# Nutrients 2026 Program Overview

**Please note that all times indicated in the program overview are in CEST (Central European Summer Time), corresponding to the local time in Barcelona, Spain.**

| | Thursday, 22 October 2026<br>8:00 AM – 6:30 PM CEST | Friday, 23 October 2026<br>9:00 AM– 6:30 PM CEST | Saturday, 24 October 2026<br>9:00 AM – 4:30 PM CEST |
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| Morning | Opening Ceremony<br>(Check-in from 8:00 AM CEST) | | |
| | Plenary Lecture<br>&<br>S6. Lifestyle and prevention of chronic diseases (Part 1) | S1. Personalized nutrition based on diet-gene interactions (Part 1) | S3. Novel dietary recommendations for specific chronic diseases (Part 1) |
| | Coffee Break | Coffee Break | Coffee Break |
| | S6. Lifestyle and prevention of chronic diseases (Part 2) | S1. Personalized nutrition based on diet-gene interactions (Part 2)<br>&<br>S5. The potential role of AI in clinical practice | S3. Novel dietary recommendations for specific chronic diseases (Part 2) |
| | Lunch Break & Poster Session A | Lunch Break & Poster Session B | Lunch Break & Poster Session C |
| Afternoon | S6. Lifestyle and prevention of chronic diseases (Part 3) | S2. Innovations in Clinical Nutrition (Part 1) | S4. Understanding the role of microbiota in clinical practice (Part 1) |
| | Coffee Break & Poster Session A | Coffee Break & Poster Session B | Coffee Break & Poster Session C |
| | S6. Lifestyle and prevention of chronic diseases (Part 4) | S2. Innovations in Clinical Nutrition (Part 2) | S4. Understanding the role of microbiota in clinical practice (Part 2) |
| | Conference Dinner<br>(7:30 PM CEST) | | Closing & Award Ceremony |

# Nutrients 2026 Detailed Program

**Please note that all times indicated in the detailed program are in CEST (Central European Summer Time), corresponding to the local time in Barcelona, Spain.**

## Day 1 – Thursday, 22 October 2026

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| from 08:00 | **Check-In** | |
| 09:00-09:20 | **Opening Ceremony & Welcome Remarks** | |
| 09:20-10:00 | **Prof. Dr. Carlo La Vecchia**<br>**Plenary Speaker** | **Whole Grains, Healthy and Sustainable Diets and Gastric Cancer: Pooled Analyses of the Stomach Cancer Pooling (StoP) Consortium** |
| **Session 6: Lifestyle and prevention of chronic diseases (Part I)**<br>chaired by **Prof. María Luz Fernández** | | |
| 10:00-10:05 | **Prof. Dr. María Luz Fernández**<br>**Session Chair** | **Introduction** |
| 10:05-10:20 | **Kalliopi Georgakouli** | Effects of Structured Lifestyle Counseling Combined with a Low-Glycaemic Index Hypocaloric Diet on Weight Loss, Blood Pressure, and Quality of Life: A Pilot Randomized Controlled Trial |
| 10:20-10:35 | **Maria Belen Gutierrez-Barrutia** | A Functional Biscuit Formulated with Brewers' Spent Grain Attenuates Postprandial Glycemia in Healthy Adults: A Proof-of-Concept Crossover Trial |
| 10:35-10:50 | **Nikolay Andreevich Safonov** | Dietary Antioxidant Potential, Serum Micronutrient Status and ABSI-Based Risk in Older Adults |
| 10:50-11:05 | **Rosa Casas** | Daily Peanut Consumption Improves Attention, Processing Speed and Executive Function in Preadolescents: A Translational Nutrition Approach |
| 11:05-11:35 | **Coffee Break** | |

