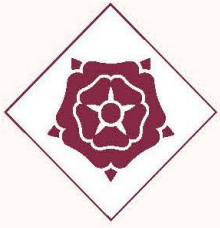


NUTS 2025



Where we are and where
we are going in research

www.nuts2025.com

9-10 October

2025

Reus

Spain

Organised by:



Sponsor / Venue:



NUTS 2025



Where we are and where
we are going in research



www.nuts2025.com

WELCOME LETTER



Jordi Salas-Salvadó
Chairman of the NUTS2025
Conference.

Director of the Human
Nutrition Unit
Dept. Biochemistry
& Biotechnology
Rovira i Virgili University
IISPV; Reus, Spain
Principal Investigator
CIBERObn, Instituto
Carlos III Madrid, Spain

Dear Friends and Colleagues,

On behalf of the Local Organizing and Scientific Committee, I am very honored and pleased to host the NUTS2025 conference in Reus (Spain). The NUTS conference has always brought together a selection of eminent researchers interested in nuts and their importance in health in the world.

NUTS2022 was designed as an international conference to serve as an inflection point in nuts' and dried fruits' research. It was motivated by the increasing quantum of research on the beneficial effects of nuts and dried fruits and the need for a stop along the way to think about the conference's catchword "where we are and where we are going in research".

We have more than enough data to prove and show the beneficial effects of nuts and dried fruits on different cardiometabolic conditions. However, it is now time to pause, reflect, summarize and make sense of all this evidence to generate synergies and appropriately modify health claims and update dietary guidelines to include both nuts and dried fruit consumption.

Given the enthusiastic participation and success of the previous edition of the conference, the organizers have thought it appropriate to organize the event again three years after NUTS2022 to address other hot topics and let the imagination fly for the development of one or more multi-collaborative research projects of interest to the development of Knowledge and Society.

NUTS2025 will be a unique space to share the past, present, and future of nuts and dried fruits' research.

I appreciate your active collaboration and making your time to attend this event. I hope the meeting will be very fruitful and that you enjoy the Spanish hospitality.

We welcome all of you to be part of it.

Jordi Salas-Salvadó
Chairman of the NUTS2025 Conference

THE CONFERENCE: Why?

Over time, food consumption has deeply varied. In the late nineties, nuts were first discouraged due to their high fat content. However, in 1993, a publication derived from a U.S. nutrition intervention trial showed for the first time that walnut consumption significantly reduced serum cholesterol. This was followed by several randomized clinical trials, epidemiological studies and in vitro/in vivo mechanistic studies that have explored and described the role of the consumption of different type of nuts on cardiovascular disease prevention, the management of lipid disorders, glycaemia and body weight, among other cardiometabolic and health-related conditions. Importantly, frequent nut consumption has also been associated with longevity, as assessed in landmark studies such as the Adventist Health Study, the Nurses' Health Study, the Health Professionals Follow-up Study, the Physicians' Health Study and the PREDIMED trial.

Based on available scientific evidence, specific health claims have been accepted for nuts. Particularly, the US Food and Drug Administration (FDA) admitted a health claim for nuts in general and for walnuts in particular concerning heart disease prevention. However, the European Food Safety Authority (EFSA) only agreed on a specific health claim for walnuts regarding beneficial effects on endothelial function.

In summary, due to accumulating evidence on nut consumption and health outcomes, it seems fitting to recapitulate, examine in detail what is well known and established and what avenues of knowledge are still lacking in nut research. Summarizing all the evidence coming from research on nuts is also an extraordinary opportunity to display to the different health agencies the beneficial roles ascribed to nuts. Following the great success of the NUTS2022 Conference, we believe that NUTS 2025 offers another unique opportunity to once again bring together under one roof researchers from all over the globe and set a precedent in nut research. On this occasion, other hot topics in relation to nuts, dried fruit and health outcomes will be object of discussion with new researches interested under the multi-interdisciplinary point of view.

AIMS

- To summarize all the evidence related to the beneficial effects of nuts on health.
- To define new topics, needs and opportunities in nut research.
- To share knowledge with food industry and set new primary objectives.
- To prepare a white paper with regards to the most important research developments for publication in a journal



NUTS 2025



Where we are and where
we are going in research

9-10 October

2025

Reus

COMMITTEES

LOCAL ORGANIZING COMMITTEE

Jordi Salas-Salvadó (Reus, Spain)

Emilio Ros (Barcelona, Spain)

INTERNATIONAL ADVISORY COUNCIL

Cesarettin Alasalvar (Gebze, Turkey)

John Sievenpiper (Toronto, Canada)

Penny Kris-Etherton (Pennsylvania, USA)

Viswanathan Mohan (Chennai, India)

Gang Liu (Wuhan, China)

Frank Hu (Boston, USA)

SCIENTIFIC PROGRAM COMMITTEE

Jordi Salas-Salvadó (Reus, Spain) – Chair

Joan Sabaté (Loma Linda, USA)

Emilio Ros (Barcelona, Spain)

Marta Guasch-Ferré (Copenhagen, Denmark)

Cyril Kendall (Toronto, Canada)

SCIENTIFIC SECRETARIAT

Nancy Babio (Reus, Spain)

Sangeetha Shyam (Reus, Spain)

Jiaqi Ni (Reus, Spain)



