

First Human Nutrition and Health Science Day: 'Blood and Guts'

04th February 2025 in Aurora 9119, Wageningen University



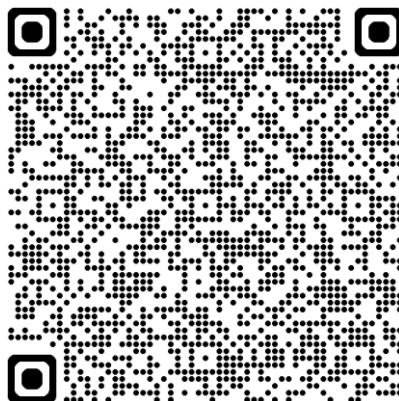
We are pleased to invite you the First Human Nutrition and Health Science Day

Division of Human Nutrition and Health, WUR

Registration: [click here to register](#) or scan the QR code

In person: Wageningen University, Aurora, Room C9119

Date: February 4th 2025



WAGENINGEN
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Programme:

08.30-09.00 Walk-in and coffee

09.00-09.45 Opening Keynote: 'Crop-circles, Zebra's and Zombies'
Dr. Dave Mela (Nutrition scientist, advisor and consultant)

Session 1: Food Structure, Nutrient Absorption, Digestion and Metabolism (Chairs: Markus Stieger and Alida Melse-Boonstra)

09.45-10.00 'Bolus matters: How food structure and oral breakdown influence nutrient digestion'
Markus Stieger (SSEB/FQD)

10.00-10.15 'Assessing changes in food structure in the stomach with imaging'
Paul Smeets (SSEB)

10.15-10.20 'Satiety responses to UPF diets with slow and fast texture-derived eating rates'
Marieke van Bruinessen (SSEB)

10.20-10.25 'Untangling the interplay between food microstructure, mechanical properties, macrostructural breakdown and in vitro gastric protein digestion'
Dan Liu (SSEB)

10.25-10.45 Coffee break

10.45-11.00 'The food matrix and the true energy content of the diet'
Edoardo Capuano (FQD)

11.00-11.15 'Protein digestibility'
Nikkie van der Wielen (AN)

11.15-11.30 'Incorporating protein digestibility into dietary recommendations'
Pol Grootswagers (NB)

11.30-11.35 'Protein digestibility from mealworms (*T. molitor*): a pilot study in humans'
Laila Hammer (GN)

11.35-11.40 'Impact of ageing on protein digestion in vivo'
Fenna Hinssen (NB)

11.40-11.45 'Vegan diets: The impact on skeletal muscle mass and function in older adults'
Jacintha Domić (NB)

11.45-12.00 'Bioavailability of micronutrients: interactions between food and meal components'
Alida Melse-Boonstra (GN)

12.00-12.05 'Incorporating iron and zinc bioavailability into mathematical diet modelling'
Dominique van Wonderen (GN) – (recorded)

12.05-12.20 'The use of compartmental modelling to investigate nutrient bioavailability and metabolism in theoretical subjects'
Tsitsi Chimhashu (GN)

12.20-12.35 'The Bio-Micro project: bioavailability of micronutrients from end products'
Jurriaan Mes (WFBR)

12.35-13.30 Lunch

Session 2: Microbiome Metabolites and Colonic Fermentation (Chairs: Josep Rubert and Guido Hooiveld)

- 13.30-13.45** 'Tracing the journey of food particles from the mouth to the colon and their impact on microbial metabolism'
Josep Rubert (NB/FQD)
- 13.45-14.00** 'Intra-intestinal fermentation of prebiotics and fate of short chain fatty acids in humans'
Guido Hooiveld (NMG)
- 14.00-14.15** 'Tailored impact of dietary fibers on gut microbiota: a multi-omics comparison on the lean and obese microbial communities'
Andrea Dell'Olio (FQD/FEM)
- 14.15-14.30** 'Exploring variations in gut health: Differences within healthy adults'
Kirsten Kruger (NB/NMG)
- 14.30-14.45** 'Microbial metabolites in relation to recovery after colorectal cancer surgery'
Niels Klaassen (NAD)
- 14.45-15.00** 'Intestinal organoids a tool for modeling food - gut microbiota - intestine interactions'
Carmen Ambrosio (NB)
- 15.00-15.20** Coffee break

Session 3: The Importance of Fibre for supporting Gut and Metabolic Health (Chair: Dieuwertje Kok)

- 15.20-15.35** 'Investigating microbiota-gut-brain health effects of prebiotics in cognitive aging'
Yannick Vermeiren (NB)
- 15.35-15.50** 'Bread, peanut butter, and apples: how first-year students get their fibre in the Wageningen Student Cohort'
Nicole de Roos (NAD)
- 15.50-16.05** 'Dietary fibre during cancer treatment: possibilities for symptom management?'
Dieuwertje Kok (NAD)
- 16.05-16.20** 'Effects of high-dietary fibre and high-fermented food diet on gut microbiota and (gut) health: a citizen science-based randomized placebo-controlled nutritional trial'
Maartje van den Belt (NAD/WFBR)
- 16.20-16.30** Short Break
- 16.30-18.00** '**Trials and Tribulations**' – (Chair: Guido Camps)
- Repeat: Diederik Esser and Repeat Team
 - I-sense: Monica Mars and the I-Sense Team
 - Revamp: Marlou Lasschuijt and Revamp Team
 - VD20: Pol Grootswagers
 - The Iron deficiency Study in Africa: Hans Verhoef
 - Intensive, personalized lifestyle interventions - Renate Winkels
- 18.00** Borrel