



Nutrition Society Winter Conference 2025

Event Overview



AT A GLANCE

At the heart of this conference was a crucial discussion about the future of the Eatwell Guide, a key policy tool that shapes government recommendations on healthy eating and achieving a balanced diet. First published in 2016, the guide has remained unchanged for nearly eight years. However, with updates to the guide in 1994 and 2007, there is growing anticipation that the next revision could be imminent.

The conference served as a platform for experts across the nutrition community to come together and explore the evidence needed to support the next iteration of the Eatwell Guide. It provided an opportunity to discuss how we can refine not only the guide itself but also broader food-based dietary recommendations, ensuring they better reflect the latest research and meet the evolving public health needs.

CONFERENCE



Nutrition Society Winter Conference



21-22 January 2025



The Royal Society, London, UK

ATTENDEES



325
in-person delegates



14
countries reached



70
Students

PROGRAMME



52
Original communications



4
Symposia



15
Guests speakers

GALLERY



WINNERS

Nutrition Society Oral Communications Competition:



Best Oral Presentation

Ms Nicola Nixon, University of York

Who is feeding our children? A Yorkshire based overview of primary school food provision.



Best Poster Presentation

Ms Rachel Athey, University of Surrey

A systematic analysis of the quality of online nutrition information relating to autism and diet available on the social media platform X (formerly Twitter).

SOCIAL MEDIA



The Winter Conference is always a forum for poignant debate and thought-provoking discussions [...] This conference reinforced the importance of evidence-based, inclusive, and forward-thinking dietary guidelines. I leave inspired to reflect on how we, as professionals, can contribute to making dietary advice accessible, relevant and transformative.

Elena Carillo Alvarez

Had an amazing time at my first Nutrition Society Winter conference. Extremely interesting talks on a wide variety of topics looking at current and future challenges regarding dietary guidelines and advice. [...] I am excited to be starting my career in the nutrition industry and attend many more Nutrition Society conferences and continue my learning.

Amy Harlow

I grabbed the chance to present my research at the Winter Conference 2025 of The Nutrition Society! ✓

It's daunting at first. Taking a step by yourself to submit an abstract, walk up to the conference and condense your 2 months of research in 4 minutes. Yet I wouldn't trade anything about the experience because I received such valuable feedback, ideas for further research (and a free confidence boost)! 🙌

Laveeza A.