Management of the NUTS 2025 Meeting

1. The meeting will take place in the Mas Barrufet building of the INC, in Reus (Spain). All the sessions will take place in a boardroom using an oval table (see the pictures in the Meeting Venue section).
2. This is a by invitation-only meeting. The organizing committee believes that active participation of all attendees during the meeting is important.
3. This meeting is divided into 10 sessions that will address different topics in relation to nuts and dried fruits.
4. As you prepare your presentation, we would like to suggest the following framework in order to have harmonized presentations that facilitate achieving the 2 important conference goals:
 - To update on existing evidence in your topics - **Where we are**
 - To inform future research and funding focus- with your recommendations, identifying gaps in evidence.- **Where we are going**
 - Please use the shared PowerPoint template: We will be very grateful if you could send your PPT slides to the chairs of your session (all emails are included here) with a cc marked to Prof Jordi Salas-Salvadó (jordi.salas@urv.cat) & Ms Jiaqi Ni (jiaqi.ni@urv.cat) by Oct 1st with your files named: Your_name _NUTS2025.
5. Two chairs have been assigned to each session. The mission of the chairs is not only to moderate, but also to foster the critical spirit of the discussion and encourage the participation of all attendees.
6. Each presenter has 20 minutes to deliver the assigned topic to the audience. In the last slide(s) the speaker will identify the gaps that he/she believes exist in the knowledge of the topic and discuss future opportunities of research.
7. A subcommittee including Professors Sabaté, Ros, Kendall, and Salas-Salvadó will summarize all the conference's content with the help of the Scientific Secretariat.



SCIENTIFIC PROGRAMME

Thursday, October 9th, 2025

09:00 – 09:30 – OPENING SESSION

09:30- 11:00

NUTS AND METABOLIC HEALTH (1h30)

Moderators: Emilio Ros (Spain) & Jordi Salas-Salvadó (Spain).

- **Nut consumption and effect on diabetes: New horizons.**
Viswanathan Mohan, India.
- **From Nuts to Numbers: Evidence Linking Nut Consumption to Cardiometabolic Health in U.S. Populations.**
Shilpa Bhupathiraju, USA.
- **Nuts for improving diet quality.**
Alison Coates, Australia.

11:00 – 11:30 – COFFEE BREAK

11:30 – 13:00

NUTS AND CARDIOVASCULAR HEALTH (1h30)

Moderators: Shilpa Bhupathiraju (USA) & Viswanathan Mohan (India).

- **Nut consumption and CVD outcomes infrequently assessed (Heart failure, atrial fibrillation, peripheral artery disease, stroke subtypes).**
Gang Liu, China.
- **Nuts and blood pressure.**
Noushin Mohammadifard, Iran.
- **Effects of nuts on vascular function.**
Emilio Ros, Spain.

13:00 – 14:00 – LUNCH



SCIENTIFIC PROGRAMME

Thursday, October 9th, 2025

14:00 – 15:30

NUTS FOR A LIFECOURSE APPROACH (1h30)

Moderators: Stephanie Nishi (Canada) & Sangeetha Shyam (India/Malaysia).

- **Nut consumption and reproductive health.**
Albert Salas-Huetos, Spain.
- **Nut consumption and biomarkers of ageing.**
Patrizia Mecocci, Italy.
- **Nut intake during pregnancy and child cognitive development until adolescence.**
Jordi Julvez, Spain.

15:30 – 16:30

NUT AND IMMUNE SYSTEM (1h)

Moderators: Marta Guasch-Ferré (Denmark) & Kristina S Petersen (USA).

- **Nuts and immune function.**
Joan Sabaté, USA.
- **Nuts and allergies: fighting the problem.**
Irene Bartha, UK.

SOCIAL PROGRAMME, Thursday, October 9th, 2025



16:30 – 18:00 – RETURN TO THE HOTEL AND FREE TIME.

18:00 – 19:15 – GUIDED SOCIAL TOUR. UNESCO World Heritage Historic City Center Tour, Tarragona.

19:45 – PICK UP FROM THE HOTEL FOR THE GALA DINNER.

20:00 -22:00 – GALA DINNER IN CASA JOAN MIRET (TARRAGONA).



SCIENTIFIC PROGRAMME

Friday, October 10th, 2025

09:00 – 10:15

NOVEL LINES OF RESEARCH (1h15)

Moderators: Jordi Salas-Salvadó (Spain) & Cyril Kendall (Canada).

- **The Nutpool World Epidemiologic Study.**
Marta Guasch-Ferré, Denmark.
- **Proposal of two research collaborative studies for the future: opportunities and how to obtain funding.**
John Sievenpiper & Laura Chiavaroli, Canada.

10:15 – 11:15

PANEL DISCUSSION: POSSIBLE HEALTH CLAIMS IN EUROPE, USA OR CANADA – FUTURE DIRECTIONS (1H)

Moderators: John Sievenpiper (Canada) & Joan Sabaté (USA).

- **Experience from Europe.**
Hans Verhagen, The Netherlands.
- **Experience from USA.**
Paula Trumbo, USA.

11:15 – 11:45 – **COFFEE BREAK**

11:45 – 12:15

DRIED FRUITS AND BONE HEALTH (30 min)

Moderators: Vasanti Malik (Canada) & Jordi Salas-Salvadó (Spain).

