



Nutrition Society Winter Conference 2026

Event Overview



AT A GLANCE

The conference brought together leading researchers, practitioners and industry experts to shine a spotlight on the transformative role of technological and methodological innovation in understanding human nutrition and improving public health outcomes. The conference showcased how digital health technologies, data science, systems biology, the omics and sustainable food innovations are shaping the future of the nutritional science field.

Key themes included: The role of technology in advancing nutrition research, foods for the future, the role of omics technologies in personalised nutrition and practical, ethical and policy considerations.

CONFERENCE

- Nutrition Society Winter Conference
- 20-21 January 2026
- The Royal Society, London

ATTENDEES

- 202 delegates
- 149 Members
- 14 countries reached

PROGRAMME

- 67 Original communications
- 4 Symposia
- 16 Guests speakers



GALLERY



WINNERS

Nutrition Society Oral Communications Competition:



Best Oral Presentation
Ms. Aishwarya Borkar, Loughborough University
 OC31. Effects of milk fat globule membrane and its associated polar lipids on fasting blood lipids and blood pressure: Preliminary insights from a systematic review and meta-analysis of randomised controlled trials.

Best Poster Presentation
Ms. Georgia Browne, King's College London
 OC59. From waste to plate: an observational study exploring willingness of consumers in UK higher education to embrace food waste in everyday diets.

ENGAGEMENT



Great to attend The Nutrition Society Winter Conference 2026, a really stimulating meeting highlighting where nutrition science is heading. Lots of ideas to reflect on and take forward.

Manahil Bineid

The Nutrition Society Winter Conference did not disappoint, such great presentations, insights and great company! Pleasure to present study 3 of my PhD.

Natalie Rouse

Coming up for air after the Winter Conference 2026. Intense learning experience (some sessions really tested my brain....but in such a great way!). Collaborative and fun networking with plenty of inspiration, creating space for the so many ideas to flourish. The mind is buzzing!

This is what great events are made of. A real joy to gain this time out.

Tanya Haffner

I'm delighted to share that I had the incredible opportunity to present my poster at the Society's Winter Conference - my first ever conference! This experience was a real eye-opener into the growing world of nutritional science.

Abigail O'Dell