



**NuGOweek 2025**  
**22–25<sup>th</sup> September**  
**Dublin, Ireland**

***‘Molecular understandings  
to  
promote healthy and  
sustainable diets’***



## **PROGRAMME AT A GLANCE**

**Monday, 22<sup>nd</sup> September 2025**

**Session 1: What is a healthy and sustainable diet?**

**Chairs: Prof. Lorraine Brennan & Prof. Diana Ivanova**

**13:00**

Registration

**14:00**

Welcome: Prof. Lorraine Brennan

**14:15**

*Sustainable Diets: A Side Issue or Essential*  
**Keynote: Prof. Tim Lang, University of London, UK**

<b>15:00</b>	<i>Nutrigenetic diet intervention is related with greater weight and fat mass loss in subjects with abdominal obesity: the INNUPREC study</i> <b>Alondra Mora-Jiménez</b> , University of Guadalajara, Mexico
<b>15:20</b>	<i>Nutrigenetics as a tool for prevention and control of non-communicable diseases: impact on cardiovascular risk</i> <b>Dr. Maria Vranceanu</b> , University of Arad, Romania
<b>15:40</b>	<i>Partially replacing animal-based protein foods with plant-based protein foods: a systematic review of randomised controlled trials in healthy adult populations</i> <b>Aoife Courtney</b> , University College Dublin, Ireland
<b>16:00</b>	<i>Including fruit juice as one of the 5-a-day: A randomised controlled trial exploring the impact on adherence to guidelines and metabolite responses</i> <b>Dr. Courtney Neal</b> , Newcastle University, UK
<b>16:20</b>	New NuGO members, NuGO Developments, ECN promotion
<b>18:00</b>	Welcome Reception & Networking

## Tuesday, 23<sup>rd</sup> September 2025

### Session 2: Diet and the microbiome: lessons learned

**Chairs: Dr. Sergio Polakof & Dr. Suzan Wopereis**

<b>09:00</b>	<i>Diet-microbiome interactions - moving beyond microbiome composition to activity</i> <b>Keynote: Prof. Henrik Munch Roager</b> , University of Copenhagen, Denmark
<b>09:45</b>	<i>Healthy eating as a Microbiome host</i> <b>Keynote: Prof. Jens Walter</b> , University College Cork, Ireland
<b>10:30</b>	Coffee Break
<b>11:00</b>	<i>Personalized dietary fibre mixtures based on ex vivo microbial SCFA production improve HOMA-IR, but not peripheral insulin sensitivity, in individuals with prediabetes and overweight/obesity</i> <b>Dr. Emanuel Canfora</b> , Maastricht University, Netherlands
<b>11:20</b>	<i>Predicting variability in human oral and gut microbiota response to starch - implications for precision nutrition</i> <b>Dr. Angela C. Poole</b> , Cornell University, USA
<b>11:40</b>	<i>Unveiling multi-omics insights for precision nutrition in type 1 diabetes and obesity-associated type 1 diabetes among the pediatric population in Qatar.</i> <b>Shaikha Al-Abduljabbar</b> , Sidra Medicine & Hamad Bin Khalifa University, Qatar

<b>12:00</b>	<i>Dietary fibre-specific effects on serum and faecal bile acids profile and associations with the gut microbiota: a randomised, controlled dietary intervention in healthy participants</i> <b>Jiemin Fan</b> , Newcastle University, UK
<b>12:20</b>	<i>Chewing behavior and bolus particle size of rice shape gut microbiota functionality and microbial metabolite signatures</i> <b>Dr. Zhen Liu</b> , Wageningen University, Netherlands
<b>12:40</b>	Lunch & Poster Session
<b>Session 3: Can AI help bridge precision &amp; public health nutrition?</b> <b>Chairs: Prof. Baukje de Roos &amp; Prof. Lynn Vanhaecke</b>	
<b>14:00</b>	<i>Big data in nutrition is here: Are we AI ready?</i> <b>Keynote: Prof. Diana Thomas</b> , West Point, USA
<b>14:45</b>	<i>Targeted PRECision NUTrition Strategy to Prevent Chronic Metabolic Diseases: A tissue-specific metabotype approach</i> <b>Prof. Ellen E. Blaak</b> , Maastricht University, Netherlands
<b>15:05</b>	<i>Unraveling the Power of Vitamin D Mechanistically: How Long-Term Supplementation Shapes Immune Health</i> <b>Ranjini Ghosh Dastidar</b> , Institute of Animal Reproduction and Food Research, Polish Academy of Sciences, Poland
<b>15:25</b>	Coffee Break
<b>16:00</b>	<i>Precision Nutrition: Predictive Model of Appendicular Skeletal Muscle Mass in non-institutionalised people aged 65 and over</i> <b>María Benavent</b> , CEU Universities, Spain
<b>16:20</b>	<i>Bridging Mechanisms Across Diseases: A Multi-Dimensional Mapping Approach with Potential for Broader Omics Integration</i> <b>Dr. Lena Möbus</b> , Tampere University, Finland
<b>16:40</b>	<b>Sponsor's Talk</b> <i>Metaproteomics: a new powerful omics tool. Insights from a pilot study on fermented fecal samples supplemented with prebiotics</i> <b>Morten Danielson</b> , Clinical Microbiomics AS, Denmark
<b>19:00</b>	ECN social event – offsite PI social event – Portmarnock Hotel