- **Dried fruits and bone health: current evidence and future directions.**
Mary Jane De Souza, USA.

12:15 – 13:15

LASTEST DEVELOPMENTS IN NUT CONSUMPTION (1h)

Moderators: Marta Guasch-Ferré (Denmark) & John Sievenpiper (Canada).

- **Biomarkers of nut consumption.**
Catalina Cuparencu, Denmark.
- **Nut consumption and gut microbial metabolism.**
Kristina S Petersen, USA.





SCIENTIFIC PROGRAMME

Friday, October 10th, 2025

13:15 – 14:15 – **LUNCH**

14:15 – 15:45

NUTS AND SUSTAINABILITY (1h30)

Moderators: Joan Sabaté (USA) & Emilio Ros (Spain).

- **The sustainability of diets high in nuts compared with diets high in other sources of protein.**
Vasanti Malik, Canada.
- **Upcycling nut coproducts for food and nutraceutical applications.**
Cesarettin Alasalvar, Turkey.

15:45 – 17:15

NUTS AND BRAIN (1h30)

Moderators: Cyril Kendall (Canada) & Jiaqi Ni (China).

- **Nut consumption, brain function and cognition.**
Peter Joris, The Netherlands.
- **Nuts, cognitive performance and impairment.**
Changzheng Yuan, China.
- **Nut consumption, anxiety and depression.**
Stephanie Nishi, Canada.

17:15 – 17:30

CONCLUDING REMARKS

SOCIAL PROGRAMME, Friday, October 10th, 2025



17:30 – 20:00 – **RETURN TO THE HOTEL AND FREE TIME.**

20:00 – 22:00 – **FAREWELL COCKTAIL AND DINNER IN HOTEL H10 IMPERIAL TARRACO (TARRAGONA).**



SPEAKERS



ALASALVAR, CESARETTIN (TÜRKIYE)

Cesarettin Alasalvar (PhD, FIAFoST, FISNFF, FIFT, FRSC) is a Senior Chief Researcher at TÜBİTAK Marmara Research Center (State Owned)-Food Group. His research mainly focuses on the development of functional foods and nutraceuticals against life-threatening diseases (cardiovascular disease, diabetes, and SARS-CoV-2 virus), nutritional and functional properties of foods (particularly nuts and dried fruits), bioactive properties of phytochemicals, the separation/identification of bioactives, bioavailability and bioefficacy of dietary polyphenols, and on performance of human clinical trials. He serves as the senior editor of Food Chemistry journal and associate editor of Journal of Food Bioactives. Dr Alasalvar has served as past chairs of International Society for Nutraceuticals and Functional Foods (ISNFF) and Nutraceuticals and Functional Foods Division of Institute of Food Technologists (IFT). He has been actively involved in the Framework Programme of the European Union, currently serving as the Turkish Delegate of Horizon Europe – Cluster 6. He has also been serving on the Academic Committee and World Forum for Nutrition Research and Dissemination Committee Members of International Nut and Dried Fruit Council (INC) since 2015. Dr Alasalvar has received numerous international prestigious awards from different scientific societies, including IFT, ISNFF, and INC in recognition of his pioneering scientific achievements. He is the co-editor of eight international books in the disciplines of food, nutrition, and health.



BARTHA, IRENE (UK)

Dr. Irene Bartha completed her Allergy training at University Hospital La Princesa and University Hospital Niño Jesús in Madrid. Her PhD explored the relationship between allergy, pregnancy, obesity and environmental factors from Universidad Autónoma de Madrid. She now works in Paediatric Allergy at Evelina Children's Hospital and King's College London, with a clinical and research focus on food allergy diagnosis and immunotherapy. She is fluent in Spanish and English.



BHUPATHIRAJU, SHILPA (USA)

Dr. Bhupathiraju is an Assistant Professor of Medicine at Harvard Medical School and Brigham and Women's Hospital and an Assistant Professor in Nutrition at Harvard T.H. Chan School of Public Health. Her research focuses on dietary and lifestyle predictors of cardiometabolic diseases in groups with high cardiometabolic burden such as Hispanics and South Asians. Her research group utilizes -omic technologies, including metabolomics and proteomics, to examine diet-disease mechanisms and to identify dietary biomarkers.



COATES, ALISON (AUSTRALIA).

Prof Alison Coates received her BSc(hons) and PhD from the University of Adelaide, South Australia. After completing a postdoctoral fellowship at the University of Colorado, she has spent the last 20 years at the University of South Australia where she is Professor in Human Nutrition and Dean of Research in Allied Health and Human Performance. She has a proven track record as a research leader in nutritional physiology. Her research is focused on dietary strategies to improve cardiovascular and metabolic function and she has received over \$13M in research funding through competitive national and international schemes. Alison has worked closely with the Nut Industry for over a decade, including consulting for Nuts for Life (an initiative of the Australian Tree Nut Industry), leading research into the health benefits associated with peanut and almond consumption and has recently joined the INC World Forum for Nutrition Research and Dissemination.

