HSN
HRVATSKI SAVEZ NUTRICIONISTA

10th International Congress of NUTRITIONISTS

November 26 – 28, 2026 · Hotel Zonar, Zagreb · Croatia

OFFICIAL

Programme



10th International Congress of NUTRITIONISTS

HSN HRVATSKI SAVEZ NUTRICIONISTA

HOTEL ZONAR · ZAGREB · CROATIA

Programme at a Glance

26 – 28 November 2026

25 WEDNESDAY · PRE-CONGRESS EVENT

Student Warm-Up Workshops

Communication and Education · My First Nutrition Counselling

THE CONGRESS · 26 – 28 NOVEMBER

26 THURSDAY · OPENING DAY

Opening Ceremony · Plenary Lectures · Workshops · Case Studies · Welcome Reception

27 FRIDAY · SCIENCE & CELEBRATION

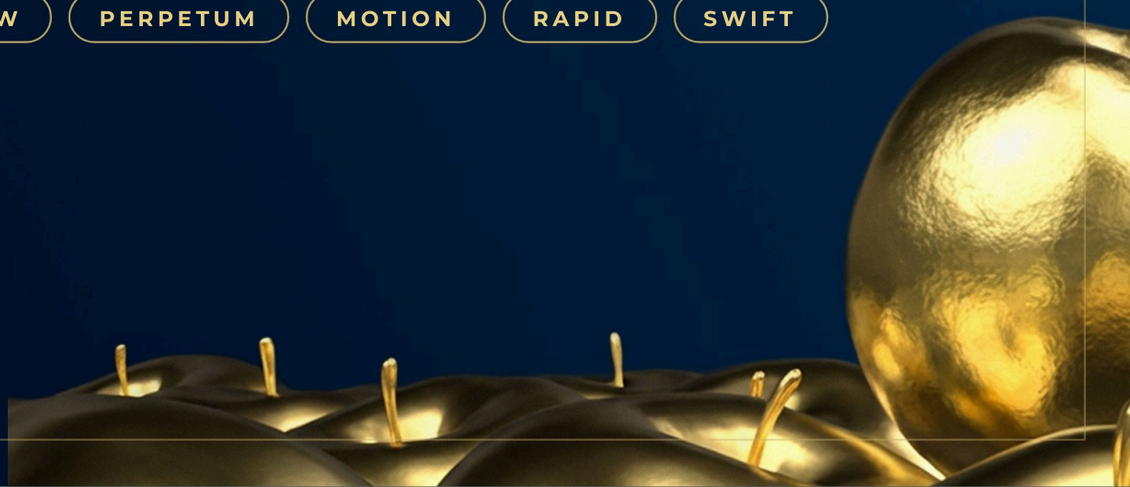
Mental Well-Being · Debate · Top Five Abstracts · Workshops · Lightning Talks · Gala Party

28 SATURDAY · CLOSING DAY

Nutritional Drivers of Performance · Panel Discussion · Supplementation · Congress Closure

CONGRESS HALLS

EVOLUTION · FLOW · PERPETUM · MOTION · RAPID · SWIFT



WEDNESDAY

25



PRE-CONGRESS EVENT

November 2026

STUDENT WARM-UP WORKSHOPS

Hotel Zonar · Zagreb

13:45 – 14:30 *Registration for Student Workshops*

14:30 – 16:00 HALL PERPETUM

From Expert Knowledge to an Understandable Message: Approaches to Communication and Education for Different Age Groups

LECTURER Nada Vijtiuk

CHAIR Ana Ilić

16:00 – 16:30 *Coffee Break* CONGRESS EXPO

16:30 – 18:30 HALL PERPETUM

My First Nutrition Counselling

LECTURERS Sara Sila, Đurđica Mijanović, Iva Dorić and Lea Jankov

CHAIRS Ana Ilić and Tena Niseteo

THURSDAY

26



November 2026

OPENING DAY

Hotel Zonar · Zagreb

08:30 – 10:00 *Registration*

10:00 – 10:45 HALL EVOLUTION

Opening Ceremony

CHAIR Tena Niseteo

Slađana Šobajić
Federation of European Nutrition Societies (FENS)

Verica Dragović-Uzelac
University of Zagreb Faculty of Food Technology and Biotechnology

10:45 – 12:15 HALL EVOLUTION

Plenary Lectures

CHAIR Tena Niseteo

Beyond Weight Loss: The Nutritionist's Role in the Era of Anti-Obesity Medications
LECTURER Bojan Stojnić

Modern Nutrition Science and the Changing Role of Dietary Guidelines
LECTURER Ivana Rumbak

12:15 – 12:45 HALL FLOW powered by **Bodystat**

From BIA to BIS: How Methodology Shapes Body Composition Assessment

LECTURER Mateja Murić Begić

12:45 – 14:00 *Lunch* CONGRESS EXPO

14:00 – 15:30

Workshops

Wine and Food Pairing

HALL PERPETUM

LECTURER Kristijan Harjač
CHAIR Karmen Matković Melki

Novel Approach to Correcting Iron Deficiency

HALL MOTION

LECTURER Lea Jankov
CHAIR Marina Matković

Rethinking Ultra-Processed Foods: From Science to Practice

HALL RAPID

LECTURERS Anthea Christoforou and Angelina Barić
CHAIR Ana Ilić

AI in Personalised Nutrition: A Companion Worth Having?

