

Nutrients 2026 Program Overview

	Thursday, 22 October 2026 8:00 AM – 6:30 PM CEST	Friday, 23 October 2026 9:00 AM– 6:30 PM CEST	Saturday, 24 October 2026 9:00 AM – 4:30 PM CEST
Morning	Opening Ceremony (Check-in from 8:00 AM CEST)		
	Plenary Lecture & S6. Lifestyle and prevention of chronic diseases (Part 1)	S1. Personalized nutrition based on diet-gene interactions (Part 1)	S3. Novel dietary recommendations for specific chronic diseases (Part 1)
	Coffee Break & Poster Session A	Coffee Break & Poster Session B	Coffee Break & Poster Session C
	S6. Lifestyle and prevention of chronic diseases (Part 2)	S1. Personalized nutrition based on diet-gene interactions (Part 2) & S5. The potential role of AI in clinical practice	S3. Novel dietary recommendations for specific chronic diseases (Part 2)
	Lunch Break	Lunch Break	Lunch Break
Afternoon	S6. Lifestyle and prevention of chronic diseases (Part 3)	S2. Innovations in Clinical Nutrition (Part 1)	S4. Understanding the role of microbiota in clinical practice (Part 1)
	Coffee Break & Poster Session A	Coffee Break & Poster Session B	Coffee Break & Poster Session C
	S6. Lifestyle and prevention of chronic diseases (Part 4)	S2. Innovations in Clinical Nutrition (Part 2)	S4. Understanding the role of microbiota in clinical practice (Part 2)
	Conference Dinner (7:30 PM CEST)		Closing & Award Ceremony

Nutrients 2026 Detailed Program

Day 1 – Thursday, 22 October 2026

from 08:00 **Check-In**

09:00-09:20	Opening Ceremony & Welcome Remarks
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09:20-10:00	Prof. Dr. Carlo La Vecchia Plenary Speaker
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Whole Grains, Healthy and Sustainable Diets and Gastric Cancer: Pooled Analyses of the Stomach Cancer Pooling (StoP) Consortium

Session 6: Lifestyle and prevention of chronic diseases (Part I)

chaired by **Prof. María Luz Fernández**

10:00-10:05	Prof. Dr. María Luz Fernández Session Chair	Introduction
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10:05-10:20	Kalliopi Georgakouli
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Effects of Structured Lifestyle Counseling Combined with a Low-Glycaemic Index Hypocaloric Diet on Weight Loss, Blood Pressure, and Quality of Life: A Pilot Randomized Controlled Trial

10:20-10:35	Anna Nikulina
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Early Stratification and Outcome Prediction of Non-Pharmacological Interventions in Pediatric Obesity

10:35-10:50	Maria Belen Gutierrez-Barrutia
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A Functional Biscuit Formulated with Brewers' Spent Grain Attenuates Postprandial Glycemia in Healthy Adults: A Proof-of-Concept Crossover Trial

10:50-11:05	Nikolay Andreevich Safonov
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Dietary Antioxidant Potential, Serum Micronutrient Status and ABSI-Based Risk in Older Adults

11:05-11:20	Rosa Casas
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Daily Peanut Consumption Improves Attention, Processing Speed and Executive Function in Preadolescents: A Translational Nutrition Approach

11:20-11:50	Coffee Break
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11:50-12:05	Mami Fujibayashi	Determinants of Cardiovascular Risk in Master Athletes: The Critical Role of Adiposity Management
12:05-12:20	María Fernanda López-Padilla	Associations Between (Poly)phenols' Intake, and Lipid Profile and HDL Functionality in EPIC-Spain Cohort
12:20-12:35	Anna Sanjuan-Clavaguera	Exposomic Insights into Exercise in Young Adults: Integrating Metabolic Profiling and Dietary Status
12:35-12:50	Dalia El Khoury	Supplement Use, Patterns and Determinants in Gay, Bisexual, Transgender, Two-Spirit, Queer (GBT2Q+) Men and Non-Binary Individuals in Canada

12:50-14:10 **Lunch Break & Poster Session A**

Session 6: Lifestyle and prevention of chronic diseases (Part II)

chaired by **Prof. María Luz Fernández**

14:10-14:40	Dr. María Dolores del Castillo Keynote Speaker	Coffee-Derived Novel Foods and Metabolic Health: From Sustainable Practices to Preventing Chronic Diseases
14:40-14:55	Laura Cismaru	Eating Behaviour and Exposure to Food-Related Social Media Content among Generation Z University Students in Romania
14:55-15:10	Elsa Blanco-Ferran	The Effects of a Maternal Diet High in Fiber and Polyphenols on the Gut-Brain Axis of Dams and Their Offspring
15:10-15:25	Rana Abdel Sater	Mediterranean Diet Adherence and its Association with Anxiety and Depression Among Lebanese University Students: A Cross-Sectional Study
15:25-15:40	Lucía Riggioni Saborío	Maternal Fruit and Vegetable Intake During Pregnancy and Childhood Overweight: A Prospective Cohort Study
15:40-15:55	Anna Danielewicz*	Knowledge and Attitudes of Physicians Toward the Health Benefits of Dairy Products in Cardiometabolic Disease Prevention

