

# MeHeFo seminar – Generating Personalized Food and Eating Solutions for Wellbeing

**Date:** 26th of August 2024

**Place:** Auditorium Leonardo at Technopolis Otaniemi, Tekniikantie 12, Espoo.

**Registration by the 6<sup>th</sup> of August:** [link](#)



## Program

*Organizers reserve the right to changes in the program*

- 9:30 Opening – Overview of personalization in food and eating solutions, prof. Nesli Sözer, VTT
- 9:45 Perspectives of personalized nutrition, senior advisor Seppo Salminen, University of Turku (UTU)
- 10:05 AI for precision health, nutrition, and behavior, Dr. Guido Camps, Wageningen University & Research
- 10:45 Personalized eating solutions from consumers' perspective, Kyösti Pennanen, University of Vaasa
- 11:15 Tailored food production – Case plant-based non-dairy yogurt, Hieu Pham, VTT
- 11:45 MeHeFo food recommendation platform enabling personalized eating solutions, Adil Umer, VTT
- 12:15 Lunch & networking. *Food recommendation platform and snack machine available for testing.*
- 13:30 Snack machine development and usability for personalized food production, Jenni Lappi & Alex Calton, VTT
- 14:00 Sensory profiling paving the way for personalized food design, Ella Koivuniemi, UTU
- 14:30 Metabolic health and gut microbiota in personalized nutrition, Kirsi Laitinen & Seppo Salminen, UTU
- 15:00 Examples of existing solutions: Short company presentations (Optishake, Nordic Genex)
- 15:15 Ecosystem work – Business Models & Roadmap to Export Markets, Minna Storm & Peter Zettinig, UTU
- 15:40 Panel discussion, moderated by UTU
- 16:15 *Closing the seminar. Small group excursions to VTT's new premises and laboratories for preregistered ones.*