SPEAKERS



CUPARENCU, CATALINA (DENMARK)

Catalina Cuparencu is an Assistant Professor at the Department of Nutrition, Exercise and Sports, at the University of Copenhagen, Denmark. Her research combines experimental nutrition from human intervention studies with state-of-the-art metabolomics techniques to improve the accuracy of dietary assessment through the development of biomarkers of food intake and to investigate the effects of dietary changes on metabolic responses and diet-microbiome interactions. These strategies aim to enable research into precision nutrition with impact on the prevention of cardiometabolic diseases. For over a decade, Catalina's work has centered on developing biomarkers that reflect specific dietary components. She has been dedicated to discovering and validating biomarkers of food intake as predictors of intake in independent studies and to defining clear concepts to facilitate their integration into nutrition research.



CHIAVAROLI, LAURA (CANADA)

Dr. Laura Chiavaroli is an Assistant Professor in the Department of Nutritional Sciences, Temerty Faculty of Medicine, University of Toronto and Affiliate Scientist at the Li Ka Shing Knowledge Institute, St. Michael's Hospital. Dr. Chiavaroli's research program addresses the important implementation gap between guidelines-based nutrition therapy for cardiometabolic diseases and effective strategies to mobilize them, while also addressing the equity gap. She leads large interdisciplinary teams in the co-design and testing of innovative implementation strategies leveraging the use of digital tools and randomized trials to drive effective policies and programs related to nut-containing dietary patterns for cardiometabolic disease across diverse communities. She also tests new policy enhancements to support adherence and demonstrates novel applications of methods to improve assessments of social and gender determinants of health, to identify communities to target and provide evidence to drive inclusivity in guidelines and advance health equity. She has authored over 90 publications and holds several grants, including multiple grants from the Canadian Institutes of Health Research. She was recently awarded the 2025 IAFNS Emerging Leader Award and the 2024 American Society for Nutrition Mead Johnson Award for outstanding research from a young investigator.



DE SOUZA, MARY JANE. (USA)

Dr. De Souza is a Distinguished Professor of Kinesiology and Physiology, Director of the Women's Health and Exercise Laboratory at Penn State University, and Executive Director of the Female and Male Athlete Triad Coalition. Dr. De Souza received her PhD from the University of Connecticut, and completed postdoctoral work in reproductive physiology and endocrinology at the University of Connecticut Medical School. Dr. De Souza's research for 30+ years has focused on the complex interplay between metabolic, reproductive, and skeletal physiology, and is considered a preeminent expert in Athlete Triad physiology and has also focused much research on menopausal research conducting both hormonal and non-hormonal interventions. Dr De Souza has published over 200 papers and has had many extramural grants. Dr. De Souza has won teaching awards, several distinguished research career awards from several international and national organizations, and several honor awards.



GUASCH-FERRÉ, MARTA (DENMARK)

Marta Guasch-Ferré, PhD, is an Associate Professor and group leader at the Department of Public Health at the University of Copenhagen, Denmark. She also holds an appointment as an Adjunct Associate Professor at the Department of Nutrition at Harvard T.H. Chan School of Public Health, U.S. Dr. Guasch-Ferré leads a research group focused on integrating nutrition and lifestyle factors with -omics data to advance the prevention of cardiometabolic diseases. She has authored numerous publications in leading scientific journals, contributing significantly to the fields of nutritional and cardiovascular epidemiology. She was awarded the Sandra A. Daugherty Award for Excellence in Cardiovascular Disease Epidemiology and Prevention, by the American Heart Association. Dr Guasch-Ferré is the P.I. of an NIH-funded project entitled 'Circulating plasma metabolites, lifestyle factors, and mortality risk' and the 'Nut consumption and prevention of noncommunicable diseases: a global individual participant data meta-analysis' funded by the International Nut & Dried Fruit Council (INC).

SPEAKERS



JORIS, PETER (THE NETHERLANDS)

Dr. Peter Joris is member of the Physiology of Human Nutrition (PHuN) Research Group at Maastricht University in the Netherlands. He is Associate Professor within the Research Institute of Nutrition and Translational Research in Metabolism (NUTRIM). As a nutritional scientist he is registered at the Dutch Academy of Nutritional Sciences (NAV) of which he was elected vice-chair from 2020-2023. He is vice-chair of the Medical Ethics Committee of the University Hospital Maastricht and Maastricht University. His research combines imaging and physiology to study dietary effects on vascular function and metabolic health in the periphery as well as in the brain, and cognitive/functional endpoints. For this, he applies innovative vascular imaging and MRI methods to assess brain function in resting conditions, and in response to challenges, including nasal insulin administration (brain insulin-sensitivity), stress and tolerance tests. He supervised various research projects that provided evidence that new-concepts for healthy living play an instrumental role in improving brain function, thereby contributing to the prevention of cognitive impairment and promoting healthy aging.



JULVEZ, JORDI (SPAIN)

Dr. Jordi Julvez is a Group Leader Researcher at the Institute of Health Research Pere Virgili (IISPV, in Spanish). He worked in the field of epidemiology and developmental neurotoxicity at the Harvard School of Public Health (2008-2011). He was awarded a 2020-Miguel Servet tipo II tenure-track stipend at the IISPV to establish his group, Clinical and Epidemiological Neuroscience (NeuroEpi, [web](#)). His team's focus is to determine what environmental and nutritional factors may affect neurodevelopment from cradle-to grave, with a focus in epidemiology and neuropsychology. He is leading national and International projects in this field.