## Wednesday, 24<sup>th</sup> September 2025

### Session 4: Nutrition and the brain throughout the life course: insights from molecular mechanisms to clinical applications

**Chairs: Prof. Carsten Carlberg & Prof. Vibeke Telle-Hansen**

09:00	<i>Omega-3 fatty acid, cognition and dementia: It's all in the timing</i> <b>Keynote: Prof. Anne Marie Miniñane, University of East Anglia, UK</b>
09:45	<i>Food for thought: Plant-rich foods and cognitive health during ageing</i> <b>Keynote: Prof. Claire McEvoy, Queen's University Belfast, UK</b>
10:30	Coffee Break
11:00	<i>Is there an interplay between fat and umami taste perception and what is the role of CD36 gene? A preliminary overview</i> <b>Francesco Piluso, Lake Lucerne Institute, Switzerland</b>
11:20	<i>A series of n-of-1 intervention studies investigating the effects of tea on mood reveal that the interventions and participant-specific factors influence overall mood and relaxation</i> <b>Edward Payne, The Rowett Institute, University of Aberdeen, UK</b>
11:40	<i>Cross-study metabolomics data integration for the identification of common metabolic syndrome phenotypes</i> <b>Dr. Estelle Pujos-Guillot, INRAE, France</b>
12:00	<i>The effect of Ramadan fasting on the methylation patterns in pediatric metabolic dysfunction-associated steatotic liver disease (MASLD)</i> <b>Salma Hayder Ahmed, Sidra Medicine, Qatar</b>
12:20	Lunch & Poster Session

### Session 5: Nutrition and inflammation: friend or foe?

**Chairs: Prof. Rosita Gabbianelli & Assistant Prof. Yiannis Mavrommatis**

14:00	<i>Diet metabolism and innate immune training</i> <b>Keynote: Prof. Helen Roche, University College Dublin, Ireland</b>
14:45	<i>Personalised inflammaging and nutrition</i>

	<b>Keynote: Prof. Claudio Franceschi, University of Bologna, Italy</b>
<b>15:30</b>	Coffee Break
<b>16:00</b>	<i>Impact of dietary habits on epigenetic age acceleration: evaluating the intermediary role of inflammation</i> <b>Dr. Laura Bordoni</b> , University of Camerino, Italy
<b>16:20</b>	<i>Deciphering inflammatory cues from the microbiome: Bacterial membrane vesicles produced in response to prebiotic and antibiotic intake</i> <b>Jari Verbunt</b> , Maastricht University, Netherlands
<b>16:40</b>	<i>Beyond Inflammation: Vitamin D and LPS Co-Stimulation Uncovers Novel Gene Networks in Human Monocytes</i> <b>Mariusz Jankowski</b> , Institute of Animal Reproduction and Food Research, Polish Academy of Sciences, Poland
<b>17:00</b>	<i>Sex and Photoperiod Modulate Hepatic Oxidative Stress in Cafeteria Diet-Induced Obese Rats: Insights into Antioxidant Activation, Circadian Rhythms, and Melatonin Regulation</i> <b>Aina Gironès-Garreta</b> , Universitat Rovira i Virgili, Italy
<b>17:20</b>	NuGO 2026 Announcement
<b>19:00</b>	Conference Dinner – Portmarnock Hotel

## Thursday, 25<sup>th</sup> September 2025

### Session 6: Ultra-processed foods - what's the molecular evidence

**Chairs: Associate Prof. Aifric O Sullivan**

**09:00** *Opportunities and Challenges for Processed Food and Health; Results from the RESTRUCTURE Trial*  
**Keynote: Prof. Ciarán Forde, Wageningen University & Research, Netherlands**

### Session 7: Selected Abstracts

**Chairs: Associate Prof. Aifric O Sullivan**

09:45	<i>The Health Benefits of Fruit and Vegetable Byproducts: A Systematic Scoping Review</i> <b>Brendan Kesler</b> , The Rowett Institute, University of Aberdeen, UK
10:05	<i>Caloric restriction-induced metabolic adaptation associated with amount of body weight lost – results from the LION study</i> <b>Dr. Carmen Blanken</b> , Technical University of Munich, Germany
10:25	<i>Developing a 3D model of the bone marrow niche to investigate the influence of folate on childhood leukaemia-initiating events</i> <b>Dr. Jessica R Saville</b> , Northumbria University, UK
10:45	<i>Obesity-Satiety Phenotypes and the Gut Microbiome: A Pilot Study</i> <b>Dr. Kerstin Schorr</b> , TNO, Netherlands
11:05	<i>To model or not to model? Lessons on using an in silico-in vitro approach to identify foods that support the infant colonic microbiota</i> <b>Vitor Geniselli da Silva</b> , Riddet Institute, New Zealand
11:25	Awards announcement
11.45	Conference Close

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