

November 21 – 23, 2024

Zagreb, Hotel Westin



HSN
HRVATSKI SAVEZ
NUTRICIONISTA

www.congress-nutrition.org



th INTERNATIONAL CONGRESS OF
Nutritionists

**CONGRESS
PROGRAMME**

Thursday, 21st 2024

Time	Workshop	Lecturer	Hall
12:00 - 13:00	Student registration		
08:45 - 16:30	Student field workshop – Inside the HiPP factory <i>powered by Hipp d.o.o.</i>		Hipp Factory
13:00 – 13:45 Group A	Student workshop I - The impact of diet on hormonal balance in women	Iva Tokić Sedlar	MAKSIMIR
13:00 – 13:45 Group B	Student workshop II - Diet for brain health and cognitive function	Mašenjka Katić	TUŠKANAC+ ZRINJEVAC
14:00 – 14:45 Group A	Student workshop II - Diet for brain health and cognitive function	Mašenjka Katić	MAKSIMIR
14:00 – 14:45 Group B	Student workshop I - The impact of diet on hormonal balance in women	Iva Tokić Sedlar	TUŠKANAC+ ZRINJEVAC
15:00 – 16:00 Both groups	Student workshop III / Analysis of laboratory tests from a perspective of a nutritionist	Sandra Krstev Barać	TUŠKANAC+ ZRINJEVAC
17:00 – 18:30 Both groups	Career development - The workshop Nestlé Needs Youth (NNY) initiative for student <i>Sponsored by Nestlé Adriatic</i> Chair: <i>Dora Babić Cikoš</i>		TUŠKANAC+ ZRINJEVAC
16:00 – 19:30	Registration		HOTEL LOBBY
16:00 – 17:00	Coffee break powered by <i>Nescafé</i>		CONGRESS HALL / EXPO

Thursday, 21st 2024

Time	Workshop	Lecturer	Hall
17:00 – 18:00	Regular workshop I / How to avoid stress and enjoy every day as a nutrition counselor? Chair: Marija Selak	Monika Vandro	JELENOVAC
17:00 – 18:00	Regular workshop II / How to implement probiotics as a prevention and therapy? - guidelines and praxis Chair: Tena Niseteo	Dubravka Vitali Čepo	MAKSIMIR
18:00 – 18:30	Coffee break powered by Nescafé		CONGRESS HALL / EXPO
18:30 – 19:30	Regular workshop III / Fasting – miracle cure or dangerous trend Chair: Karmen Matković Melki	Biljana Ignatovska	MAKSIMIR
18:30 – 19:30	Regular workshop IV / SIBO - from testing to nutritional management Chair: Lidija Šoher	Sara Sila	TUŠKANAC+ ZRINJEVAC
20:00 – 22:30	Eno-gastro event powered by Vindija d.d.		CRYSTAL HALL B

Friday, 22nd 2024

08:00 - 17:00

Registration

CRYSTAL HALL A

09:15 – 09:45

Opening ceremony

Tena Niseteo

Darja Sokolić

09:45 – 10:45

Plenary lectures

Redefining the gut microbiome through biomodulators

Lecturer: *Jasna Novak*

Chair: *Darja Sokolić and Tena Niseteo*

MAKSIMIR HALL

10:45 – 11:30

Coffee break - „Meet the Science by Pontus Pharma”

Fueling the gut with butyric acid

Lecturer: *Neven Baršić*

Digestive enzyme supplementation

Lecturer: *Darija Vranešić Bender*

Chair: *Mašenjka Katić*

CRYSTAL HALL A

CRYSTAL HALL B

11:30 – 12:45

**Biotics breakthroughs:
enhancing life through science**

powered by AllergoSan d.o.o.

Chairs: *Jasna Novak and Tena Niseteo*

**Longevity science: epigenetic
innovations and discoveries**

Chairs: *Sebastijan Orlić and
Karmen Matković Melki*

11:30 - 11:55

Biotics in weight loss therapy

Lecturers: *Ena Melvan and Tea Vučković*

Imprinting ourselves – the story
of glycome and microbiome in
women’s health

Lecturers: *Antonio Starčević and
Jurica Žučko*

Friday, 22nd 2024

11:55 - 12:20	The vaginal microbiome: changes throughout womens lives Lecturer: <i>Ulla Marton</i>	Evidence-based “biohacking” – edition 2024 Lecturer: <i>Sebastijan Orlić</i>
12:20 - 12:45	Molecular precision meets AI: The future of personalized care Lecturer: <i>Mirna Anđelić</i>	Guiding nutrition and weight management with Nutrigen: A nutrigenetic approach to obesity risk and weight loss <i>powered by Fagron Genomics</i> Lecturer: <i>Gustavo Torres</i>
CONGRESS HALL / EXPO		
12:45 – 14:30	Lunch break	
CRYSTAL HALL B		
14:30 – 15:30	Oral presentation od 5 best abstracts Chairs: <i>Lucija Bakarić and Ela Kolak</i>	
CONGRESS HALL / EXPO		
15:30 – 16:00	Coffee break <i>powered by Nescafé</i> Poster presentations Chairs: <i>Vanessa Ivana Peričić, Martina Bratek and Marijana Jurić</i>	
CRYSTAL HALL B		
16:00 – 17:20	Implementing plant-based diets for a more sustainable future Chairs: <i>Ivana Rumora Samarin and Ana Ilić</i>	
16:00 - 16:20	Barriers and facilitators of consuming a more plant-based diet Lecturer: <i>Malou Reipurth</i>	
16:20 - 16:40	Leveraging science and innovation to support balanced and sustainable diets Lecturer: <i>Petra Klassen Wigger</i>	

