5 September 2023 - 14.30 - 1.00
14.45 Welcome
15.00-18.50 Chair: Guy Vergeres and Vanni Macorrenato
1. Early biomarkers of disease: What is new?
14.45 Welcome
Guy Vergeres
Senigallia - Terrazza Morandi
healthy adults
D status through personalized lifestyle interventions in a multimodal AI approach to achieve optimal vitamin D status
Epidemiology, Leiden University Medical Center, Leiden, NL

10.50 The importance of adequate nutrition and of the intestinal microbiota in the balance between health and disease early in life: the celiac disease paradigm
Laura Bordoni
Massachusetts General Hospital, Boston, MA, USA

11.45 Coffee break

11.50 Tracing the impact of diet on human health during different life stages
12.30 Lunch at Hotel Raffaello

15.00-19.00 Chair: Laura Bordoni and Lydia Altman
3. Tools to trace the impact of nutrition and lifestyle on health
15.00 Personalized Nutrition for metabolic health. Sarah Berry,
Department of Nutrition, King’s College London, London, UK,
Use of transcriptomics and metabolomics to trace the impact of dietary fat on CVD risk, Alona Silverman,
Department of Nutrition, Institute of Basic Medical Sciences, University of Oslo, Oslo, NO
16.20 Coffee break
17.30 ECN Network event

7 September 2023 - 9.00-12.30
9.00-10.00 Chair: Michael Muller and Rosita Gabbianelli
2. Nutrition along the learning from the experience
9.00 The planetary health diet and its impact on the gut-brain axis during aging,
David Vauzour,
Department of Nutrition, Norwich Medical School, University of East Anglia, Norwich, UK
9.40 Multi-omics response to nutritional challenges and lifestyle interventions, Marian Beckman,
Molecular Epidemiology, Department of Biomedical Data Sciences, Leiden University Medical Center, Leiden, NL
10.20 Coffee break
10.50 Impact of plant-based diet indexes on the metabolomic profile, Elaine Hillesheim,
UCD Institute of Food and Health, UCD School of Agriculture and Food Science, University College Dublin, IE
11.10 Poster session
12.00 Lunch at Hotel Raffaello
14.00 Poster session
15.00-16.30 Chair: Laura Bordoni and Lydia Altman
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8 September 2023 - 9.00-12.30
9.00 External Social Forces That Drive Unhealthy Dietary Choices, Alice H Lichtenstein,
Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center, Tufts University, Boston, MA, USA
9.40 All for precision medicine and special reference to inequalities and nutrition, David Llewellyn,
University of Exeter Medical School, Exeter, UK
10.20 Coffee break
10.50 Social and gender inequalities in cardiovascular risk across ethnic groups, Irene G Van Vliet-Vandenberg,
Department of Public and Occupational Health, Section Ethnicity, Gender and Health, Amsterdam UMC, NL
11.30 NuGO Best oral presentation and Best Poster award
11.40 ECN poster session
11.50 NuGO 2024 Announcement
12.15 Farewell