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| 11:35-11:50 | **Mami Fujibayashi** | Determinants of Cardiovascular Risk in Master Athletes: The Critical Role of Adiposity Management |
| 11:50-12:05 | **María Fernanda López-Padilla** | Associations Between (Poly)phenols' Intake, and Lipid Profile and HDL Functionality in EPIC-Spain Cohort |
| 12:05-12:20 | **Anna Sanjuan-Clavaguera** | Exposomic Insights into Exercise in Young Adults: Integrating Metabolic Profiling and Dietary Status |
| 12:20-12:35 | **Dalia El Khoury** | Supplement Use, Patterns and Determinants in Gay, Bisexual, Transgender, Two-Spirit, Queer (GBT2Q+) Men and Non-Binary Individuals in Canada |
| 12:35-13:55 | **Lunch Break & Poster Session A** | |
| **Session 6: Lifestyle and prevention of chronic diseases (Part II)**<br>chaired by **Prof. María Luz Fernández** | | |
| 14:00-14:30 | **Dr. María Dolores del Castillo**<br>**Keynote Speaker** | **Coffee-Derived Novel Foods and Metabolic Health: From Sustainable Practices to Preventing Chronic Diseases** |
| 14:30-14:45 | **Laura Cismaru** | Eating Behaviour and Exposure to Food-Related Social Media Content among Generation Z University Students in Romania |
| 14:45-15:00 | **Elsa Blanco-Ferran** | The Effects of a Maternal Diet High in Fiber and Polyphenols on the Gut-Brain Axis of Dams and Their Offspring |
| 15:00-15:15 | **Rana Abdel Sater** | Mediterranean Diet Adherence and its Association with Anxiety and Depression Among Lebanese University Students: A Cross-Sectional Study |
| 15:15-15:30 | **Lucía Riggioni Saborío** | Maternal Fruit and Vegetable Intake During Pregnancy and Childhood Overweight: A Prospective Cohort Study |
| 15:30-15:45 | **Josep C. Jiménez Chillarón** | Developmental versus Diet-Induced Obesity: Similar Fat Expansion, Divergent Molecular Fingerprints in Adipocyte Progenitors |

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| 15:45-16:25 | **Coffee Break & Poster Session A** | |
| 16:25-16:40 | **Agata Jabłońska-Trypuć** | Evaluation of the Anticancer and Antimicrobial Potential of *Chlorella vulgaris* Algae Extract: Preliminary Study |
| 16:40-16:55 | **Wilna Oldewage-Theron** | Beyond the Pill: Whole Soybeans Outperform B-Vitamins in Increasing HDL-C Among Older South Africans |
| 16:55-17:10 | **Onosolesena D. Idiakheua** | Association Between Energy and Protein Intake and Physical Function of Older Adults Living in Rural Areas in Edo State, South-South Nigeria |
| 17:10-17:25 | **Jacinta Brasil** | Water Sources and Hydration Status in Healthcare Professionals: A Cross-Sectional Study Using Urine Osmolality and Free Water Reserve |
| 17:25-17:40 | **Sara Baldassano** | GLP1 Receptor Modulation Directly Regulates Adipogenic and Thermogenic Fate of Human Adipose-Derived Stem Cells in a Depot-Specific Manner |
| 17:40-17:55 | **Sonya Vasto** | A Dietary Biofortification Strategy for Cardiovascular Risk Reduction: Effects of Ecklonia maxima-Enriched Vegetables on Small Dense LDL Cholesterol |
| 17:55-18:05 | **Prof. Dr. María Luz Fernández**<br>**Session Chair** | **Closing Remarks** |
| Starting at 19:30 | **Conference Dinner at Arrosseria Gaudí Restaurant**<br>**Address: Av. de Gaudí, 44, 46, Eixample, 08025 Barcelona, Spain** | |

