

Editorial

# Preface: The 3rd International Electronic Conference on Nutrients <sup>†</sup>

Maria Luz Fernandez <sup>1,\*</sup> , M. Luisa Bonet <sup>2</sup> , Francisco J. Pérez Cano <sup>3,4</sup>  and Egeria Scoditi <sup>5</sup>

<sup>1</sup> Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

<sup>2</sup> Laboratory of Molecular Biology, Nutrition, and Biotechnology, University of the Balearic Islands-CIBERobn-IdISBa, 07122 Palma, Spain; luisabonet@uib.es

<sup>3</sup> Department of Biochemistry and Physiology, Faculty of Pharmacy and Food Sciences, University of Barcelona, 08028 Barcelona, Spain; franciscoperez@ub.edu

<sup>4</sup> Nutrition and Food Safety Research Institute (INSA), 08921 Santa Coloma de Gramenet, Spain

<sup>5</sup> Laboratory of Vascular Biology and Nutrigenomics, National Research Council-Institute of Clinical Physiology (CNR-IFC), 73100 Lecce, Italy; egeria.scoditti@cnr.it

\* Correspondence: maria-luz.fernandez@uconn.edu

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## 1. Introduction

The Third International Electronic Conference on Nutrients—Precision Nutrition and Nutrigenomics was held from 1 to 15 November 2023. Precision Nutrition was the focus of a novel individualized approach that considers genetic and epigenetic information as well as age, gender, lifestyle, gut microbiota, and health status to design the best dietary approach for an individual to achieve optimal health. This conference offered the opportunity to bring together leading researchers, clinicians, and other related experts from around the globe to discuss new discoveries, gaps, ideas, and future avenues in this evolving field.

## 2. Committee Members

### 2.1. Session Chairs

Session 1: The Role of Gut Microbiota in Precision Nutrition

Dr. Francisco J Pérez-Cano

Session 2: Epigenetics in Nutrigenomics and Precision Nutrition

Professor Dr. M. Luisa Bonet

Session 3: Nutriomics Approaches in Precision Nutrition

Dr. Egeria Scoditi

Session 4: Genetic Polymorphisms, Precision Nutrition and Exercise Performance

Professor Dr. Maria Luz Fernandez

### 2.2. Scientific Committee

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5. Jaume Amengual, University of Illinois, Urbana-Champaign, USA
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8. Maria Dolores del Castillo, Institute of Food Science Research (CIAL), Spanish National Research Council (CSIC) and the Autonoma University of Madrid (UAM), Spain



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27. Christy C. Tangney, Rush University Medical Center, USA
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29. Kimber L. Stanhope, University of California, USA
30. Mario Barbagallo, University of Palermo, Italy
31. Ewa Stachowska, Pomeranian Medical University, Poland
32. Marica Cariello, University of Bari “Aldo Moro”, Italy

### 3. Keynote Speakers

#### Session 1: The Role of Gut Microbiota in Precision Nutrition

Dr. Francisco Guarner  
Dr. Alex Mira  
Dr. Omry Koren

#### Session 2: Epigenetics in Nutrigenomics and Precision Nutrition

Dr. Fermín I Milagro  
Professor Dr. Juana Sánchez  
Dr. Albert Salas-Huetos  
Professor Dr. Agata Chmurzynska

#### Session 3: Nutriomics Approaches in Precision Nutrition

Professor, Dr. Tajjana Ruskovska  
Dr. Dragan Milenkovic  
Dr. Pedro Mena

#### Session 4: Genetic Polymorphisms, Precision Nutrition and Exercise Performance

Dr. Catherine Andersen  
Dr. Jim Kaput  
Professor Floyd Chilton

### 4. Sponsors

A big thank you goes out to all the organizers and media partners of the IECN 2023 conference (Figure 1).

## Sponsors and Partners

### Organizers

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**Figure 1.** Logos of the sponsors and partners.

**Conflicts of Interest:** The authors declare no conflicts of interest.

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