KENDALL, CYRILL (CANADA)

Dr. Kendall is a Senior Research Associate in the Department of Nutritional Sciences, Temerty Faculty of Medicine, University of Toronto, and the Clinical Nutrition and Risk Factor Modification Center, St. Michael's Hospital, and an Adjunct Professor in the Division of Nutrition and Dietetics, College of Pharmacy and Nutrition at the University of Saskatchewan. He was educated at the University of Toronto, where he obtained his Honors BSc, MSc and PhD. His primary research interest is the role of diet and dietary patterns in the prevention and treatment of chronic disease. Dr. Kendall has over 250 publications in peer-reviewed medical journals. He is a founding member of the International Carbohydrate Quality Consortium (ICQC), Chair of the Diabetes and Nutrition Study Group (DNSG), and Director of Glycemia Consulting and the Toronto 3D Knowledge Synthesis and Clinical Trials Foundation.



LIU, GANG (CHINA)

Gang Liu, Professor of Nutrition and Epidemiology, Assistant Dean of School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, China. Dr. Liu received his PhD degree from Chinese Academy of Sciences, and then got his postdoctoral training at Harvard T.H. Chan School of Public Health from 2015 to 2018. He was promoted to Research Associate at Harvard T.H. Chan School of Public Health in 2019. Dr. Liu's research has focused on diet/lifestyle, metabolic, and genetic factors in relation to type 2 diabetes and cardiovascular disease based on cohort studies and randomized clinical trials. He has published more than 150 papers in peer-reviewed scientific journals, including NEJM, BMJ, Nature Food, Nature Human Behaviour, Lancet Diabetes Endocrinology, Lancet Healthy Longevity, Diabetes Care. He has served as Associate Editor of European Journal of Nutrition, Nutrition & Metabolism.

SPEAKERS



MALIK, VASANTI (CANADA)

Vasanti Malik is an Assistant Professor in the Department of Nutritional Sciences at the University of Toronto and an Adjunct Assistant Professor in the Department of Nutrition at the Harvard T.H. Chan School of Public Health. She holds a Canada Research Chair in Nutrition and Chronic Disease Prevention. Dr. Malik's research uses a combination of epidemiological studies, clinical trials and evidence synthesis to evaluate dietary and modifiable risk factors for obesity and cardiometabolic diseases in different populations across the life course. Her holistic approach considers the intersection of diet, health and environmental sustainability and draws on implementation science and social determinants of health frameworks. The goal of Dr. Malik's work is to generate evidence that can inform dietary guidance, public health policies and community-based programs to prevent chronic diseases and promote more sustainable food systems.



MECOCCI, PATRIZIA (ITALY)

Full Professor in Gerontology and Geriatrics, University of Perugia, Head of the Department of Geriatrics, University Hospital S.M. Misericordia, Perugia (Italy); Foreign Adjunct Professor Division of Clinical Geriatrics, Karolinska Institutet, Stockholm (Sweden). She received her M.D. from the University of Perugia (Italy), where she completed a residency program in Geriatrics. She also earned a Ph.D. in Biology and Physiopathology of Aging at the University of Modena (Italy). After three years as a research fellow, first at the University of Lund (Sweden) and then at MGH-Harvard Medical School in Boston (USA), she started her academic career at the University of Perugia. She worked as a partner in various European Union-funded projects of FP6, FP7, Horizon 2020, IHI programs, and JPND programs concerned with improving the diagnosis/treatment of dementia, problems related to aging, and healthcare opportunities for an aging Europe. She has authored/co-authored more than 430 peer-reviewed publications, has contributed 40 books/chapters and monographs, and is a regular contributor speaker at international and national congresses.



MOHAMMADIFARD, NOUSHIN (IRAN)

Dr. Noushin Mohammadifard is an Associate Professor and Head of the Nutrition Department at the Cardiovascular Research Institute (CRI), Isfahan University of Medical Sciences (IUMS), Iran, a WHO Collaborating Center for Cardiovascular Disease Prevention. She also serves as the Deputy Director of CRI. With a Ph.D. in Nutrition Science from IUMS, her research focuses on dietary determinants of cardiometabolic health and community-based interventions on CVD outcomes. Has led several large studies, including the Isfahan Healthy Heart Program (IHHP), a WHO-endorsed model for developing countries, and the Isfahan Cohort Study (ICS), as well as contributing to multicentric study of Prospective Urban Rural Epidemiological (PURE) study. She has published over 260 peer-reviewed articles, some books, serves on the editorial boards of several international journals, and has been a keynote speaker at international conferences. Her work is internationally recognized, placing her among the most highly cited researchers in her field.



VISWANATHAN, MOHAN (INDIA)

Dr. V. Mohan is Chairman, Dr. Mohan's Diabetes Specialities Centre at Chennai in South India which is an IDF Centre of Excellence in Diabetes Care. Dr. Mohan oversees a chain of 50 diabetes centres across 8 states of India and has over 7,00,000 registered diabetes patients in his electronic records. He is also Chairman, Madras Diabetes Research Foundation which is an ICMR- Collaborating Centre of Excellence (ICMR-CCoE) and Asia's largest standalone diabetes research centre. His main research interests are Epidemiology of diabetes and its complications, Genomics of diabetes including Monogenic Diabetes, Precision Diabetes and Nutrition in Diabetes. Dr. Mohan has published over 1815 of papers which includes 1179 original articles with over 245,000 citations, a 'h index' of 169, and an i-10 index of 1195. Dr. Mohan has received the Dr. Harold Rifkin Award and Dr. Kelly West Award from the American Diabetes Association and recently the Inaugural EASD Diabetes Global Impact Prize from the European Association for the Study of Diabetes and the Padma Shri, from the Govt. of India.

