for transforming the food system: the TITAN project

Isabelle Guelinckx, ILSI Europe, Brussels, Belgium

A digital chatbot, the play-way to educate children and parents on nutritional habits

Maijaliisa Erkkola, University of Helsinki, Helsinki, Finland

A QR code, so much more than just a link

Ciro Borrelli, QualityChain, Massagno, Switzerland

Developing the Sus-Health index

Jayne Woodside, Queens University Belfast, Belfast, United Kingdom

SYMPOSIUM 7 – Room 14

Track: Nutrition across the life course

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

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

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

High-Value Nutrition: Growing New Zealand's Science to take high-value foods to the world

Joanne Todd, University of Auckland, Auckland, New Zealand

Dietary interventions, digestive physiology and microbiome modulation

Nicole Roy, University of Otago, Dunedin, New Zealand

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

Fiona Lithander, University of Auckland, Auckland, New Zealand

He Rourou Whai Painga: A New Zealand diet for metabolic health and family wellbeing: participant insights

Denise Conroy, New Zealand Institute for Plant and Food Research. Auckland, New Zealand

SYMPOSIUM 8 – Room 16

Track: Personalized nutrition

Personalized nutrition 20 years on: where next?

Organised by FENS

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

Congress Hall

FENS Awards
Award lecture
Closing ceremony