## Day 2 – Friday, 23 October 2026

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| **Session 1: Personalized nutrition based on diet-gene interactions**<br>chaired by **Dr. Veronica A. Mullins** | | |
| 09:00-09:05 | **Dr. Veronica A. Mullins**<br>**Session Chair** | **Introduction** |
| 09:05-09:35 | **Prof. Ji-Young Lee**<br>**Keynote Speaker** | **Dietary $NAD^+$ Boosters as a Strategy for Targeting Metabolic and Inflammatory Pathways in Liver Disease** |
| 09:35-09:50 | **Dr. Veronica A. Mullins** | Genetically Tailored Nutrition: Assessing the Utility of Consumer Genetic Tests |
| 09:50-10:05 | **Diana Sagués Farreras** | Higher Anthocyanin Intake Is Associated with a Lower Risk of Alzheimer's Disease Regardless of ApoE Genotype: A Case-Cohort Study Within the EPIC-Spain Dementia Cohort |
| 10:05-10:20 | **MinJae Lee** | Exploring Potential Causal Associations Between Plasma Folate Biomarkers and Prostate Cancer Aggressiveness Using Folate-Pathway Genetic Variants |
| 10:20-10:35 | **Helen Cristina Vidal** | Circulating miR-139 and miR-486 Are Associated with Plant Protein and Fiber Intake, Cardiometabolic Risk Factors, and Systemic Inflammation in Adolescents |
| 10:35-11:05 | **Coffee Break** | |
| 11:05-11:35 | **Prof. Dr. Dolores Corella**<br>**Keynote Speaker** | **Gene-Diet Interactions on Biomarkers of Aging: Their Role in Rejuvenation Strategies and Disease Prevention** |
| 11:35-11:50 | **Dr. Lujain Zain** | Precision Nutrition for Obesity Management: Integrating Nutrigenomics, Gut Health, and Lifestyle Interventions in Clinical Practice |
| **Session 5: The potential role of AI in clinical practice**<br>chaired by **Dr. Maria J. Rodríguez-Lagunas** | | |

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| 11:50-11:55 | **Dr. Maria J. Rodríguez-Lagunas**<br>**Session Chair** | **Introduction** |
| 11:55-12:25 | **Dr. Dario Gregori**<br>**Keynote Speaker** | **AI Driven Dietary Assessment in Clinical Practice: From Signal Based Intake Estimation to Malnutrition Detection** |
| 12:25-12:55 | **Prof. Clara Balsano**<br>**Keynote Speaker** | **Application of Artificial Intelligence in Medicine: Opportunities and Challenges** |
| 12:55-13:10 | **Mireia Bosch** | Extracting Digital Patient-Reported Outcomes from Social Media: Insights from Menopause and Digestive Health |
| 13:10-14:30 | **Lunch Break & Poster Session B** | |
| **Session 2: Innovations in Clinical Nutrition**<br>chaired by **Dr. Marcela Vergara-Jimenez** | | |
| 14:30-14:35 | **Dr. Marcela Vergara-Jimenez**<br>**Session Chair** | **Introduction** |
| 14:35-15:05 | **Dr. Maria Carmen Collado**<br>**Keynote Speaker** | **Women's Nutrition in Pregnancy and Lactation: Impacts on Maternal–Infant Microbiota and Health** |
| 15:05-15:35 | **Prof. Dr. Luis Alberto Moreno Aznar**<br>**Keynote Speaker** | **Early Development of Eating Behaviour in Relation to Obesity** |
| 15:35-15:50 | **Varol Tunali** | An AI-Designed, Microbiome-Targeted Food Bar in Prediabetes and Type 2 Diabetes: Within-Participant Glycaemic Changes in a 12-Week Single-Arm Pilot |
| 15:50-16:05 | **Kimia Jalali** | Ultra-High-Pressure Homogenization Better Preserves Immunoglobulin and Cytokine Profiles of Donor Human Milk than Holder Pasteurization |

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| 16:05-16:20 | **Camila Bencheluch Morales** | Integrated Dietetic and Gastronomic Care in Hospitalized Oncological Patients: Appetite Recovery, Nutritional Status Preservation, and Validation of a Novel PREMs/PROMs Instrument |
| 16:20-17:00 | **Coffee Break & Poster Session B** | |
| 17:00-17:30 | **Prof. Rafael Pérez-Escamilla Keynote Speaker** | **Impact of Produce Prescription Programs on Food Intake Across the Life Course** |
| 17:30-17:45 | **Karen Veronica Ayala Huaman** | Annona muricata Leaf Extract Attenuates Obesity-Associated Metabolic Dysfunction and Hepatic Steatosis in Diet-Induced Obese Mice |
| 17:45-18:00 | **Giovanna Polcaro** | Curcumin-Induced Downregulation of miR-27a-3p Promotes Immunogenic Cell Death and Enhances PD-L1 Blockade Efficacy in Triple-Negative Breast Cancer Through Low-Inflammatory Cytotoxicity |
| 18:00-18:10 | **Dr. Marcela Vergara-Jimenez Session Chair** | **Closing Remarks** |