15:55-16:35 **Coffee Break & Poster Session A**

16:35-16:50	Agata Jabłońska-Trypuć	Evaluation of the Anticancer and Antimicrobial Potential of <i>Chlorella vulgaris</i> Algae Extract: Preliminary Study
16:50-17:05	Wilna Oldewage-Theron	Beyond the Pill: Whole Soybeans Outperform B-Vitamins in Increasing HDL-C Among Older South Africans
17:05-17:20	Onosolesena D. Idiakheua	Association Between Energy and Protein Intake and Physical Function of Older Adults Living in Rural Areas in Edo State, South-South Nigeria
17:20-17:35	Jacinta Brasil	Water Sources and Hydration Status in Healthcare Professionals: A Cross-Sectional Study Using Urine Osmolality and Free Water Reserve

17:35-17:45	Prof. Dr. María Luz Fernández Session Chair	Closing Remarks
Starting at 19:30	Conference Dinner at Arroseria Gaudí Restaurant Address: Av. de Gaudí, 44, 46, Eixample, 08025 Barcelona, Spain	

Day 2 – Friday, 23 October 2026

Session 1: Personalized nutrition based on diet-gene interactions

chaired by **Dr. Veronica A. Mullins**

09:00-09:05	Dr. Veronica A. Mullins Session Chair	Introduction
09:05-09:35	Prof. Ji-Young Lee Keynote Speaker	Dietary NAD⁺ Boosters as a Strategy for Targeting Metabolic and Inflammatory Pathways in Liver Disease
09:35-09:50	Dr. Veronica A. Mullins	Genetically Tailored Nutrition: Assessing the Utility of Consumer Genetic Tests
09:50-10:05	Diana Sagués Farreras	Higher Anthocyanin Intake Is Associated with a Lower Risk of Alzheimer's Disease Regardless of ApoE Genotype: A Case-Cohort Study Within the EPIC-Spain Dementia Cohort
10:05-10:20	MinJae Lee	Exploring Potential Causal Associations Between Plasma Folate Biomarkers and Prostate Cancer Aggressiveness Using Folate-Pathway Genetic Variants
10:20-10:35	Helen Cristina Vidal	Circulating miR-139 and miR-486 Are Associated with Plant Protein and Fiber Intake, Cardiometabolic Risk Factors, and Systemic Inflammation in Adolescents
10:35-11:05	Coffee Break	
11:05-11:35	Prof. Dr. Dolores Corella Keynote Speaker	Gene-Diet Interactions on Biomarkers of Aging: Their Role in Rejuvenation Strategies and Disease Prevention
11:35-11:50	Lujain Zain	Precision Nutrition for Obesity Management: Integrating Nutrigenomics, Gut Health, and Lifestyle Interventions in Clinical Practice

Session 5: The potential role of AI in clinical practice

chaired by **Dr. Maria J. Rodríguez-Lagunas**

11:50-11:55	Dr. Maria J. Rodríguez-Lagunas Session Chair	Introduction
11:55-12:25	Dr. Dario Gregori Keynote Speaker	AI Driven Dietary Assessment in Clinical Practice: From Signal Based Intake Estimation to Malnutrition Detection
12:25-12:55	Prof. Clara Balsano Keynote Speaker	Application of Artificial Intelligence in Medicine: Opportunities and Challenges
12:55-13:10	Naser Alazmi	NutriTrack: A Cross-Platform Mobile Application for Personalized Nutrition Management and Food Waste Reduction — A Collaborative Interdisciplinary Development Study
13:10-14:30	Lunch Break & Poster Session B	
Session 2: Innovations in Clinical Nutrition chaired by Dr. Marcela Vergara-Jimenez		
14:30-14:35	Dr. Marcela Vergara-Jimenez Session Chair	Introduction
14:35-15:05	Dr. Maria Carmen Collado Keynote Speaker	Women's Nutrition in Pregnancy and Lactation: Impacts on Maternal–Infant Microbiota and Health
15:05-15:35	Prof. Dr. Luis Alberto Moreno Aznar Keynote Speaker	Early Development of Eating Behaviour in Relation to Obesity
15:35-15:50	Varol Tunali	An AI-Designed, Microbiome-Targeted Food Bar in Prediabetes and Type 2 Diabetes: Within-Participant Glycaemic Changes in a 12-Week Single-Arm Pilot
15:50-16:05	Kimia Jalali	Ultra-High-Pressure Homogenization Better Preserves Immunoglobulin and Cytokine Profiles of Donor Human Milk than Holder Pasteurization