HALL FLOW

LECTURER Leta Pilić
CHAIR Lucija Štrkalj

Enteral Feeding

HALL SWIFT

LECTURER Sara Sila
CHAIR Marija Selak

15:30 – 16:00 *Coffee Break* CONGRESS EXPO

16:00 – 18:15 HALL EVOLUTION

Science Meets Practice: Case Studies in Nutrition

CHAIRS Lorenza Mistura and Tena Krizmanić

16:00 From Definition to Impact: Plant-Based Diet Indicators, Implications for Nutrition and Health, and Environmental Sustainability
LECTURERS Lorenza Mistura and Flaminia Ortenzi

16:45 From Evidence to Practice: Anti-Inflammatory Nutrition in Postmenopausal Breast Cancer Survivors on Aromatase Inhibitors – Case-Based Insights
LECTURER Danijela Ristić-Medić

17:30 From Plate to DNA: How Dietary Choices Shape DNA Stability
LECTURER Marko Gerić

19:30 – 23:00 **Welcome Reception**
ENO-GASTRO PARTY · CONGRESS EXPO

FRIDAY

27



November 2026

SCIENCE & CELEBRATION

Hotel Zonar · Zagreb

08:00 – 09:00 *Registration*

09:00 – 10:00 HALL EVOLUTION

Interdisciplinary Perspectives on Nutritional Approaches to Mental Well-Being

CHAIRS Rouzha Pancheva and Anđela Đinđić

09:00 Nutrition in Children with Autism Spectrum Disorder and ADHD: Feeding Challenges, Supplementation and Lessons from the NUTRILECT Study
LECTURER Rouzha Pancheva

09:20 Beyond “Listen to Your Body”: Emotional and Intuitive Eating in Eating Disorder Care
LECTURER Maja Žanko

09:40 Psychopharmacotherapy and Dietary Intake: A Clinical Pharmacist’s Perspective
LECTURER Ana Močić

10:00 – 10:15 Time for room change – go to Hall Perpetum

10:15 – 11:30 HALL PERPETUM

Join the Debate!

More Protein, Better Health? Rethinking the Guidelines

MODERATOR Sebastijan Orlić
LECTURERS Irzada Taljić and Evgen Benedik

11:30 – 12:00 *Coffee Break and Poster Session* CONGRESS EXPO

12:00 – 13:00 HALL EVOLUTION

Oral Presentation of the Top Five Scientific Research Abstracts

CHAIRS Lucija Štrkalj and Mašenjka Katić

13:00 – 14:00 *Lunch* CONGRESS EXPO
Meet and Greet by Vitactives

14:00 – 15:30

Workshops

Milk to Meals
HALL RAPID
LECTURER Ivona Grilec
CHAIR Marinela Nutrizio

Immunomodulation Protocols for Autoimmune Disease in Nutritional Practice
HALL FLOW
LECTURER Maja Obrovac Glišić
CHAIR Marina Matković

Dysphagia and Feeding Difficulties
HALL PERPETUM
powered by **Fresenius Kabi**
LECTURERS Dora Bučan Nenadić, Marija Selak and Petra Mihaljević
CHAIR Dora Bučan Nenadić

The Role of Nutrition and the Microbiome in Skin Health: An Interactive Workshop on the Gut-Skin Axis
HALL MOTION
LECTURER Lucija Drobac
CHAIR Lora Štrbac

Read Critically, Write Clearly: Practical Workshop on Reading and Writing Scientific Articles
HALL SWIFT
LECTURER Angelina Barić
CHAIR Ela Kolak Gaurina

15:30 – 16:00 *Coffee Break* CONGRESS EXPO

16:00 – 17:30 HALL EVOLUTION

Lightning Talks: Niche Expertise in Nutrition

CHAIRS Alda Ranogajec and Iva Dorić

16:00 Functional Potential of Traditional Foods from Northern Croatia
LECTURER Dunja Šamec

16:15 Nutrition in COPD Patients: From Dietary Intake to Body Composition
LECTURER Alda Ranogajec

16:30 Your Menstrual Cycle is the Fifth Vital Sign
LECTURER Antonia Stipić

16:45 Diet and Fertility: The Emerging Role of Ultra-Processed Foods
LECTURER Anthea Christoforou

17:00 Probiotics in the Nutritional Management of Pediatric Oncology Patients
LECTURER Ines Pranjić

20:00 – 02:00 **Gala Party**
HALL EVOLUTION · CONGRESS EXPO

SATURDAY

28



November 2026

CLOSING DAY

Hotel Zonar · Zagreb

08:30 – 09:30 *Registration*

09:30 – 10:30 HALL EVOLUTION

Nutritional Drivers of Performance

CHAIRS Daniela Čačić Kenjerić and Mirna Pleština

09:30	Can Nutrition Improve Cognitive Performance? From Scientific Evidence to Practical Applications	LECTURER Nikola Talan
09:50	Under Pressure: Nutrition Strategies for 4 Athletic Stress Types	LECTURER Luka Bashota
10:10	Evidence-Based Supplementation in Athletes	LECTURER Daniela Čačić Kenjerić

10:30 – 12:00 HALL EVOLUTION

Panel Discussion

Processed Foods – A Technological Triumph or a Public Health Risk?

MODERATOR Anđela Đinđić

SPEAKERS Anthea Christoforou, Luka Batur, Koraljka Novina Brkić and Anđela Đinđić

12:00 – 13:00 *Brunch* CONGRESS EXPO

13:00 – 14:00 HALL EVOLUTION

Advanced Nutritional Supplementation in Practice

CHAIRS Marija Selak and Dora Bučan Nenadić

13:00	The Hidden Cost of Appetite Suppression: Nutritional Status and Supplementation Needs in the Era of GLP-1 Therapy	LECTURER Josip Rešetar
13:20	Collagen: Beauty, Joints and Beyond – What Does the Evidence Say?	LECTURER Vera Stojkova
13:40	The Gut-Brain Axis and Mental Health	LECTURER Melissa Basso

14:00 – 14:30 **Congress Closure** HALL EVOLUTION

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