## Day 3 – Saturday, 24 October 2026

| **Session 3: Novel dietary recommendations for specific chronic diseases**<br>chaired by **Dr. Francisco Jose Pérez Cano** | | |
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| 09:00-09:05 | **Dr. Francisco Jose Pérez Cano**<br>**Session Chair** | **Introduction** |
| 09:05-09:35 | **Prof. Dr. Maria Luz Fernandez**<br>**Keynote Speaker** | **Eggs and Their Controversial Pathway from a Suspicious to a Healthy Food** |
| 09:35-09:50 | **Ane Otaegui** | Towards Personalized Nutrition in Multiple Sclerosis: Baseline Biological Phenotypes Shape Response to Dietary Intervention |
| 09:50-10:05 | **Chiara Cecconello** | Effect of Fermentation-Derived Chondroitin Sulfate in Mild to Moderate Knee Osteoarthritis Symptoms Management: A Post-Hoc Analysis |
| 10:05-10:20 | **Kardelen Kandemir** | Effects of the DASH Diet Versus Turkish Dietary Guidelines-Based Medical Nutrition Therapy on Glycemic Control and Blood Pressure in Women with Gestational Diabetes: A Randomized Controlled Trial |
| 10:20-10:35 | **Martina Signorelli** | Nutritional Status and Social Vulnerability Identify a High-Risk Subgroup of Patients with Extensive-Stage Small-Cell Lung Cancer |
| 10:35-11:05 | **Coffee Break** | |
| 11:05-11:35 | **Prof. Dr. Jaime Uribarri**<br>**Keynote Speaker** | **Role of Dietary Advanced Glycation End Products (AGEs) in Insulin Resistance** |
| 11:35-11:50 | **Carolina Gabriela Plazas Guerrero** | Effect of the Dieta de la Milpa on Biochemical Markers in People with End-Stage Renal Disease Receiving Hemodialysis: A Randomized Clinical Trial |
| 11:50-12:05 | **David Barry** | Synbiotic Supplementation as a Novel Nutritional Strategy for Sarcopenia: Results from a Randomized Controlled Trial in Older Adults |
| 12:05-12:20 | **Xiangjun He** | Enteral Nutrition Initiation and Postoperative Outcomes in Adult Patients Undergoing Split Liver Transplantation: A Single-Center Retrospective Study |

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| 12:20-13:40 | **Lunch Break & Poster Session C** | |
| **Session 4: Understanding the role of microbiota in clinical practice**<br>chaired by **Prof. Lluis Serra Majem** | | |
| 13:40-13:45 | **Prof. Lluis Serra Majem**<br>**Session Chair** | **Introduction** |
| 13:45-14:15 | **Dr. Francisco Jose Pérez Cano**<br>**Keynote Speaker** | **Breast Milk and Infant Immune Development: From Preclinical Data to Clinical Advice** |
| 14:15-14:30 | **Soonkyu Chung** | Unexpected and Atypical Gut-Brain Axis Association by Diet-Induced Weight Cycling |
| 14:30-15:10 | **Coffee Break & Poster Session C** | |
| 15:10-15:25 | **Emanuela Lavanga** | Gut Microbiota Composition in Psoriatic Arthritis Patients treated with Different Biologic Therapies |
| 15:25-15:40 | **Aylin Jafari** | Early-Life *Bacillus coagulans* Supplementation Mitigates Maternal High-Fat Diet-Induced Intestinal Dysfunction and Colitis Susceptibility in Offspring |
| 15:40-15:55 | **Hajer Chaouch** | Association Between Gut Microbiota-Oriented Nutritional Management, Resolution of Weight Loss Plateau and Body Composition Changes in Adults with Overweight or Obesity: A Prospective Real-World Observational Study |
| 15:55-16:15 | **Closing Remarks & Awards Ceremony** | |

