

The 4th PRECISION NUTRITION FORUM 2026

Scaling Precision Nutrition: Pathways to Population-Health Impact

31 August – 1 September
Stockholm, Sweden

PROGRAM Precision Nutrition Forum 2026

Monday August 31st

	Day 1 - Science and Methods Multi-omics, Diet-Microbiome, Technology and AI
08.30-09.00	Registration & Coffee
09.00-09.15	Welcome and Opening Remarks
	Keynote Lectures
09.15-09.50	Precision nutrition: from research to the real world <i>Paul Franks, Lund University</i>
09.50-10.00	Discussion and Q&A
10.00-10.30	Coffee Break
	Session 1 - Meals, Microbes, and Multi-omics
10.30-10.50	The role of gut microbiome in precision nutrition <i>Eran Elinav - Weizmann Institute of Science</i>
10.50-11.10	Metabolomics Derived Dietary Biomarkers in Precision Nutrition <i>Frank Hu - Harvard University</i>
11.10-11.30	From Dietary patterns to Prebiotics and Probiotics: Microbial Strategies for Precision Nutrition <i>Ellen Blaak - Maastricht</i>
11.30-12.00	Discussion and Q&A
12.00-13.00	Lunch
	Session 2 - Cohorts and Trials 2.0
13.00-13.20	SCAPIS- deep phenotyping for precision prevention of cardiometabolic diseases <i>Clemens Wittenbecher and Rikard Landberg - Chalmers University of Technology</i>
13.20-13.40	From Mediterranean Diet Trials to Precision Nutrition: Insights from PREDIMED, PREDIMED-Plus and PREDIMAR <i>Miguel Ruiz-Canela - University of Navarra</i>
13.40-14.00	Precision Nutrition Insights from Large-Scale Cohorts in China <i>Yan Zheng - Fudan University</i>
14.00-14.20	GLP-1RA and diet: opportunities for precision prevention of cardiometabolic disease <i>Gabriele Riccardi - Federico II University of Naples</i>
14.20-14.40	Discussion and Q&A
14.40-15.00	Coffee Break
	Session 3 - Digital Diets and Continuous Phenotyping

15.00-15.20	Web-based, mobile-based, and image-based technology tools to assess diet in the era of precision nutrition <i>Stavroula-Georgia Mougiakakou - University of Bern</i>
15.20-15.40	Novel Sampling and Sensor Technologies for Scalable Precision Nutrition <i>Niclas Roxhed - KTH Royal Institute of Technology</i>
15.40-16.00	Modelling Early Metabolic Heterogeneity for Precision Nutrition <i>Jordi Merino - University of Copenhagen</i>
16.00-16.20	Discussion and Q&A
	Lightning Talks
16.20-17.00	Lightning Talks: Recent Findings in Precision Nutrition
17.00-19.00	Posters, networking and reception

Tuesday September 1st	
	Day 2 - Needs and Implementation From Precision Nutrition Evidence to Policy and Practice
08.00-08.30	Coffee
08.30-08.40	Introducing the day and poster prizes
	Session 4 - Tailored Diets Across the Life Course
08.40-09.00	From infancy to adulthood: What the STRIP Study teaches us about lifelong cardiometabolic prevention <i>Suvi Rovio - University of Turku</i>
09.00-09.20	Tailored lifestyle strategies for brain health: Lessons from FINGER and global trials <i>Mia Kivipelto - Karolinska Institutet</i>
09.20-09.40	Pregnancy as a window for precision nutrition: Preventing gestational diabetes and future cardiometabolic risk <i>Cuilin Zhang - National University of Singapore</i>
09.40-10.00	Discussion and Q&A
10.00-10.30	Coffee Break
	Session 5 - Geographic and Cultural Perspectives
10.30-10.50	Precision nutrition in diverse populations: Lessons from metabolic health research in African studies <i>Julia Goedecke - South African Medical Research Council / Umeå University</i>
10.50-11.10	Role of dietary sugars in endogenous ethanol production by gutmicrobiota <i>Max Nieuwdorp - University of Amsterdam</i>
11.10-11.30	Dietary acculturation, Multi-omics and Cardiometabolic disease: Evidence from a US Hispanic/Latino Cohort <i>Qibin Qi - Albert Einstein College of Medicine</i>
11.30-11.50	Discussion and Q&A
11.50-12.00	Introduction to workshops
12.00-12.45	Lunch
	Workshops
12.45-13.30	Workshops
13.45-14.15	Summary of workshops
	Keynote Lectures
14.15-14.50	Success stories: Where precision nutrition has become reality <i>Sarah Berry - King's College London</i>
14.50-15.25	Precision nutrition from food to molecules and back again <i>Gary Frost - Imperial College London</i>
15.25-15.35	Closing remarks
15.35-16.00	Coffee and take-away refreshments