



Nutrition Society Conference 2025

Event Overview



AT A GLANCE

The conference highlighted the latest research aimed at bridging the gap between healthspan and lifespan, including the roles of diet and epigenetics, the gut microbiome and menopause, along with innovative strategies to address the challenge of extending healthy lifespans. Attendees delved deeper into gut health with sessions on in vitro modelling of gut digestion and fermentation. Focusing on the “INFOGEST” gastrointestinal model, delegates learned how the protocol could be applied specifically to research questions on micronutrients, complex food structures, and digestion in older adults.

The programme then shifted focus to the life course and sustainability. It covered dietary components across different life stages and delegates heard about advances in dairy by-product valorisation and its dual role in supporting both human and planetary health. Looking ahead to nourishing future populations, the two-day programme concluded with discussions on food reformulation and plant-based meat alternatives.

CONFERENCE



Nutrition Society
Conference



1-2 July 2025



Burleigh Court,
Loughborough, UK

ATTENDEES



160
delegates



100
Members



9
countries
reached

PROGRAMME



55
Original
communications



4
Symposia



16
Guests
speakers

GALLERY



WINNERS

Nutrition Society Oral Communications Competition:

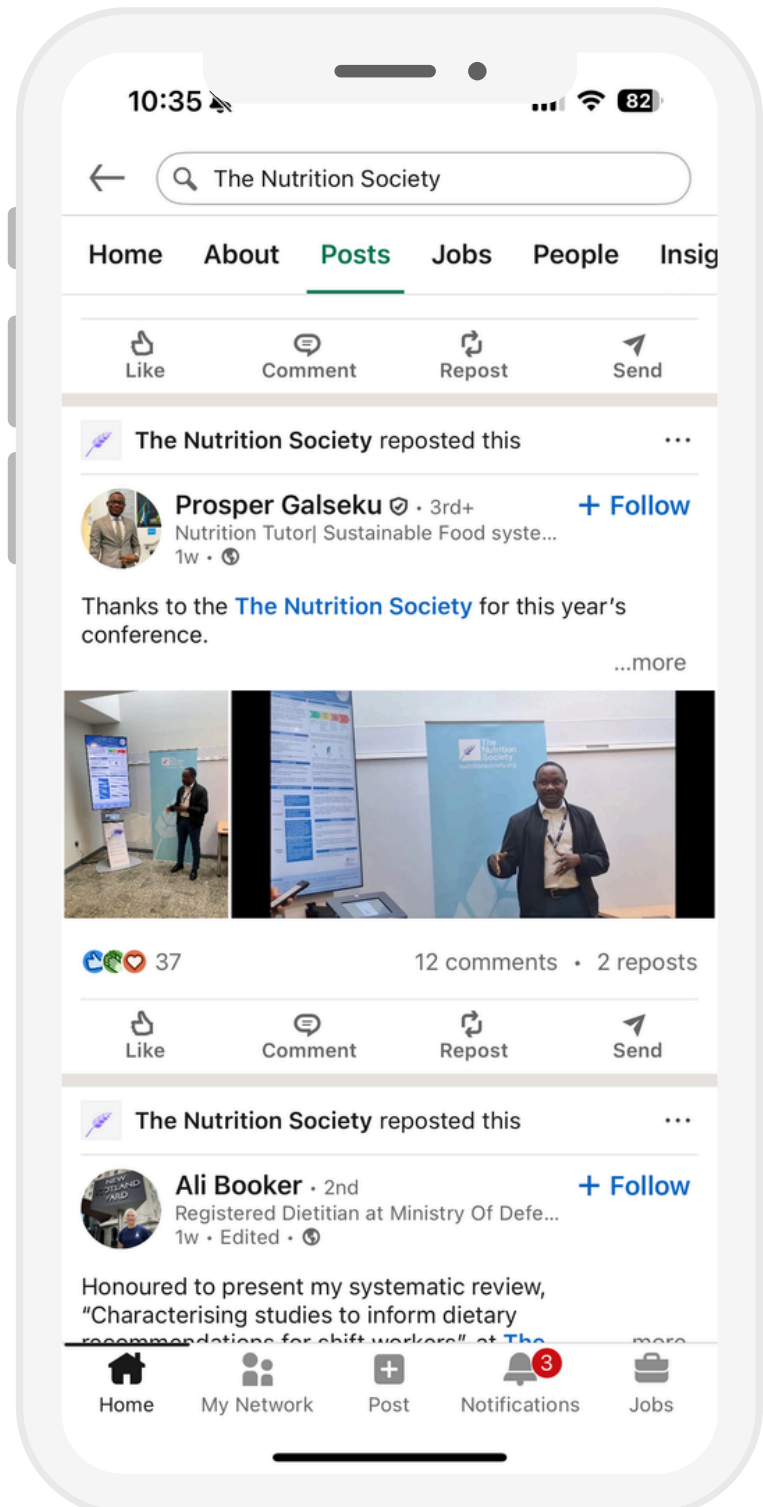


Best Oral Presentation
Alison Booker,
Ministry of Defence Police
OC43. Characterising studies to inform dietary recommendations for shift workers – a systematic review.



Best Poster Presentation
Megan Pott,
University of Leeds
OC48. Using in vitro methods to investigate individual and combined effects of prebiotics, polyphenols, and whey protein on the human gut microbiome.

ENGAGEMENT



Thanks to The Nutrition Society for this year's conference. It was a great opportunity to network, engage with insightful presentations, and share my research on the mediating pathways in the relationship between food insecurity and university students' average marks through a poster presentation. The experience, feedback and lessons from the conference will, without doubt make a big difference in my development and motivation.

Prosper Galseku

Honoured to present my systematic review, “Characterising studies to inform dietary recommendations for shift workers”, at The Nutrition Society Conference held at Loughborough University this week. I am extremely grateful for the opportunity to share our research insights with academics and conference delegates, and I'm very much looking forward to translating this research into impactful, evidence-based interventions to support our frontline services.

Alison Booker

I'm grateful for the opportunity to attend this year's Nutrition Society Conference and to present the preliminary findings of my PhD research. Beyond the research, I was truly pleased to reconnect and meet so many colleagues and peers in the field, and to gain valuable insights from a series of high-quality seminars and sessions throughout the event.

Muhammad Iqbal