## Poster Session A:

**Session 6. Lifestyle and prevention of chronic diseases**

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| 1. | **Bilge Özerman Edis** | Dietary Polyphenol-Rich Liquid Enoant Improves Cognitive Function in Rats with Ischemia/Reperfusion |
| 2. | **Junichi Nagata** | Study on the Immunostimulatory and Anti-Inflammatory Effects of Polyphenols from Artemisia indica Willd. var. orientalis and the Contribution of a Novel Constituent |
| 3. | **Kyoichi Osada** | Oxidized Stigmasterol May Exacerbate Hepatic Lipid Accumulation and Promote Metabolic Dysfunction and Inflammation in High-Fat Diet-Fed Mice |
| 4. | **Ecem Tumer** | Post-Earthquake Trauma and Diet Quality Among Adults Living in Temporary Accommodation Centers After the February 2023 Türkiye Earthquakes |
| 5. | **Kazunori Koba** | Fermented Black Soybean Attenuates the Elevation of Blood Pressure in Spontaneously Hypertensive Rats |
| 6. | **Montserrat Rabassa** | Dietary (Poly)phenols Are Associated with Frailty Transitions in Mediterranean Older Adults: The InCHIANTI Study |
| 7. | **Ewa Niedzwiedzka** | Changes in Diet Quality, Body Composition, and Cardiometabolic Markers in Users of the Dietary Diary App: 10-Week and One-Year Follow-Up |
| 8. | **Georgina Pujol-Busquets Guillén** | Effects of a Pork-Based Dietary Intervention on Dietary Behaviours, Body Composition, and Metabolic Health: A Mixed-Methods Study |
| 9. | **Yue Xi** | Food Addiction, Ultra-Processed Food Intake, and Gastrointestinal Symptoms in Chinese Adolescents: A Multicenter, School-Based Cross-Sectional Study |
| 10. | **Wahebah Alanazi** | Does Micronutrient Supplementation Influence Dietary Intake? A Systematic Review of Randomised Controlled Trials |
| 11. | **Maedeh Gholami** | Mediterranean Diet Adherence and Cognitive Performance in Community-Dwelling Older Adults: Evidence from Northern Italy |
| 12. | **Rosanna Sanseverino** | Beyond Metabolic Features: Orthorexia Nervosa, Cognitive Restraint, and Overthinking in Women with Polyendocrine-Metabolic Ovarian Syndrome (PMOS) |
| 13. | **Lizbeth Carolina Lopez Arisaca** | Tumbo Seed Oil Modulates Cardiometabolic, Endothelial and Antioxidant Markers in Guinea Pigs with Diet-Induced Hyperlipidemia |
| 14. | **Ioana Maria Crasan** | The Multi-Systemic Inflammatory Signature of Pediatric Obesity: Evidence for a Gut–Brain–Metabolic Axis Involving Leptin and PLA2 Type IIA |

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| 15. | **Anna Danielewicz** | Knowledge and Attitudes of Physicians Toward the Health Benefits of Dairy Products in Cardiometabolic Disease Prevention |
| 16. | **Daniela Ceballos** | Maternal High-Fiber, Polyphenol-Rich Diet Modulates Early Immune Development in Neonatal Rat Offspring |
| 17. | **Cristina Manuela Dragoi** | Dietary and Nutraceutical Management of Sleep in Health Sciences Students: A Cross-Sectional Survey |
| 18. | **Marta Ros-Baró** | Effects of a Tenebrio molitor–based Cookie Combined With Physical Activity on Lipid Metabolism: A Pilot Randomized Controlled Trial |
| 19. | **Sandra Clotet-Vidal** | Hidden Malnutrition and Micronutrient Deficiencies in Older Adults After Hospitalization for Community-Acquired Pneumonia |
| 20. | **Daniela Ceballos** | Maternal Fiber and Polyphenol Intake in Wistar Rats Shapes Offspring's Innate Immunity and Gut–Immune Homeostasis during Adulthood |
| 21. | **Blanca Barrau-Martinez** | Targeted LC–MS/MS Profiling of Urinary (Poly)phenol Metabolites Across Pediatric and Adult Phenylketonuria Phenotypes |
| 22. | **Francisco J. Perez-Cano** | Milk Composition from a Transgender Woman after Induced Lactation |
| 23. | **Cristina Jardí** | Diet Quality and Physical Well-Being in Adults with Type 2 Diabetes: The Role of Glycaemic Control |
| 24. | **Sofia González las Heras** | Dietary Intervention Rich in Fiber, Plant Protein, and Fish Oil Reverses High Fat Diet-Induced Proinflammatory Plasma Lipid Profile in Rats |
| **End of Poster Session A** | | |