SPEAKERS



NI, JIAQI (CHINA)

Ms. Jiaqi Ni who hails from China, earned her bachelor's degree in human nutrition and Dietetics with first-class honors and *Premio Extraordinario* distinction from the Universitat de València (Spain). She holds two Master's degrees—one in Nutrition and Metabolism, and another in Bioinformatics and Biostatistics. Currently, she is a PhD candidate at Universitat Rovira i Virgili (Spain), supported by a prestigious FPU (Ayudas para la Formación de Profesorado Universitario) predoctoral fellowship from the Spanish Ministry of Science, Innovation and Universities. Her research, conducted within the PREDIMED-Plus study, focuses on the interactions between diet, gut microbiota, and cognitive function. Her academic background integrates clinical nutrition, epidemiology, and omics sciences, with a strong interest in precision nutrition and healthy aging.



NISHI, STEPHANIE (CANADA)

Dr. Stephanie Nishi is a Registered Dietitian, Clinical Trialist, and Educator. She is an Assistant Professor with the School of Nutrition at Toronto Metropolitan University in Canada. Previously, she held a CIHR (Canadian Institutes of Health Research) Post-Doctoral Fellowship with the Unitat de Nutrició, Departament de Bioquímica i Biotecnologia at the Universitat Rovira i Virgili in Spain. For over a decade, Stephanie has been involved in chronic disease prevention from a nutritional perspective (including cardiovascular, type 2 diabetes, and cognitive health), as well as advancing evidence-based practice and knowledge dissemination with the goal of informing public health policy and nutrition guidelines. In her teaching, research, and clinical practice, Stephanie strives to be inspired and inspiring, with the aim of creating and cultivating positive, productive environments.



PETERSEN, KRISTINA (USA)

Kristina Petersen PhD, APD, FAHA, is an Associate Professor in the Department of Nutritional Sciences at the Pennsylvania State University. She is the Director of the Diet and Cardiometabolic Health Lab, which studies dietary interventions to delay and prevent the onset of cardiometabolic diseases. The lab conducts human clinical trials to examine the effect of individual foods, bioactives, and dietary patterns on risk factors for cardiometabolic diseases. Dr. Petersen has been a principal investigator or co-investigator on several studies examining the effect of tree nuts and peanut on risk factors for cardiovascular disease and type 2 diabetes. Dr. Petersen has a Bachelor of Nutrition and Dietetics (Honors) from Flinders University (Australia) and a Ph.D. in Nutrition from the University of South Australia (Australia). She completed postdoctoral training in public health and epidemiology at The George Institute for Global Health (Australia), and in nutritional sciences at the Pennsylvania State University.



ROS RAHOLA, EMILI (SPAIN)

Born in Girona, Spain, 1945. Founder and former head of the Lipid Clinic, Endocrinology Service, Hospital Clínic, Barcelona. Emeritus Investigator, Institut d'Investigacions Biomèdiques August Pi Sunyer, Barcelona. MD degree 1968 and PhD 1991, University of Barcelona. Postgraduate training in USA (1970-1976). American Board of Internal Medicine and Gastroenterology, Boston 1973-75. Member and founder Spanish Arteriosclerosis Society (SEA); member European and International Atherosclerosis Societies; American Society of Nutrition, American College of Cardiology, and Mediterranean Diet Foundation. Awards to best scientific career in Nutrition: Fundación Danone 2013, SEA 2014, and Catalan Nutrition Center 2015. Golden Nut award from the International Nut & Dried Fruit Council 2014. Has published more than 600 original papers, over 170 review papers, 40 editorials, and 90 scientific textbook chapters (*h* index 100; ORCID identifier 0000-0002-2573-1294). Present research interests: nutrition for prevention of cardiovascular diseases and cognitive decline. Led the nutritional intervention of the landmark PREDIMED trial of Mediterranean diet for primary cardiovascular prevention.

SPEAKERS



SABATÉ, JOAN (USA)

Joan Sabaté MD, Ph.D., is a Professor of Nutrition and Epidemiology and directs the Environmental Nutrition research program at Loma Linda University School of Public Health and a board-certified physician in Internal Medicine. He was the principal investigator of a nutrition intervention trial that directly linked the consumption of walnuts to significant reductions in serum cholesterol, published in the *New England Journal of Medicine* in 1993. He is a co-investigator of the Adventist Health Studies, the largest cohort of vegetarians relating dietary intake with health outcomes. For the past 25 years, he has been the principal investigator of many human nutrition intervention trials investigating the health effects of nuts, avocados, and other plant foods. Dr. Sabaté has authored >200 high-impact research articles (h-index 82, >40,000 citations). He has been a member of the US 2020 Dietary Guidelines Advisory Committee.



