



## NTHRYS WORKSHOPS

# Foodomics In Nutrition And Health

### 8:45 AM - 10:15 AM: Session 1: Nutrigenomics and Personalized Nutrition

Overview of the role of nutrigenomics in personalized nutrition.  
Hands-on session on studying the interaction between diet and genes.  
Case studies on personalized nutrition strategies based on omics data.

### 10:15 AM - 10:30 AM: Coffee / Tea / Snacks Break

Networking and refreshments.

### 10:30 AM - 12:00 PM: Session 2: Foodomics and Chronic Diseases

Exploring the link between food components and chronic diseases.  
Workshop on identifying biomarkers of disease in foodomics.  
Case studies on the applications of foodomics in chronic disease prevention.

### 12:00 PM - 1:00 PM: Lunch Break

Catered lunch and networking opportunity.

### 1:00 PM - 2:30 PM: Session 3: Functional Foods for Health

Hands-on session on developing functional foods for health benefits.

Exploring techniques for enhancing the nutritional value of foods.  
Practical applications of foodomics in the development of health-promoting foods.

### **2:30 PM - 2:45 PM: Short Break**

Time for a stretch and informal discussions.

### **2:45 PM - 4:15 PM: Session 4: Clinical Applications of Foodomics**

Workshop on translating foodomics research into clinical practice.  
Practical techniques for using foodomics data in clinical settings.  
Case studies on the impact of foodomics on medical nutrition therapy.

### **4:15 PM - 4:30 PM: Coffee / Tea / Snacks Break**

Last networking opportunity with snacks.

### **4:30 PM - 5:30 PM: Closing Session: Implementing Changes and Technology Adoption**

Group discussions on implementing new techniques learned today.  
Dialogue on overcoming challenges in adopting new technologies in similar sectors.  
Feedback session and closing remarks.

**Certificate Issue**

### **5:30 PM: Workshop Concludes**