



WORKSHOP103

Little Plates, Big Impact:

Shaping Healthy Eaters in Toddlerhood

6th NOVEMBER 2025		
09:00 – 09:15	Welcome and Introduction	• Marisa Vidal Guevara and Amira Pierucci
	Session I: Little Bites, Big Benefits: Ensuring Healthy Diets for Infants & Toddlers	
09:15 – 09:20	Chair Introduction	• Raanan Shamir, Israel
09:20 – 10:00 (20 min. pres. + 20 min. Q&A)	<i>Complementary Feeding:</i> What Makes It Important	• Raanan Shamir, Israel
10:00 – 10:40 (20 min. pres. + 20 min. Q&A)	<i>Global Perspectives:</i> Uncovering Nutritional Deficiencies in Toddlerhood	• Luis A. Moreno, Spain
10:40 – 11:10	Break	
11:10 – 11:50 (20 min. pres. + 20 min. Q&A)	<i>Addressing the Gap:</i> From the cradle to the playground - optimising intake in infants, toddlers and preschool children	• Julie Lanigan, United Kingdom
11:50 – 13:30	Break	
	Session I (Cont.):	
13:30 – 14:10 (20 min. pres. + 20 min. Q&A)	<i>Learning to eat:</i> Exploring Food Texture, Taste, and Eating Behavior	• Ciáran Forde, Netherlands
14:10 – 14:50 (20 min. pres. + 20 min. Q&A)	<i>Feeding the Future:</i> How Nutrition Shapes Brain Development and Learning in Early Childhood and Beyond	• Sean Deoni, USA
14:50 – 15:10	Break	
15:10 – 16:25	<i>Round Table - Young Child Formula:</i> The Role of Macro and Micronutrients for Young Children Beyond Their First Year	• Chair: Raanan Shamir, Israel • Patrick Tounian, France • Natalia Ferré, Spain • Marta Castell, Spain
	Discussion (30min.)	
16:25 – 16:35	Wrap-up Session I	• Chair: Raanan Shamir, Israel

END OF FIRST DAY



WORKSHOP103

Little Plates, Big Impact:

Shaping Healthy Eaters in Toddlerhood

7th NOVEMBER 2025

	Session II: Nutrition Matters: Addressing Specific Conditions in Early Childhood	
09:15 – 09:20	Chair Introduction	• Yvan Vandenplas, Belgium
09:20 – 10:00 (20 min. pres. + 20 min. Q&A)	<i>Nurturing Preterm Infants:</i> Transitioning to Effective Feeding Strategies	• Nadja Haiden, Austria
10:00 – 10:40 (20 min. pres. + 20 min. Q&A)	<i>Navigating Allergies:</i> The Role of Complementary Feeding in Food Allergy Prevention	• Rosan Meyer, Belgium
10:40 – 11:10	Break	
11:10 – 11:50 (20 min. pres. + 20 min. Q&A)	<i>Beyond Nutrition:</i> A Comprehensive Exploration of Obesity in Toddlerhood and Early Childhood	• Antje Körner, Germany
11:50 – 12:30 (20 min. pres. + 20 min. Q&A)	<i>Plant-Based Nutrition:</i> Navigating Vegetarian and Vegan Options for Toddlers	• Juan J. Díaz Martín, Spain
12:30 – 14:00	Break	
14:00 – 14:40 (20 min. pres. + 20 min. Q&A)	<i>Overcoming Challenges:</i> Addressing Feeding Difficulties in Young Children	• Elisabeth de Greef, Belgium
14:40 – 15:20 (20 min. pres. + 20 min. Q&A)	<i>Navigating Digestive Disorders in Young Children:</i> DGBIs from Infancy to Toddlerhood	• Yvan Vandenplas, Belgium
15:20 – 15:30	Wrap-up Session II	• Chair: Yvan Vandenplas, Belgium

END OF SECOND DAY





Little Plates, Big Impact:

Shaping Healthy Eaters in Toddlerhood

8th NOVEMBER 2025

	Session III: Nutrition and Microbiome Interactions in Toddlers: Health Implications	
08:30 – 08:40	Chair Introduction	• Marie-Claire Arrieta, Canada
08:40 – 09:20 (20 min. pres. + 20 min. Q&A)	<i>Nourishing the Microbiome at Preschool age:</i> Dietary influences from infancy to present	• Anne Salonen, Finland
09:20 – 10:00 (20 min. pres. + 20 min. Q&A)	<i>Guiding the Growing Gut:</i> Microbiome and the Digestive Development of Children	• Omar Delannoy, Switzerland
10:00 – 10:30	Break	
10:30 – 11:10 (20 min. pres. + 20 min. Q&A)	<i>Exploring the Crosstalk:</i> Nutrition, Microbiome and Cardiometabolic Health	• Noel Mueller, USA
11:10 – 11:50 (20 min. pres. + 20 min. Q&A)	<i>Mindful Microbes:</i> The Interplay Between Environment, Gut Microbiome, Brain, and Behavior	• Rebecca Knickmeyer, USA
11:50 – 12:00	Wrap-up Session III	• Chair: Marie-Claire Arrieta, Canada
12:00 – 12:15	Closing Remarks	• Amira Pierucci, Switzerland

