

## SEMINAR – Health impacts of dietary transitions

Organized by START's HEALTH Hub

*Nutrition, food safety, consumer involvement and uptake*

**Date:** 18<sup>th</sup> September 2025

**Venue:** Agro Food Park 26-033, 8200 Aarhus N.

**Hosted by:** Alice Grønhøj, Sara Monteiro Pires and Christina C. Dahm

**Participants:** Junior and Senior researchers with interest in health, nutrition and sustainability

**Registration:** Please sign up [here](#) no later than Wednesday 11<sup>th</sup> September 2025

### Future dietary patterns: healthy, tasty, sustainable, and safe?

*The urgent need for food system change towards health and sustainability is driving innovation, public policy and consumer change globally. But what are the health impacts of these transitions, and what are the research priorities in guiding healthy, tasty, sustainable and safe population diets?*

*In this seminar, we will share ongoing research and findings by researchers from different disciplines at Danish universities and contribute to defining a research agenda/identifying needs and opportunities for research developments. The aims are to foster networking and foster collaboration among researchers, focusing on early career, and to provide a space for discussion of alignments, research gaps, and perspectives for collaborative projects.*

10.30-10.50: Coffee and networking

10.50-11.00: Welcome and introduction / by Alice Grønhøj, Sara Monteiro Pires and Christina C. Dahm

11.00-11.50: Two presentations from the Sustainable Food and Health Section, Danish Veterinary and Food Administration

**Research-based government advice: The Danish Veterinary and Food Administration's collaboration with universities / by Laura Brandt**

**Alternative protein sources: The official dietary guidelines and future research needs / by Emil Steen Steensen**

11.50-12.20: Two early career presentations

**What You See is What You Eat - Mapping Food Media Content / by Alina Diana Both.**  
Postdoc, Department of Management, Aarhus University

**Understanding the Process of Dietary Change: Motivations, Barriers, and Strategies in a One-Year Intervention / by Nora Chaaban.** Research Fellow, Department of Food Science – Food Quality Perception & Society, Aarhus University



12.20-13.20 Lunch

13.20-14.00: Three early career flash talks

**Integrating Public Health Impact into Diet Optimization in Denmark** / by *Sayantan Sengupta*. Postdoc, National Food Institute – Risk Benefit, Technical University of Denmark

**Addressing challenges in selecting dietary risk factor-outcome pairs for health impact assessments: Developing an evidence database and novel approach to dose-response extraction** / by *Anna E. Jacob*. PhD Student, National Food Institute – Risk Benefit, Technical University of Denmark

**Health impact and carbon footprint of self-selected diets in Denmark** / by *Matilda Nordman*. Department of Environmental and Resource Engineering - Quantitative Sustainability Assessment, Technical University of Denmark

14.00-14.30: **Connecting the dots** / facilitated by *Jacob Thyrted Johansen* and *Christian Kvorning Lassen*, START

14.30-14.45: Coffee break

14:45-15.30: **Workshop session: Setting research priorities in health impacts of dietary transitions** / facilitated by *Jacob Thyrted Johansen* and *Christian Kvorning Lassen*, START

15.30-16:00 **Wrap-up: perspectives for collaborative projects** / by *Alice Grønhøj* and *Sara Monteiro Pires*