16:05-16:20	Adriana Burrero	The NUTRI-OBEDIGITHUM Pathway: A Clinical Framework for Integrating Personalized Exchange-Based Nutritional Prescriptions into a Digitally Enabled Obesity Care Model
16:20-16:35	Camila Bencheluch Morales	Integrated Dietetic and Gastronomic Care in Hospitalized Oncological Patients: Appetite Recovery, Nutritional Status Preservation, and Validation of a Novel PREMs/PROMs Instrument
16:35-17:15	Coffee Break & Poster Session B	
17:15-17:45	Prof. Rafael Pérez-Escamilla Keynote Speaker	Impact of Produce Prescription Programs on Food Intake Across the Life Course
17:45-18:00	Sonya Vasto	A Dietary Biofortification Strategy for Cardiovascular Risk Reduction: Effects of Ecklonia maxima-Enriched Vegetables on Small Dense LDL Cholesterol
18:00-18:15	Sara Baldassano	GLP1 Receptor Modulation Directly Regulates Adipogenic and Thermogenic Fate of Human Adipose-Derived Stem Cells in a Depot-Specific Manner
18:15-18:30	Karen Veronica Ayala Huaman	Annona muricata Leaf Extract Attenuates Obesity-Associated Metabolic Dysfunction and Hepatic Steatosis in Diet-Induced Obese Mice
18:30-18:45	Giovanna Polcaro	Curcumin-Induced Downregulation of miR-27a-3p Promotes Immunogenic Cell Death and Enhances PD-L1 Blockade Efficacy in Triple-Negative Breast Cancer Through Low-Inflammatory Cytotoxicity
18:45-18:55	Dr. Marcela Vergara-Jimenez Session Chair	Closing Remarks

Day 3 – Saturday, 24 October 2026

Session 3: Novel dietary recommendations for specific chronic diseases

chaired by Dr. Francisco Jose Pérez Cano

09:00-09:05	Dr. Francisco Jose Pérez Cano Session Chair	Introduction
09:05-09:35	Prof. Dr. Maria Luz Fernandez Keynote Speaker	Eggs and Their Controversial Pathway from a Suspicious to a Healthy Food
09:35-09:50	Ane Otaegui	Towards Personalized Nutrition in Multiple Sclerosis: Baseline Biological Phenotypes Shape Response to Dietary Intervention
09:50-10:05	Chiara Cecconello	Effect of Fermentation-Derived Chondroitin Sulfate in Mild to Moderate Knee Osteoarthritis Symptoms Management: A Post-Hoc Analysis
10:05-10:20	Kardelen YOLDAŞ KANDEMİR	Effect of Fermentation-Derived Chondroitin Sulfate in Mild to Moderate Knee Osteoarthritis Symptoms Management: A Post-Hoc Analysis
10:20-10:35	TBD	TBD
10:35-11:05	Coffee Break	
11:05-11:35	Prof. Dr. Jaime Uribarri Keynote Speaker	Role of Dietary Advanced Glycation End Products (AGEs) in Insulin Resistance
11:35-11:50	Carolina Gabriela Plazas Guerrero	Effect of the Dieta de la Milpa on Biochemical Markers in People with End-Stage Renal Disease Receiving Hemodialysis: A Randomized Clinical Trial
11:50-12:05	David Barry	Synbiotic Supplementation as a Novel Nutritional Strategy for Sarcopenia: Results from a Randomized Controlled Trial in Older Adults
12:05-12:20	Xiangjun He	Enteral Nutrition Initiation and Postoperative Outcomes in Adult Patients Undergoing Split Liver Transplantation: A Single-Center Retrospective Study
12:20-13:40	Lunch Break & Poster Session C	

Session 4: Understanding the role of microbiota in clinical practice

chaired by TBD

13:40-13:45	TBD Session Chair	Introduction
13:45-14:15	Dr. Francisco Jose Pérez Cano Keynote Speaker	Breast Milk and Infant Immune Development: From Preclinical Data to Clinical Advice
14:15-14:30	Gábor Patay	Capsule-Based Faecal Microbiota Transplantation (UltraBiome) in Physically Active Adults: Preliminary Observations from a Four-Case Series
14:30-14:45	Soonkyu Chung	Unexpected and Atypical Gut-Brain Axis Association by Diet-Induced Weight Cycling
14:45-15:25	Coffee Break & Poster Session C	
15:25-15:40	Emanuela Lavanga	Gut Microbiota Composition in Psoriatic Arthritis Patients treated with Different Biologic Therapies
15:40-15:55	Aylin Jafari	Early-Life <i>Bacillus coagulans</i> Supplementation Mitigates Maternal High-Fat Diet-Induced Intestinal Dysfunction and Colitis Susceptibility in Offspring
15:55-16:10	Hajer Chaouch	Association Between Gut Microbiota-Oriented Nutritional Management, Resolution of Weight Loss Plateau and Body Composition Changes in Adults with Overweight or Obesity: A Prospective Real-World Observational Study
16:10-16:30	Closing Remarks & Awards Ceremony	