**Poster Session B:**

**Session 6. Lifestyle and prevention of chronic diseases**
**Session 1. Personalized nutrition based on diet-gene interactions**
**Session 2. Innovations in Clinical Nutrition**
**Session 5. The potential role of AI in clinical practice**

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| 1. | **Karla Rio-Aige** | Weaned Lewis Rat Pups Show Modulated Mucosal Immunity Following an Early-Life Diet Rich in Fiber, Plant-Based Protein, and Fish Oil |
| 2. | **Chelsea Amarachi Erem** | Olive Oil but Not Whole Grains: The Uneven Erosion of the Mediterranean Diet in Spanish and U.S. Adolescents |
| 3. | **Tania Huedo-Medina** | Quality over Quantity: Perceived School-Food Quality, Not How Often It Is Eaten, Predicts Mediterranean-Diet Adherence in Spanish and U.S. Adolescents |
| 4. | **Irache Iduriaga Platero** | Off-Target Effects of Common Drugs on Dietary Histamine Metabolism |
| 5. | **Arnau Gonzalez-Rodriguez** | HS-SPME-GC-MS-Based Urinary Volatilomics Reveals Metabolic Alterations in Phenylketonuria |
| 6. | **Arnau Gonzalez-Rodriguez** | Integrated Urinary Metabolomics and Volatilomics Reveal Metabolic Control-Related Signatures in Adults with Phenylketonuria |
| 7. | **Linh Ngoc Nguyen** | A Randomized Trial of Singapore's Nutri-Grade Beverage Label on Freshly-Prepared Beverage Purchases and Diet Quality |
| 8. | **Stavros Kavouras** | The HYDRATE Randomized Crossover Trial: Feasibility of Increased Water and Non-Sugar-Sweetened Beverages on Hydration and Health Outcomes |
| 9. | **Silvia Canudas** | Anthocyanin-Rich Foods and Obesity: A Systematic Review and Meta-Analysis Highlighting Purple Sweet Potato as a Functional Food Matrix |
| 10. | **Shannon Kelleher** | Precision Nutrition in Lactation: A Novel SLC30A2 Variant Links Zinc Metabolism to Breast Hypoplasia, Low Milk Supply, and Aberrant Milk Composition |
| 11. | **Vasiliki Costarelli** | Weight Bias and Obesity-Related Perceptions in Employment Settings: Results from a Greek Population Survey |
| 12. | **Natália Ellen Delmicon** | Circulating miR-30a Levels Are Associated with a Macronutrient Pattern and Metabolic Syndrome Burden in Brazilian Adults: A Cross-Sectional Study |
| 13. | **Emily Alexandra Pardo Araujo** | Bioactive Compound-Enriched Functional Formulations Improve Metabolic Outcomes and Modulate Hepatic Lipid Metabolism in Diet-Induced Obesity |

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| 14. | **Graziela Biude Silva Duarte** | Genetic Variants and Zinc Status: A Polygenic Risk Score Approach and Its Association with Serum Zinc in Adults and Older Adults from the 2015 ISA-Nutrition Study |
| 15. | **Rasheedat Lawal** | Nutritional and Genetic Risk Factors in the Progression of Mild Cognitive Impairment |
| 16. | **Hirofumi Tachibana** | The Intake of Tomato Juice Modulates Expression of Human Plasma MicroRNAs |
| 17. | **Chiara Cecconello** | S-Adenosyl-Methionine Supplementation Improves Cognitive Function and Sleep-Related Impairment in Postmenopausal Women: A Post Hoc Analysis of a Placebo-Controlled Study |
| 18. | **Adriana Burrero** | The NUTRI-OBEDIGITHUM Pathway: A Clinical Framework for Integrating Personalized Exchange-Based Nutritional Prescriptions into a Digitally Enabled Obesity Care Model |
| 19. | **Hajer Chaouch** | Association Between Reduced L-Glutathione Supplementation, Fatigue Perception and Exercise Recovery in Adults: A Prospective Real-World Observational Study |
| 20. | **Jose M. Moran** | Beyond Food Provision: Persistent Nutritional Vulnerability and Heterogeneous Household Purchases After a Food-is-Medicine Intervention |
| 21. | **Kaitlyn Anne Rae** | Does the Volume and Energy of Breast Milk Consumed Impact the Timing and Duration of Infant Sleep? |
| 22. | **Víctor Pérez-Padilla** | NutrIA: Real-World AI-Based Food Leftover Estimation for Hospital Nutrition Monitoring |

