



Preliminary Program 5 October 2022

- 09:00** Asker Jeukendrup NED
Chair morning session: Neil Walsh
- 09:20** **Plant versus animal based protein**
Luc van Loon NED
- 09:55** **Can and should we measure sleep?**
Shona Halson AUS
- 10:30** **Continuous glucose monitoring in sport or
Nutrition for female athletes or
Intermittent fasting**
Asker Jeukendrup NED
- 11:05 Break
- 11:40** Panel discussion with Luc van Loon NED, Shona Halson AUS, Asker
Jeukendrup NED
- 12:10** Speedupdating 1:
Host: Mark Tuitert
- Insect protein**
Jorn Trommelen NED
- Protein requirement for female athletes**
Louise Deldicque BEL
- Beliefs and the placebo effect**
Shona Halson AUS
- 12:30** Lunch
Chair afternoon: Luc van Loon
- 13:30** **Disordered eating and eating disorders in sport**
Therese Mathisen NOR
- 14:00** **Energy management and mismanagement in sport**
Jose Areta ARG
- 14:30** **Nutrition, energy and the immune system**



**LEADERS IN
PERFORMANCE
CONFERENCE**

SPORTS NUTRITION

Neil Walsh GBR

15:00 Break

15:30 Blood profiling
Charlie Pedlar GBR

16:10 Panel discussion
Diagnosing and treating RED-S: the way forward?
Charlie Pedlar GBR
Therese Mathisen NOR
Neil Walsh GBR
Jose Areta GBR

16:30 Speedupdating
Host: Mark Tuitert NED

Bone density in cyclists
Jan Willem van Dijk NED

Disordered eating in male and female athletes
Rebecca Randell GBR

Rocky asks: Raw eggs or boiled?
Cas Fuchs NED

16:50 Closing

17:00 Networking