

THURSDAY October 5

9:30 - 10:00		arrival with coffee			
10:00 - 12:00		morning session: Physical functioning & frailty		Groupleader	
		Chairs: Charlotte Michielsen & Linda Visser			
10.00	- 10.15	Eline Verspoor	Eramus MC	Macronutrient composition of the diet and its association with frailty: the Rotterdam study	Josje Shoufour
10.15	- 10.30	Joost Linschoten	HAS	The ConsumeER Study, a real life intervention in community dwelling older consumers: results on protein intake, nutrition knowledge and consumer perceptions of ready-made meals and dairy products	Annet Roodenburg
10.30	- 10.45	Priya Dewansingh	Hanze HS	Nutrient status and intake, physical performance and bone strength in overweight and obese older adults as compared to normal weight older adults: a systematic review and meta-analysis	Ellen van den Heuvel
10.45	- 11.00	Michelle Weijzen	MUMC	Distribution of protein consumption in hospitalized malnourished, older patients	Luc van Loon
11.00	- 11.15	Andrew Holwerda	MUMC	Post-prandial protein handling following ingestion of different amounts of protein during post-exercise recovery in older males	Luc van Loon
11.15	- 11.30	Linda Hengeveld	VU	Poor diet quality and long-term incidence of protein-energy malnutrition in community-dwelling older adults	Marjolein Visser
11.30	- 11.45	Amely Verreijen	HVA	A higher protein intake is not associated with 5-year change in mid-thigh muscle cross-sectional area by computed tomography in older adults: the health, aging and body composition (health abc) study	Peter Weijs
11.45	- 12.00	Judith van Zwiene-Pot	VUMC	MaNuE; malnutrition in the elderly	Marjolein Visser
12:00 - 13:15		LUNCH			
13:15 - 15:00		afternoon session: Diet & cardiometabolic health			
		Chairs: Andrew Holwerda & Amely Verreijen			
13.15	- 13.30	Linda Visser	UMCU	The relationship between dairy product intake and risk of cardiovascular disease. A pan-European Mendelian Randomization study	Ivonne Sluijs
13.30	- 13.45	Jehad Tayyeb	MUMC	Effects of SCFA on hepatic apoA-I production	Jogchum Plat
13.45	- 14.00	Sharon Remmelzwaal	VUMC	Plasma phylloquinone and risk of type 2 diabetes- a mendelian randomization study	Joline Beulens
14.00	- 14.15	Charlotte Michielsen	WUR	Effects of a diet high in MUFA and Mediterranean diet on serum metabolic profile: a randomized fully controlled trial (MARIS)	Lydia Afman
14.15	- 14.30	Kylie Karnebeek	MUMC	Early development of nonalcoholic fatty liver disease in genetically predisposed children with overweight and obesity does not coincide with metabolic derangements	Jogchum Plat
14.30	- 14.45	Charlotte Talbot	MUMC	The impact of weight loss on cholesterol efflux capacity of HDL particles	Ronald Mensink
14.45	- 15.00	Antwi Oteng	WUR	Trans fat induces cholesterol biosynthesis through the SREBP signalling pathway	Sander Kersten
15.00 - 15.30		BREAK			
15.30	- 17.15	<b>NAV lecture &amp; debate</b>		Prof John Mathers, Professor of Human Nutrition and Scientific Director for the Institute for Ageing and Health - Newcastle University	
				<i>topic: Is personalised nutrition the route to better public health?</i>	
17:15 - 18:00		NAV Get-together in the bar			
18:00 - 19:45		Dinner (restaurant)			
19:45 - 20:00		Coffee/Tea			

**THURSDAY October 5**

**20:15 - 22:00**

**Foppe ten Hoor Award session**

**Chairs: Marco Mensink and Joline Beulens**

20.15	-	20.40	Moniek Looman	WUR	Dietary intake, nutrient status and gestational diabetes	Feskens/Geelen
20.40	-	21.05	Sadaf Oliai Araghi	Erasmus MC	Long-term folic acid and vitamin B12 co-supplementation and cancer risk: The B-PROOF study, a Randomized Controlled Trial	Kiefte/ van der Velde
21.05	-	21.30	Sophie Schutte	WUR	The Belly Fat study - A dietary intervention to improve metabolic health in subjects with abdominal obesity	Afman/Mensink

21:30 *Break and voting*

21:45 *Award Ceremony*

22:00 ... *Celebration and Networking at the Bar*

**FRIDAY October 6****9:00 - 10:45****Early morning sessions****Parallel A: Dietary patterns****Chairs: Leo van Buren & Mirjam van de Kamp**