**End of Poster Session B**

## Poster Session C:

**Session 3. Novel dietary recommendations for specific chronic diseases**
**Session 4. Understanding the role of microbiota in clinical practice**

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| 1. | **Marta Kopcewicz** | Expression of Proinflammatory Cytokine Genes in Psoriasis Patients after Prebiotic Inulin-Type Fructan Supplementation: Results of the INGUTSKIN RCT |
| 2. | **Urszula Krupa-Kozak** | Circulating Proinflammatory Cytokines in Psoriasis Patients after Prebiotic Inulin-Type Fructan Supplementation: Results of the INGUTSKIN RCT |
| 3. | **Miriam Partida-Perez** | Effect of Vitamin K2 Supplementation on Serum Concentrations of Undercarboxylated (ucOC) Osteocalcin, Total Growth Arrest-Specific Protein 6 (Gas6), and Cardiometabolic Risk Factors in Young Adults with Overweight or Obesity |
| 4. | **Alina Crenguţa Nicolae** | Omega-3 (DHA/EPA) Supplementation as a Nutritional Adjunct for Attention-Deficit/Hyperactivity Disorder in Children with Epilepsy: Behavioural and Urinary Catecholamine Outcomes |
| 5. | **Sofia González las Heras** | Sex-Dependent Effects of Brown Seaweed Supplementation on Endocrine Markers and Adipose Tissue Responses in High-Fat Diet-Induced Obesity |
| 6. | **Radoslava Vlčková** | The Effect of a Maternal Diet Rich in Alpha-Linolenic Acid on Conditions Favoring Blastocyst Implantation in Mice |
| 7. | **Chenni Abdelkader** | In Vitro Evaluation of the Antioxidant, Antidiabetic, and Anti-Inflammatory Activities of Indian Costus (Saussurea costus) Root Extract: Implications for Chronic Disease Prevention |
| 8. | **Ane Otaegui** | Exploring Longitudinal Changes in Plasma and Faecal Metabolomic Profiles Following a Mediterranean Anti-Inflammatory Dietary Intervention in Relapsing-Remitting Multiple Sclerosis |
| 9. | **Varol Tunali** | Durable 12-Month Symptom Control with a Microbiome-Guided Personalized Diet versus Low-FODMAP Diet in Irritable Bowel Syndrome: A Randomized Controlled Trial |
| 10. | **Jerzy Juskiewicz** | Functional and Metabolic Consequences of Osmotic Dehydration and Lactic Acid Fermentation of a New Onion Variety in a Rat Model |
| 11. | **Alicia Selene Tijerina** | Gut Microbial Dysbiosis and Intestinal Barrier Dysfunction in Children with Autism Spectrum Disorder: A Retrospective Observational Study |
| 12. | **Laura Baldomà** | Microbiota-Derived Extracellular Vesicles as Candidate Postbiotics for Gut–Brain Axis Disorders |

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| 13. | **Jose M. Moran** | Akkermansia muciniphila-Based Supplementation and Cardiometabolic Outcomes in Adults: A Systematic Review with Exploratory Meta-Analysis of Randomized Trials |
| 14. | **Salvador Pellicer Roca** | Gut Microbiota and Intestinal Health in Histamine Intolerance |
| 15. | **Valentina Álvarez** | Effect of Wheat Germination on Antioxidant Capacity and Short-Chain Fatty Acid Production In Vitro |
| **End of Poster Session C** | | |