

**THURSDAY October 11**

**9:45 - 10:15**

**arrival with coffee**

**10:15 - 11:45**

**Morning session: Nutrition & Cardiovascular Health**

**Groupleader**

**Chairs: Pol Grootswagers & Marjolein Harbers**

10.15	-	10.30	Jose	van den	Driessche	A human intervention study on the effect of algae consumption on cholesterol metabolism	
10.30	-	10.45	Ellen		Smeets	Acute postprandial effects of macronutrients on vascular function in healthy overweight and slightly obese men	Peter Joris
10.45	-	11.00	Kim		Braun	Different substitutions of macronutrient intake and incident coronary heart disease: The Rotterdam Study	Trudy Voortman
11.00	-	11.15	Merel	van	Rooijen	Effects of C16:0 versus C18:0 on HDL metabolism: results of a human dietary intervention study	
11.15	-	11.30	Elly		Mertens	Plant protein and cardiovascular mortality in the Alpha Omega Cohort	Marianne Geleijnse
11.30	-	11.45	Anouk		Willems	Reducing carbohydrate intake and increasing fat and protein intake improves markers of metabolic syndrome in obese individuals without cardiometabolic diseases: a meta-analysis	
11.45	-	12.00	Jehad		Tayyeb	The effects of SCFA on ApoA-I transcription in inflamed hepatic cells	Jogchum Plat

12.00 - 13.00 LUNCH

**13:00 - 15:00**

**Afternoon session: Early Life Nutrition**

**Chairs: Kim Braun & Esther van Eekelen**

13.00	-	13.15	Erik		Matsiko	Determinants of retarded growth in Rwandan children from 0 to 12 months: a longitudinal study	Alida Melse-Boonstra
13.15	-	13.30	Lianne		Bouwman	Galactose-glucose (mimicking lactose) in post-weaning diet protects female mice from adiposity in later life.	Evert van Schothorst, Jaap Keijer
13.30	-	13.45	Anh Nhi		Nguyen	Macronutrient intake and metabolic health in childhood: the role of different substitutions	Trudy Voortman
13.45	-	14.00	Leanne		Küpers	Meta-analysis of epigenome-wide association studies in neonates reveals widespread differential DNA methylation associated with birthweight	Marianne Geleijnse
14.00	-	14.15	Kylie		Karnebeek	OxLDL antibodies in children with overweight and obesity	Jogchum Plat
14.15	-	14.30	Nicole		Toussaint	PreSchool@HealthyWeight – what is the effect of a preschool-based intervention on the level of confidence of child care providers in promoting healthy eating and physical activity in toddlers.	Martinet Streppel
14.30	-	14.45	Nikkie	van der	Wielen	Measuring protein digestibility in humans using a dual stable isotope ratio method	Marco Mensink
14.45	-	15.00	Kristien		Fluitman	The association between olfactory function and BMI, appetite, and prospective weight change in Dutch community-dwelling older adults	Marjolein Visser

15.00 - 15.30 BREAK

15.30 - 17.15 NAV lecture & debate: Michiel de Boer  
topic: *What's in a p-value? Why researchers are just normal humans.*

17:15 - 18:00 *Get-together in the bar*  
18:00 - 19:45 *Dinner (restaurant)*  
19:45 - 20:00 *Coffee/Tea*

**20:15 - 22:00**

**Foppe ten Hoor Award session**

**Chairs: Joline Beulens & Trudy Voortman**

20.15	-	20.40	Linda		Vissers	Comparison of the effect of a diet high in dairy products, to diets high in meat or grain, on cholesterol ester fatty acid profile	Ivonne Sluijs, Yvonne v/d Schouw
20.40	-	21.05	Robert		Memelink	Effect of a whey protein drink enriched with leucine and vitamin D on lean mass and glycemic control during a combined lifestyle intervention in obese older adults with type 2 diabetes: a double-blind randomised controlled trial	Peter Weijs
21.05	-	21.30	Sabine		Zwakenberg	The effect of menaquinone 7 supplementation on vascular calcification: a randomized, double-blind, placebo-controlled trial	Joline Beulens

21:30 - 21:45 *Break and voting*  
21:45 - 22:00 *Award Ceremony*

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

**FRIDAY October 12****9:15 - 10:45****Early morning session - parallel A: Dietary patterns****Chairs: Anh Nhi Nguyen & Elly Mertens**