9.00	-	9.15	Louise Dekker	UMCG	A spatial analysis of dietary patterns in a large representative population in the North of The Netherlands - The lifelines Cohort study	Eva Corpeleijn
9.15	-	9.30	Petra Vinke	UMCG	Development of a diet quality score for chronic disease in Lifelines	Eva Corpeleijn
9.30	-	9.45	Nicole den Braver	VUMC	Adherence to the Dutch dietary guidelines 2015 and risk of type 2 diabetes	Joline Beulens
9.45	-	10.00	Elly Mertens	WUR	Heterogeneity of European diets	Marianne Geleijnse
10.00	-	10.15	Deborah Gibson-Smith	VUMC	How is diet associated with depression and anxiety disorders?	Marjolein Visser
10.15	-	10.30	Anh Nhi Nguyen	Erasmus MC	Dietary patterns and bone health in children: The Generatin R Study	Trudy Voortman
10.30	-	10.45	Esther Vermeulen	AMC	The prospective association between a high-sugar-saturated fat dietary pattern and depressive symptoms in middle-aged men and women: the Whithal II study	Mary Nicolaou

**Parallel B: Clinical Nutrition****Chairs: Linda Pluymen & Lianne Bouwman**

9.00	-	9.15	Moniek van Zutphen	WUR	Changes in body weight during the colorectal cancer trajectory	Anouk Geelen
9.15	-	9.30	Astrid Doorduijn	VUMC	Nutrition, the Unrecognized Determinant in Alzheimer's Disease	Marjolijn Visser
9.30	-	9.45	José van den Driessche	MUMC	Goji berries and energy expenditure	Ronald Mensink
9.45	-	10.00	Antonio Gomes Neto	UMCG	Fruit and Vegetable Consumption and Cardiovascular Mortality in Renal Transplant Recipients	Stephan Bakker
10.00	-	10.15	Dineke Gruppen	UMCG	Trimethylamine-N-Oxide is associated with Mortality: impact of modestly impaired renal function	Stephan Bakker
10.15	-	10.30	Pauline Croll	Erasmus MC	Better diet quality relates to larger brain volumes: the Rotterdam Study	Trudy Voortman
10.30	-	10.45	Laura Winkens	VU	Mindful eating, food intake and depression	Ingeborg Brouwer

**10:45 - 11:30***Networking and 'Werkgroep-ledersvergadering' with coffee and tea*

**FRIDAY October 6****11:30 - 13:15****Late morning sessions****parallel A: Dietary assessment & dietary biomarkers****Chairs: Louise Dekker & Elly Mertens**

11.30	-	11.45	Cindy van der Avoort	MUMC/Radboud	Dietary advice focused on increasing dietary nitrate intake in active individuals	Luc van Loon/Maria Hopman
11.45	-	12.00	Mirjam van de Kamp	RIVM	Triple win for lunch at work: healthier, tastier and more environmentally friendly	Liesbeth Temme
12.00	-	12.15	Janet van den Boer	WUR	The availability of slow and fast foods in the Dutch diet: The current situation and opportunities for interventions	Monica Mars
12.15	-	12.30	Astrid van Langeveld	WUR	Taste-related energy intake as assessed by 24-hour recalls and FFQ and associations with biomarkers	Monica Mars
12.30	-	12.45	Leo van Buren	Unilever	Assessing the impact of food preparation methods on nutrient content and contribution of a food overall dietary intake - the example of soups	Peter Zock
12.45	-	13.00	Ilse Pranger	UMCG	Fatty acids as Biomarkers of Diary fat intake: Data from the Lifelines Biobank and Cohort Study	Stephan Bakker
13.00	-	13.15	Zhangling Chen	Erasmus MC	Associations of idet with gut microbiome: results from the Rotterdam Study	Trudy Voortman

**parallel B: Early life nutrition****Chairs: Kylie Karnebeek & Wout van Orten-Luiten**

11.30	-	11.45	Yvon Timmermans	MUMC	Awareness of healthy lifestyle and nutrition in (pre)pregnant women and young mothers	Anita Vreugdenhil
11.45	-	12.00	Yvette Beulen	WUR	Individual, interpersonal and socio-cultural factors driving pregnant women's dietary intake	Anouk Geelen
12.00	-	12.15	Matty Karsten	UMCG	Long term effects of a preconceptional lifestyle intervention on the diet of women	Anouk Geelen
12.15	-	12.30	Linda Pluymen	UMCU	Breastfeeding and cardiometabolic markers at age 12: a population-based birth cohort study	Gerdien Dalmeijer
12.30	-	12.45	José Fernández-Calleja	WUR	Does the glycaemic index of the post-weaning diet have consequences for health later in life? A mouse study	Evert van Schothorst
12.45	-	13.00	Lianne Bouwman	WUR	Metabolic programming by monosaccharides during early life in mice	Evert van Schothorst
13.00	-	13.15	Outi Sirkka	VU	Prospective associations of age at weaning and exclusive breastfeeding duration with relative weight at 5-6 years within different risk groups	Margreet Olthof

**13:15 - 14:30***Lunch and Departure*