SALAS-HUETOS, ALBERT (SPAIN)

Dr. Salas-Huetos obtained his Bachelor of Science (Biology) in 2009, his MSc in Cell Biology in 2010, and his PhD in Cell Biology (Cum-Laude and Extraordinary Doctorate Award) in 2016. Nowadays, he is an Assistant Professor at Rovira i Virgili University (Spain), a Department Associate at Harvard University (USA), and a member of the CIBERobn, Instituto de Salud Carlos III, Spain). He has participated in 12 competitive national and international projects and he was awarded with 4 competitive, postdoctoral research contracts with a total of 40 months abroad as a post-doc. Albert has been teaching for 12 academic years at different universities with more than 800 h of magistral lectures (theory) and practicals (including Doctorate and Master courses). The main contributions of his scientific activity are reflected in a total of 94 original articles in SCI/JCR-journals. He has been awarded with prestigious prizes, including the PhD Extraordinary Award 2018 and the ASA 2025 Matthew P. Hardy Young Andrologist Award.



SALAS-SALVADÓ, JORDI (SPAIN)

Distinguished Professor of Nutrition and Director of the Human Nutrition Unit – University Rovira i Virgili (URV) and ICREA Academia Investigator. CIBERobn Principal Investigator and Coordinator of its Nutrition Programme. He is currently Director of the Catalan Nutrition Centre (CCNIEC), President of the World Forum for Nutrition Research and Dissemination (INC), and a member of the expert panel of the Diabetes and Nutrition Study Group (DSNG). Prof Salas' research has focused on human clinical trials to evaluate the effects of foods, dietary compounds and dietary patterns on obesity, diabetes, metabolic syndrome and cardiovascular disease. Since 2005, he has been one of the principal investigators of the PREDIMED study (n=7447 participants) and is currently the coordinator and chairman of the steering committee of the PREDIMED-Plus study (n=6874 participants), two large clinical trials for the primary prevention of cardiovascular disease and mortality. PREDIMED-Plus is a multi-collaborative project involving 30 research groups and has received national, European, Canadian and US grants. Through all these projects and collaborations, the group has developed skills in precision medicine using different OMIC methodologies, in particular metabolomics, proteomics and metagenomics, which we are now implementing in epidemiological and clinical studies. He is also involved in two prospective national and international cohort studies: CORALS (children followed for 10 years) and LEDFERTYL (men of reproductive age). He has published more than 750 scientific articles with more than 48000 citations and a SCI H-index of 101, has published 14 books and has supervised 40 PhD students. Has been named one of the world's most influential researchers by Clarivate Analytics and Stanford University.



SIEVENPIPER, JOHN (CANADA)

Dr. Sievenpiper is a Clinician Scientist who holds appointments as a Professor at the University of Toronto and Staff Physician and Scientist at St. Michael's Hospital. He has established an internationally recognized research program focused on using randomized controlled trials and epidemiological approaches to address questions of clinical and public health importance in relation to diet and cardiometabolic disease prevention. He is the recipient of numerous awards. He is directly involved in clinical practice guidelines development for obesity, diabetes, and cardiovascular disease with appointments to expert committees in Canada and Europe. He has authored > 280 papers and was recognized as a 2023 and 2024 Highly Cited Researcher (top 0.1% of researchers).

SPEAKERS



SHYAM, SANGEETHA (INDIA/MALAYSIA)

Dr Sangeetha Shyam who hails from India is an elected Fellow of the Nutrition Society of Malaysia. Currently she holds the competitive Miguel Servet contract from the Carlos III Health Institute, Spain to incorporate experienced researchers within the Spanish National Health System and is affiliated to the Pere Virgili Health Research Institute. Between 2022 and 2024, she held the Maria Zambrano Fellowship from the Spanish Ministry of Universities to attract international talent and was hosted at the Rovira i Virgili University. Prior to moving to Spain, Dr Shyam was a Senior Lecturer and a Research Fellow at the International Medical University, Kuala Lumpur, Malaysia. She comes with over a decade of experience in teaching, research supervision and academic administration. She is a member of the Federation of European Nutrition Societies Working Group to Improving Standards in the Science of Nutrition. She is a team member of the NUTPOOL project, a world epidemiological study on the role of nuts in the prevention of noncommunicable disease risk and mortality. She leads a subproject of NUTPOOL titled NUTRI-GPA (NUT Consumption and Risk of Diabetes, Cardiovascular and Neurodegenerative Diseases: A Global Pooled Analysis) focusing on neurodegenerative diseases.



TRUMBO, PAULA (USA)

Paula Trumbo is a consultant to the food, dietary supplement and pharmaceutical industry. Dr. Trumbo currently works with international clients on food and dietary supplement labeling, claims and other nutrition related issues for compliance with FDA regulations. Dr. Trumbo worked at the U.S. Food and Drug Administration, serving as Supervisor of FDA's Nutrition Science Review Team. Among a number of duties at the FDA, she oversaw the pre-market scientific review of health claims, and initiated and oversaw the drafting of the proposed and final rules on updating the Nutrition and Supplement Facts labels. She also served as US delegate to the Codex Committee on Nutrition and Foods for Special Dietary Uses. From 1998 to 2003, she served as senior program officer at the Institute of Medicine (IOM) where she directed expert study panels, including those that revised the Dietary Reference Intakes for micronutrients (IOM, 2001), macronutrients (IOM, 2002), electrolytes and water (IOM, 2005), as well as a definition for dietary fiber (IOM, 2001). She was associate director of the Human Nutrition Institute at the International Life Sciences Institute from 1994 to 1998. Prior to this, Dr. Trumbo was associate professor of nutritional biochemistry at Purdue University. She received her Ph.D. in biochemistry, with a minor in nutrition, at North Carolina State University.



