

13th European Nutrition Conference

The FENS Daily Insight | Edition 4 | Friday 18 October 2019

The FENS2019 Daily Insight

NS THE NUTRITION SOCIETY
Advancing Nutritional Science

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Federation of
European
Nutrition
Societies

Today's Events

Welcome to the final day of FENS2019.

Scientific Symposia: Leading experts in the emerging field of chrono-nutrition from the UK and the Netherlands will discuss the interaction between circadian time and food intake in the session, *'Chrono-Nutrition: the evidence for why you are when you eat'*. **10:45, Auditorium.**

Professor Christian Wolfrum, ETH Zürich, Switzerland, will deliver the final plenary lecture of the conference on *'Epigenetic reprogramming regulating adipose tissue plasticity and function'*. This is also **the Rank Prize Fund lecture** which will be presented to Professor Wolfrum in recognition of lifetime achievement in nutrition science research. Congratulations to Professor Wolfrum. **12:15, Auditorium.**

Closing Ceremony: The new FENS president will be announced during the closing ceremony, along with a presentation from the Serbian Nutrition Society on FENS 2023. **13:00, Auditorium.**

The final poster and oral communication presentations continue throughout the day, **from 8.30 onwards.**

FENS Photo Gallery



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Highlights from yesterday

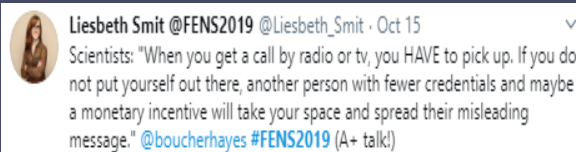
Professor Ellen Blaak, Maastricht University, The Netherlands, was the first plenary speaker of the day, discussing current metabolomic perspectives on malnutrition in obesity. Noting that persons with obesity may be at risk of malnutrition due to repeated dieting, the sequestration of vitamin D in adipose tissue and potential metabolic adaptations, Professor Blaak suggested that a move towards more personalised approaches to treatment may be required to optimise nutrition for metabolic health. With recent evidence suggesting that insulin resistant phenotypes differ between those with muscle insulin resistance and those with liver insulin resistance, Professor Blaak also demonstrated that inulin and resistant starch are digested differently by lean individuals and those with prediabetes.

Professor Lauren Lissner, University of Gothenburg, Sweden delivered the second plenary of the day, discussing how the food environment has led to the large rise in obesity prevalence seen globally. With social, physical and political factors all playing a part in obesogenic environments, the IDEFICS study demonstrated how social vulnerabilities beyond simply socioeconomic status are associated with overweight and obesity in children. Lack of social networks and parental migration status both play a role, with taste preferences also implicated. With further research required on socioeconomic inequalities and personalised nutrition, climate change has reversed the usual question of how the environment impacts on diet, with a new challenge of managing how diet impacts on the environment.

Congratulations to the International Early Career Research Championship winner, Carina Mack, Max Rubner-Institut and the German Nutrition Society's representative for her research presentation on 'Identification of markers for dietary intake and health status by GC-MS based metabolite profilin approaches.'



#FENS2019 highlights



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FENS 2023 Hosts



Congratulations to the Serbian Nutrition Society for winning the bid to host FENS 2023 in the vibrant city of Belgrade.

FENS 2023 will be on the theme, *'Food, Nutrition and Health: Translating science into practice.'*

The Serbian Nutrition Society (SNS) was originally formed in 1956 with an education and information-based approach to translating science into practice. SNS has established experts from human and veterinary medicine, pharmacology, biology, chemistry, biochemistry, agriculture, food technology, food microbiology and others with similar interests.

