

TOPICS

1. Sarcopenia and osteoporosis
2. Enteral and parenteral nutrition
3. Carbohydrate quality
4. Nuts, dairy products, alcohol
5. Antioxidants and other phytochemicals
6. Omics sciences, precision nutrition and diabetes
7. Lipids and proteins
8. Ultra-processed foods or meal replacements
9. Plant-based diets health and sustainability
10. Type 2 diabetes prevention and remission
11. Others