Summer Conference 2023
Event Overview

Good nutrition is critical at all stages of life to ensure adequate intake of the essential amino acids, carbohydrates, essential fatty acids, vitamins and minerals that are needed to sustain life. As human bodies change significantly over time, and food is the fuel for those changes, the amounts of nutrients needed at varying life stages can differ significantly. The conference gave delegates a chance to explore the nutritional requirements across all stages of life as experts came together to discuss topics ranging from early nutrition during pregnancy, to the challenges faced for nutritionally vulnerable, elderly populations. Speakers also discussed some of the dietary modifications used for primary and secondary prevention of cardiovascular disease as well as the potential health impacts of food fortification and reformulation strategies.

#NSSummer23