Friday, 22nd 2024

16:40 - 17:00

Eating habits of young adults that promote the Planetary health

Lecturer: **Ivana Rumora Samarin**

17:00 - 17:20

Plant-based diets and sustainability: strategies for impactful communication

Lecturer: **Carlos Abundancia**

CRYSTAL HALL A

20:00 – 01:00

Gala dinner

Saturday, 23rd 2024

09:00 – 12:00

Registration

TUŠKANAC+ZRINJEVAC

09:00 – 09:30

Breakfast symposium by BoomBox

CRYSTAL HALL A

CRYSTAL HALL B

09:30 – 10:20

Sports nutrition for women

Chairs: Marija Selak

Understanding the dynamics of motivation and food choice

Chairs: Marina Matković

09:30 - 09:55

Maintaining protein intake in female athletes

Lecturer: Luka Batur

How can we effectively motivate change in dietary habits?

Lecturer: Anđela Đinđić

09:55 - 10:20

Dietary supplements for female athletes

Lecturer: Martina Dadić

Determinants of healthy food choices

Lecturer: Raquel Pinho Ferreira Guiné

CRYSTAL HALL B

10:20 - 10:35

Clinical assessment of body composition - the latest generation
powered by Bodystat

Lecturer: Derya Hyusein

Chair: Tena Niseteo

CRYSTAL HALL A

CRYSTAL HALL B

10:40 – 11:40

Complementary therapy

Chairs: Katarina Fehir Šola and Dora Babić Cikoš

Innovative food products

Chairs: Đurđica Ačkar and Marinela Nutrizio

10:40 - 11:00

Enhancing patient care: Croatia's first pharmacist guide to safe supplement use

Lecturer: Katarina Fehir Šola

Oleogels - Innovative replacement of saturated fats in food

Lecturer: Đurđica Ačkar

Saturday, 23rd 2024

11:00 - 11:20	Clinical use of phytochemicals as complementary therapy - curcumin Lecturer: Josip Rešetar	3D printing for creation of innovative functional food products Lecturer: Marinela Nutrizio
11:20 - 11:40		Tonka Egg – The new generation of sweets Lecturer: Petar Marić and Tončica Spajja

CONGRESS HALL / EXPO

Brunch break by di-go a Lesaffre brand

11:40 – 12:15

Mix, Bake, Enjoy – the Healthy Way

Lecturer: **Marija Krišković**

Chair: **Marina Matković**

CRYSTAL HALL B

12:15 – 13:15

Nutrition in reproductive health of women

Chairs: **Mirna Sentić and Sandra Krstev Barać**

12:15 - 12:35

Current perspectives on the role of nutrition in polycystic ovary syndrome

Lecturer: **Mirna Sentić**

12:35 - 12:55

Dietary approaches to prevent and manage endometriosis

Lecturer: **Lea Jankov**

12:55 - 13:15

Optimizing pregnancy outcomes through diet - focus on gestational diabetes

Lecturer: **Ana-Marija Liberati Pršo**

13:15 – 14:55

Brain health and nutrition in 21st century

Chairs: **Rouza Pancheva and Ela Kolak**

Saturday, 23rd 2024

13:15 - 13:40	Brain health and lifestyle Lecturer: <i>Vida Demarin</i>
13:40 - 14:05	Brain gut axis <i>powered by Proimmun</i> Lecturer: <i>Agata Ladić</i>
14:05 - 14:30	Nutrition and neuropsychiatric disorders in children Lecturer: <i>Rouzha Pancheva</i>
14:30 - 14:55	Nutrition, exercise and cognitive function Lecturer: <i>Marcela González Gross</i>
14:55 - 15:15	Award ceremony and Congress closure

#metrofoodie

ZA SVE KOJIMA JE
HRANA STRAST

PROSINAC

ZDRAVA PREHRANA
MOŽE BITI I DOSTUPNA I
JEDNOSTAVNA!
NOVO IZDANJE FOODIE
KATALOGA DONOSI
INSPIRACIJU ZA ZDRAVIJI
PRISTUP HRANI.

MALE PROMJENE
ZA DUGOROČNO
ZDRAVLJE
ZAPOČINJU NA
TANJURU.

Blagdanski stol

*mediteranske
i kontinentalne
Hrvatske*

METRO

REGISTRIRAJ SE!