VERHAGEN, HANS (THE NETHERLANDS)

Prof. Dr. Hans Verhagen has over 42 years of experience in food safety and nutrition. He is a certified toxicologist and nutritionist. He worked at Universities (Nijmegen, Maastricht, Ulster, Copenhagen), in contract research (TNO), in industry (Unilever), for the national government (RIVM), and EFSA from 2015-2020. From 2006-2015 he was a member of the EFSA-NDA panel, working on health claims and novel foods. He is a professor at the University of Ulster (Northern Ireland) and at the Technical University Denmark (DTU, Denmark). Since 2020, he is owner and consultant of Food Safety & Nutrition Consultancy in the Netherlands (<https://www.fsnconsultancy.nl/>).



YUAN, CHANGZHEENG (CHINA)

Changzheng Yuan is currently a research professor at the School of Public Health of Zhejiang University School of Medicine, and an adjunct Assistant Professor at Harvard T.H. Chan School of Public Health. She has been engaged in research on nutritional epidemiology and has conducted a series of population-based empirical studies in the areas of dietary measurement, nutrition and health. She has published a series of articles in prestigious international journals such as Nature Aging, Nature Food, American Journal of Epidemiology, American Journal of Clinical Nutrition, Alzheimer's & Dementia, Neurology. Her current research focuses on population-based studies of nutrition and cognitive decline and sustainable food system transformation.

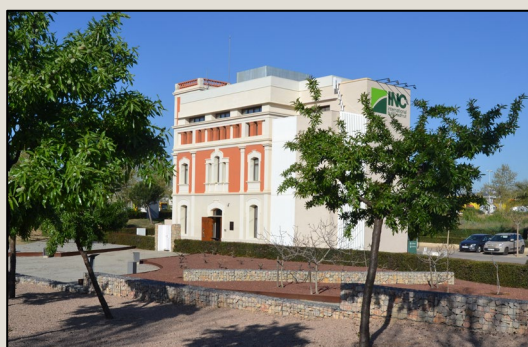
MEETING VENUE

INTERNATIONAL NUT & DRIED FRUIT COUNCIL: INC

Polígon Tecnoparc - Carrer de la Fruita Seca, 4

43204 Reus, Tarragona

Location: <https://maps.app.goo.gl/xo3iUcYLzFcU85ou8>



How to arrive to the venue?

FROM BARCELONA

By Taxi: INC is located 93 km south of Barcelona, just over an hour's drive. Access is faster and more convenient by the motorway AP-7, take exit 34 and follow towards the T11 Reus.

Approximate cost: 150€-200€.

By Train: About 15 trains make a daily route between Barcelona Sants Station and Reus. More info about tickets [here](#). Trains arrive at the Reus Train Station. Walk to *Passeig de Mata* to take the bus **Nº 50** until "Avinguda de Tarragona 2" Stop.

By Bus: The company [Hispano Igualadina](#) connects Barcelona with Reus twice a day on weekdays and once on weekends. The journey takes 1 hour 20 minutes.

FROM REUS

To arrive to the venue by bus, use the bus line **No. 50** which connects the Reus airport to the INC. This bus line has a frequency of one hour. To check the schedules, click [here](#). Journey to the INC: 8 minutes.

Frequency: 1 hour.

ACCOMODATION VENUE

HOTEL H10 IMPERIAL TARRACO, TARRAGONA *****

Rambla Vella, 2, 43003, Tarragona.

Location: <https://maps.app.goo.gl/wa7hErkAmcNu4qsQA>

[Hotel website](#)



Social programme

GUIDED TOUR

A GUIDED VISIT TO ROMAN TARRAGONA: Walking tour of approximately 1,5 hours, starting at the hotel with two English-speaking guides that will take you through the main monuments in the city that have been declared World Heritage by UNESCO since 2000. The visit includes the entrance to the Praetorium and Roman Circus.

The visit will end at the Gala Dinner venue.

GALA DINNER

The gala dinner will take place at **Casa Joan Miret**, a versatile space in the heart of Tarragona, ready to host gastronomic and cultural activities as well as business and private events. The gastronomic proposal of Casa Joan Miret is supported by a team of professionals with extensive experience in the field of catering. Our gala dinner will include a cocktail followed by a seated menu based on mediterranean and local cuisine.

Casa Joan Miret

Rambla Nova, 36. 43004, Tarragona.

<https://www.casaj Joanmiret.com/>

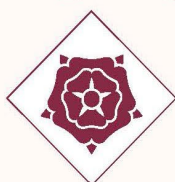
FAREWELL COCKTAIL AND DINNER

It will take place in **Hotel H10 Imperial Tarraco**.

More information about Social Programme: <https://nuts2025.com/social-programme/>

www.nuts2025.com

NUTS 2025



Where we are and where
we are going in research



Organised by:



Sponsor / Venue:

