



2nd Swiss Nutrition Research Symposium

13.11.2025

Program

9:15 Arrival and Coffee

9:40-10:00 Welcome and Presentation of the Swiss Research Network - Healthy Nutrition

Dr. Corinne Jotterand Chaparro & Dr. Sophie Bucher Della Torre (HES-SO Genève), Dr. Tamara Bucher (BFH) & Dr. Undine Lehmann (BFH)

10:00-10:45 Session 1: Methodological issues and Innovation in Swiss nutrition research

- Session chairs: Dr. Tamara Bucher & Dr. Undine Lehmann
- Keynote lecture (25'): "Fully Automated Diet Counseling: Potential and Pitfalls", Dr Simon Mayer, Uni St Gallen
- Oral presentations (10'): "Formative evaluation of Umami: a primary school program that aims to educate Swiss school students on nutrition and sustainability", Franziska Scheidegger-Balmer, BFH

10:45-11:15 Health break + Poster session

11:15-11:45 Session 1 continue

- Oral presentations (2x10'):
 - "Integrating nutritional and dietary aspects into food self-sufficiency assessment: a novel approach for Switzerland", Dr. Silvia Zingale, Agroscope
 - "The Social Food Basket: A vignette study exploring Swiss consumers' willingness to share food purchase data for research purposes", Dr. Tamara Bucher, BFH, Department of Health Professions, Bern University of Applied Sciences, Switzerland

11:45-12:30 Session 2: Mechanisms in nutrition

- Session chairs: Dr. Ueli Bütikofer (Agroscope) & Dr. Wolfram Brück (HES-SO Valais-Wallis)
- Keynote lecture (25'): "The role of micronutrients in metabolic health: insights into iron and obesity". Dr Isabelle Herter-Aeberli, ETH Zürich
- Oral presentations (10'): "Acute oral administration of erythritol and xylitol does not affect markers of platelet, endothelial, and coagulation activation", Anita Altstädt, St. Claraspital, Basel & Faculty of Medicine, University of Basel

12:30-13:30 Lunch

13:30-13:45 Session 2 continue

- Oral presentations (10') :
 - "Dietary live microorganisms and fermented foods in Switzerland: associations with cardiometabolic health and insights into biological mechanisms through metabolomics", Eugenia Pertziger, UNIL & Agroscope

13:45-14:10 Session 3: Barriers and facilitators of healthy and sustainable eating

- Session chairs: Dr. Murielle Bochud (Unisanté/UNIL) & Dr. Sabine Rohrmann (UZH/University Hospital Zurich)
- Keynote lecture (25'): "True cost of food in Switzerland", Dr Emilia Schmit, UNIL

- Oral présentations (2x 10') :
 - Nutritional Life Cycle Assessment of substitutes for meat and milk: are they sustainable alternatives? Dr. Thomas Nemecek, Agroscope
 - Habitual adherence to the planetary-health diet and major chronic disease and mortality risk: results from the UK Biobank, Dr. Sabine Rohrmann, University of Zurich & University Hospital Zurich.

14:45-15:15 Health break + Poster session

15:15-15:30 Session 3 continue

- Oral presentations (10'): "Can changing the meal sequence in school canteens reduce vegetable food waste? A cluster randomized control trial", Mara Petruzzelli, Agroscope & University of Bologna, Italy

15:30-15:40 Early Career Research Prize

- Chairs: Dr. Corinne Jotterand Chaparro, Dr. Tamara Bucher & Dr. Undine Lehmann

15:40-16:10 Conclusions and perspectives

- Conclusions & Perspectives : (2x10')
 - Innovation Group Healthy Nutrition by Swiss Food Research, Dr. Jan Biehl Swiss Food Research, Zurich
 - Inspiring research network in nutrition in Quebec, Dr Benoît Lamarche, Québec, Canada, NUTRISS center
- Final conclusion : Dr. Corinne Jotterand Chaparro & Dr. Angéline Chatelan

Task Force of the Swiss Research Network - Healthy Nutrition

Wafa Badran-Amstutz, Unisanté; Murielle Bochud, Unisanté; Bucher Tamara, BFH; Christine Brombach, ZHAW; Wolfram Brück, HES-SO; Ueli Bütikofer, Agroscope; Carles Canto, EPFL; Corinne Jotterand Chaparro HES-SO; Marie-Noëlle Falquet, BFH; Dragos Inta, University of Fribourg; Undine Lehmann, BFH; Diego Moretti, FFHS; Thomas Nemecek, Agroscope; Giulia Pestoni, FFHS; Kathryn Burton-Pimentel, Agroscope; Ester Reijnen, ZHAW; Serge Rezzi, SNHF; Sabine Rohrmann, UZH; Marcel Salathé, EPFL; Lucas Spierer, University of Fribourg; Nina Steinemann, UZH; Guy Vergères, Agroscope; Ferdinand von Meyenn, ETHZ; Fabian Wahl, Agroscope.

Local organizing committee

Corinne Jotterand Chaparro, Sophie Bucher Della Torre, Isabelle Carrard, Angeline Chatelan, Céline Pabion, Laetitia Prost, Pasqualina Riggillo, Geneva School of Health Sciences HES-SO.

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Organized by the Task Force of the Swiss Nutrition Research - Healthy Nutrition and the Geneva School of Health Sciences