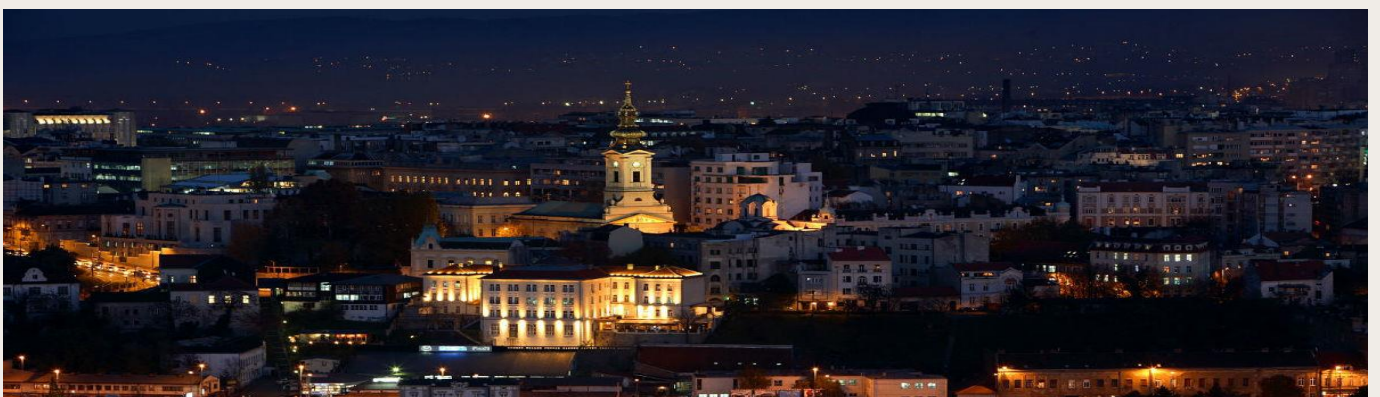


The capital of Serbia, Belgrade is one of the oldest cities in Europe, and the only one built on the confluence of two rivers, the Danube and the Sava. With a rich cultural, religious and military heritage, the ancient Belgrade Fortress, built in the 2nd century, has become the symbol of the city that keeps changing and growing.



One of the best-connected cities in Eastern Europe, Belgrade has direct flights from 95 major cities in Europe, Middle East, USA and China. The city has 2000 hotel rooms within walking distance of the conference venue and another 7000 less than a 10-minute drive.

We look forward to seeing you in Belgrade in 2023!



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Optional Excursions

GLENDALOUGH AND POWERSCOURT GARDENS TOUR

Friday, 18 October, 13:30–19:30

This tour will enjoy stunning scenery and a glimpse of Ireland's monastic past at Glendalough in Co. Wicklow, one of Ireland's most popular tourist attractions. For thousands of years people have been drawn to Glendalough for its spectacular scenery, rich history, archaeology and abundant wildlife.



CLIFFS OF MOHER TOUR

Saturday, 19 October, 07:30-18:00

Visit the Cliffs of Moher in County Clare located on Ireland's wild rugged Atlantic coast. The cliffs are the highest cliffs in Europe and were recently voted as the seventh most wonderful heritage site in the world.



To find out more and to book your place, visit the conference registration stand near the main entrance.

FENS Awards

Congratulations to Professor Mike J Gibney for winning the FENS Scientific Award recognising scientific achievement throughout his career.



Michael Gibney, MAgrSc, MA, PhD, is Emeritus Professor of Food and Health at University College Dublin. He served on the Faculties of Veterinary Medicine at the University of Sydney (1973-1976) and of Medicine at the University of Southampton (1976-1984) and Trinity College Dublin (1984-2006).

A former President of the Nutrition Society, he is a fellow of the International Union of Nutritional Sciences, of the International Union of Food Science and Technology and of the American Society of Nutrition. Professor Gibney will give his award lecture during the closing ceremony at 13:00.

DSM SCIENCE & TECHNOLOGY PRIZE

Congratulations to Aiofe Caffrey, Ulster University, winner of the 2019 DSM Award in partnership with FENS for her research on 'Maternal folate nutrition and offspring brain health'.

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