



THE 3<sup>RD</sup> INTERNATIONAL SCIENTIFIC CONFERENCE  
IN THE “DILEMMAS OF HUMAN NUTRITION SCIENCES  
- TODAY AND TOMORROW”  
SERIES “NUTRITION AND WOMEN’S HEALTH”



# “NUTRITION AND WOMEN’S HEALTH”

Poznań, 22–23 June 2023



**POZnań\***  
Honorary Patronage  
of the Mayor of Poznań



Dear Sir/Madame,

The Polish Society for Nutritional Sciences (PTNŻ), together with the Department of Human Nutrition and Dietetics at Poznań University of Life Sciences, warmly welcomes you to the 3rd International Scientific Conference of the „Dilemmas of Human Nutrition Sciences – Today and Tomorrow” series. The conference will take place on June 22nd-23rd, 2023.

**Problems to be discussed:**

1. Women’s health: optimal nutrition throughout the lifecycle
2. Women’s eating behavior
3. Nutrition for physically active women
4. Functional food for women’s health
5. Current topics in nutrition and food sciences

Abstracts will be published by Poznań University of Life Sciences Press. Two selected and reviewed full texts will be published in Acta Scientiarum Polonorum Technologia Alimentaria and granted the “Best Young Researchers Presentation” award.

**Registration Fees**

- The full conference fee is 750 zł.
- The fee for students (including doctoral students) is 350 zł.
- There fee for PTNŻ members with paid membership for the years 2018-2022 is 650 zł.

The fee covers up to 2 presentations (short communication, poster), entry to all sessions, conference materials, a certificate, coffee breaks, one buffet lunch, a banquet dinner, and a printed copy of the abstracts in Polish and English. The conference fee does not cover accommodation and travel.

**Please pay the fees to the conference account:**

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In the title of the transfer, please enter: „Women’s health 2023 Name Surname, 293.71.084”

**Deadlines**

- Registration ends on 30 April 2023.
- Abstracts in Polish and English are to be submitted by 30 April 2023.
- Conference fees are to be paid by 30 May 2023.

Oral short communications and posters should be prepared in English or Polish language.

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Registration Form, Instructions for Authors, and other details are available at:  
<https://zywienie-zdrowie-kobiet.up.poznan.pl/>

We also invite you to the fan page on Facebook, where we provide up-to-date information and reminders about deadlines:

<https://www.facebook.com/profile.php?id=100089006141887>

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## PRELIMINARY PROGRAM OF THE CONFERENCE

### June 22, 2023

- 9:00 Registration and ceremonial welcome of conference participants.
- 10:15 Plenary lecture by Prof. Helene McNulty - Folate and riboflavin: why both B vitamins are crucial in women's health
- 11:00 Opening of the session I - Women's health: optimal nutrition throughout the lifecycle - part I, which will begin with a lecture by Prof. Mary Yannakoulia - The Mediterranean diet: a health-promoting dietary pattern for women at all ages
- 13:00 Opening of session II - Women's Nutritional Behavior, which will begin with a lecture by Prof. dr hab. Anna Brytek-Matera - Incorrect eating behaviors of women: a psychological perspective
- 15:30 Opening of session III - Nutrition for physically active women, which will begin with an online lecture by Prof. Mary Jane De Souza - Fuel for Function; Addressing the Energetic Needs of Exercising Women and Men and Avoiding the Athlete Triad
- 17:30 Opening of session IV - Functional food for women's health, which will start with an online lecture by Prof. Iwona Rudkowska - Functional foods for metabolic syndrome risk factors
- Simultaneously with Session IV, from 5.30 pm to 7.00 pm, there will be a poster session
- At the end of the day at 20:00 we invite you to a banquet, which will take place at Collegium Rungego (Wojska Polskiego 52 Street; opposite the Faculty of Food Sciences and Nutrition building).
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### June 23, 2023

- 9:00 Opening of session I - Women's health: optimal nutrition throughout the lifecycle part II, which will be started by Prof. dr hab. n. med. Beata Banaszewska - The importance of intestinal microbiota in PCOS patients.
- 11:00 Opening of session II - Current topics in nutrition and food sciences, which will be started by dr hab. Iwona Traczyk - Women's nutrition in different periods of life - the results of representative cross-sectional studies conducted in 2017-2020.
- Around 12.40 closing of the conference and award ceremony

**Presentations of the participants will be given on both conference days.**

#### Conference Venue:

Biocentrum Poznan University of Life Sciences  
Dojazd 11 Street, 60-632 Poznań





## Accessibility

- Nearest bus lines – 170 (Dojazd Biocentrum); 160, 164, 195, 226 (Golęcín); 193, 226 (Witosa Kładka); 160, 164, 182, 216, 226 (Wojska Polskiego)
  - Nearest tram lines – 11,14 (Uniwersytet Przyrodniczy)
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## Directions

### • From the Poznań Główny railway station (Poznan Main Station)

At the Dworzec Zachodni tram stop, take tram number 11 or 14 towards Piątkowska. Then get off at Osiedle Winiary stop, go to the nearest bus stop (Os. Winiary), and take bus number 170 towards Puskina Street. Get off at the Dojazd Biocentrum stop and walk 130 meters north to the Biocentrum building.

### • From Poznan Lawica airport

At the Malechowska bus stop, take bus number 729 (towards Ogrody), 148, or 177 (towards Rondo Kaponiera). Get off at the Szpitalna stop. Then cross the street and head towards the Szpitalna stop, at Szpital Kliniczny of the Medical University. Take bus number 182 towards Osiedle Wichrowe Wzgórze and get off at the Wojska Polskiego stop. From there, head west, then turn right into Dojazd Street and head towards the Biocentrum building.

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## Accommodation:

- Hotel Vivaldi Poznań \*\*\*\* - <https://www.vivaldi.pl/poznan>
  - HL Hotel Lechicka \*\*\* - <http://www.hotel-lechicka.pl/>
  - Lemon Plaza Hotel Poznań - <https://lemonplaza.pl>
  - Hotel Campanile \*\* - <https://poznan.campanile.com>
  - Hotel Gold \*\* - <http://www.goldhotel.pl>
  - Hostel Botanik - <https://botanikhostel.pl>
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## Useful links:

- Department of Human Nutrition and Dietetics – <https://www1.up.poznan.pl/kzcid/>
- Polish Society of Nutritional Sciences (PTNŻ) <http://ptnz.sggw.pl/>
- Poznan Public Transport - <https://www.ztm.poznan.pl/pl/rozklad-jazdy/>
- The planner of travel by public transport (also in form of an application for Android and iOS) <https://jakdojade.pl/poznan/trasa/>