9.15	-	9.30	Harry		Freitag	Luglio Muhammad	Assessment of a low calorie low inflammatory diet for weight loss of adults with obesity	Marleen van Baak, Edwin Mariman
9.30	-	9.45	Esther	van	Eekelen		The Dutch Healthy Diet Index and its components in relation to visceral fat and liver fat: the NEO study	Renée de Mutsert
9.45	-	10.00	Sander		Biesbroek		Did our dietary habits and food print change in the past 20-years?	Liesbeth Temme
10.00	-	10.15	Alessandra		Grasso		Socio-demographic predictors of food waste behaviour in Denmark and Spain	Ingeborg Brouwer, Margreet Olthof
10.15	-	10.30	Marjolein		Harbers		The association between the food environment and dietary patterns: preliminary findings from the EPIC-NL study.	Ivonne Sluijs
10.30	-	10.45	Eva		Fechner		The effect of a healthy diet on metabolic flexibility and insulin sensitivity: A human intervention study.	

**9:15 - 10:45****Early morning session - parallel B: Elderly and physical functioning****Chairs: Laura van der Velde & Vera Wesselink**

9.15	-	9.30	Marjanne	van der	Hoek		Carnitine status in relation to frailty and physical performance in the elderly	Arie Nieuwenhuizen, Jaap Keijer
9.30	-	9.45	Elvera		Overdevest		Dietary protein intake in older ethnic minorities in the Netherlands	Michael Tieland
9.45	-	10.00	Pol		Grootswagers		Maintaining mitochondrial health during ageing: The role of B-vitamins	Marco Mensink, Lisette de Groot
10.00	-	10.15	Jantine		Helder		The effect of a personalized dietary protein counselling during an exercise program on habitual protein intake in community dwelling older adults; preliminary results of the VITAMIN study.	Peter Weijs
10.15	-	10.30	Juul		Verstappen		Impact of dietary protein supplementation on length of hospital stay and mortality in older adults: a systematic review and meta-analysis.	Michael Tieland
10.30	-	10.45	Moniek	van	Zutphen		Lifestyle trends in colorectal cancer survivors	Fränzel van Duijnhoven, Ellen Kampman

10:45	-	11:30	<i>Networking and 'Werkgroep leidersvergadering' with coffee and tea</i>					
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**11:30 - 12.45****Late morning session - parallel A: Dietary assessment and biomarkers****Chairs: Kylie Karnebeek & Marjanne van der Hoek**

11.30	-	11.45	Yvette		Beulen		Why pregnant women eat what eat: Mixed methods research to assess and optimise dietary intake of low SES pregnant women.	Jeanne de Vries
11.45	-	12.00	José		Fernández-Calleja		Non-invasive continuous real-time in vivo analysis of microbial hydrogen production shows adaptation to fermentable carbohydrates in mice	Evert van Schothorst, Jaap Keijer
12.00	-	12.15	Jeske		Hageman		The applicability of the analysis of volatile organic compounds (VOCs) in exhaled air in dietary intervention studies	Arie Nieuwenhuizen, Jaap Keijer
12.15	-	12.30	Kamalita		Pertiwi		Dietary and circulating fatty acids in the Alpha Omega Cohort	Marianne Geleijnse
12.30	-	12.45	Sadaf		Oliai Araghi		The association of vitamin D status and dietary calcium and bone health outcomes in thiazide diuretics and loop diuretics users in older population: The Rotterdam Study	Jessica Kieft-de Jong, Nathalie van der Velde

**11:30 - 12.45****Late morning session - parallel B: Obesity and diabetes****Chairs: Kristien Fluitman & Harry Freitag**

11.30	-	11.45	Lea		Tischmann		Acute effects of a high-protein diet on appetite after a long-term high-protein intervention.	Tanja Adam
11.45	-	12.00	Laura	van der	Velde		The relation between food insecurity and obesity and its potential mediators	Jessica Kieft- de Jong
12.00	-	12.15	Charlotte		Michielsen		The effects of calorie restriction and nutrient quality on microRNAs in adipose tissue in abdominally obese men and women: a randomized controlled trial	Lydia Afman
12.15	-	12.30	Carolien		Ruijgrok		The relationship between acute and chronic effects of dietary glycaemic index and load intervention studies: a systematic review and meta-analysis	Joline Beulens
12.30	-	12.45	Vera		Wesselink		Inflammatory cytokines and vitamin D levels in colorectal cancer patients	Fränzel van Duijnhoven/Ellen Kampman

12:45	-	14:30	<i>Lunch and Departure</i>					
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