



**14th EUROPEAN
NUTRITION CONFERENCE
FENS 2023
BELGRADE, SERBIA**



Sava Centar, 14-17th November 2023

CERTIFICATE

Kate Bermingham

for giving oral presentation: Ten hour time-restricted eating (TRE) is associated with improvements in energy, mood, hunger and weight in free-living settings: The ZOE BIG IF Study on 14th European Nutrition Conference FENS 2023

Chair of the ENC Prof. Sladjana Sobajic

President FENS Philip Calder

Belgrade, Serbia, 17th November 2023