



Meet Your Taste

LLUI

Research Symposium

19th April 2024
Register [Here](#)

08:15

Refreshments & Welcome

08:45
Session 1

Taste, Food Preferences, and Genetics

Beverly Tepper (Rutgers University, USA)

Taste or Health: Translating Findings from the Taste Laboratory to Food Choices on the Real World

Yiannis Mavrommatis (St Mary's University, London, UK):

Do genetic differences in taste perception impact dietary intake and health status?

Paolo Gasparini (Trieste University, Italy and LLUI, Switzerland):

Sensory decays, food preferences, and genes; towards a personalized nutrition

10:45

Break

11:00
Session 2

Personalised Nutrition

Christian Sina (Universitätsklinikum Schleswig-Holstein, Germany):

Analyzing the Impact of Personalized Nutrition in Digital Therapeutics for Migraine and Type 2 Diabetes

Gregor Hasler (Universität Freiburg and LLUI, Switzerland):

Psychological Stress-Sensitivity as a Marker for Personalised Nutrition

Hannelore Daniel (Technical University Munich, Germany):

Personalized Nutrition: Expectations & Experiences

13:00

Lunch

14:00
Session 3

Poster Session

All attendees are invited to submit an abstract. Please submit to meetyourtaste@llui.org by 25th March 2024 17:00. Further details can be found [here](#).

15:00-
15:30
Session 4

The Taste of Chocolate: How to Find the Bittersweet Balance

Tilo Hühn (Zurich University of Applied Sciences)

**Featuring a young researcher presentation & taste testing*

15:45-
17:45
Workshop
(limited spaces)

Workshop: Good for everyone and good for every-one!

Cuisine as connection between nutritional sciences and a sustainable daily life.

Gabriella Morini & Carol Povigna, Chef (University of Gastronomic Sciences & Pollenzo Food Lab, Italy).

The workshop aims to investigate the connections between nutritional sciences and their daily application through a conscious understanding of kitchen operations. Raw materials, in their connection with the natural and human environment, will be represented as an element of value and, as so, analyzed using gastronomic sciences and explored with a systematic approach to cooking. During the workshop we will discover how it is possible to build endless combinations of dishes and meals by combining the different semi-finished products following criteria of sensory preference (liking), nutritional need (well-being and inclusion), and environmental and social responsibility (sustainability).

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SCIENTIFIC AND PRACTICAL FOCUS

