

Nutrients
2026
Conference

Nutrients 2026 Conference – Clinical Nutrition: From Research to Practice



22–24 October 2026 | Barcelona, Spain

Calling for Submissions

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Conference Chairs:



Prof. Maria Luz Fernandez
University of Connecticut, USA



Prof. Lluís Serra Majem
University of Las Palmas de Gran Canaria, Spain



Dr. Francisco J Perez Cano
University of Barcelona, Spain

Plenary Speaker



Dr. Carlo La Vecchia
University of Milan (“La Statale”), Italy

Keynote Speakers

Prof. Clara Balsano, University of L’Aquila, Italy

Dr. Dario Gregory, University of Padova, Italy

Prof. Dr. Dolores Corella, University of Valencia, Spain

Dr. Francisco J Perez Cano, University of Barcelona, Spain

Prof. Dr. Jaime Uribarri, Icahn School of Medicine at Mount Sinai, USA

Prof. Ji-Young Lee, University of Connecticut, USA

Prof. Dr. Luis Alberto Moreno Aznar, University of Zaragoza, Spain

Dr. Maria Carmen Collado, National Research Council (IATA-CSIC), Spain

Dr. Maria Dolores del Castillo, Institute of Food Science Research, Spain

Prof. Maria Luz Fernandez, University of Connecticut, USA

Prof. Rafael Perez-Escamilla, Yale School of Public Health, USA

Session Topics:

- S1. Personalized nutrition based on diet-gene interactions
- S2. Innovations in clinical nutrition
- S3. Novel dietary recommendations for specific chronic diseases
- S4. Understanding the role of microbiota in clinical practice
- S5. The potential role of AI in clinical practice
- S6. Lifestyle and prevention of chronic diseases



Awards Available

Best Oral Presentation Awards

Best Poster Awards

Awards: Monetary Prize and a Framed Certificate

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Icahn School of Medicine
at Mount Sinai



Session 1

Personalized nutrition based on diet–gene interactions

This session explores the cutting-edge field of nutrigenetics and nutrigenomics, focusing on *how individual genetic variations influence responses to nutrients and dietary patterns*. Speakers will discuss the latest research on tailoring dietary recommendations based on genetic profiles to optimize health outcomes and prevent disease.



Keynote

Gene-Diet Interactions on Biomarkers of Aging: Their Role in Rejuvenation Strategies and Disease Prevention

Prof. Dr. Dolores Corella

University of Valencia, Spain,
CIBER Physiopathology of Obesity and Nutrition, Spain



Keynote

Dietary NAD+ Boosters as a Strategy for Targeting Metabolic and Inflammatory Pathways in Liver Disease

Prof. Dr. Ji-Young Lee

University of Connecticut, USA

Session 2 Innovations in Clinical Nutrition

This session highlights *novel approaches in nutritional support*, including medical foods, enteral and parenteral nutrition innovations, and integrative strategies for managing complex clinical conditions. Presenters will share evidence-based practices and emerging trends in hospital and community settings.



Keynote

Early Development of Eating Behavior in Relation to Obesity

Prof. Dr. Luis Alberto Aaznar
University of Zaragoza, Spain



Keynote

Impact of Produce Prescription Programs on Food Intake Across the Life Course

Prof. Dr. Rafael Perez Escamilla
Yale School of Public Health, USA

Session 3

Novel dietary recommendations for specific chronic diseases

Dietary interventions play a pivotal role in managing chronic diseases such as diabetes, cardiovascular disease, and cancer. This session presents updated, evidence-based dietary guidelines and emerging research on disease-specific nutritional strategies, offering practical insights for clinicians and researchers.



Keynote

Egg as a Food Across the Lifespan

Prof. Dr. Maria Luz Fernandez
University of Connecticut, USA



Keynote

Role of Dietary Advanced Glycation End Product (AGEs) in Insulin Resistance

Prof. Dr. Jaime Uribarri
Icahn School of Medicine at Mount Sinai, USA

Session 4

Understanding the role of microbiota in clinical practice

The human *microbiome is increasingly recognized as a key player in health and disease*. This session delves into the clinical implications of gut microbiota modulation, including the use of probiotics, prebiotics, and dietary interventions to support metabolic, immune, and gastrointestinal health.



Keynote

Women's Nutrition in Pregnancy and Lactation: Impacts on Maternal–Infant Microbiota and Health

Dr. Maria Carmen Collado

National Research Council (IATA-CSIC), Spain



Keynote

Breast Milk and Infant Immune Development: From Preclinical Data to Clinical Advice

Dr. Francisco Jose Perez Cano

University of Barcelona, Spain

Session 5

The potential role of AI in Clinical Practice

Artificial intelligence is poised to revolutionize clinical nutrition and healthcare. This session examines how AI-driven tools—such as predictive analytics, personalized dietary apps, and clinical decision-support systems—can enhance dietary assessment, patient monitoring, and treatment personalization in real-world settings.



Keynote

Application of Artificial Intelligence in Medicine: Opportunities and Challenges

Prof. Dr. Clara Balsano
University of L'Aquila, Italy



Keynote

AI Driven Dietary Assessment in Clinical Practice: From Signal-Based Intake Estimation to Malnutrition Detection

Dr. Dario Gregori
University of Padova, Italy

Session 6

Lifestyle and prevention of chronic diseases

Lifestyle factors, including diet, physical activity, and behavior, *are fundamental to chronic disease prevention*. This session brings together experts to discuss integrative approaches to promoting healthy aging, reducing disease risk, and implementing sustainable lifestyle interventions across populations.



Plenary

Whole Grains, Healthy and Sustainable Diets and Gastric Cancer:

Pooled Analyses of The Stomach Cancer Pooling (StoP) Consortium

Dr. Carlo La Vecchia

University of Milan (“La Statale”),
Italy



Keynote

Coffee-Derived Novel Foods and Metabolic Health:

From Sustainable Practices to Preventing Chronic Diseases

Dr. Maria Dolores del Castillo

Institute of Food Science Research
(CIAL, CSIC-UAM), Spain