



VLAG NUTRIM International Advanced Course: Food Intake Regulation, Maastricht 25-27 March 2008

Theme: Nutrient Sensing

Food Intake Regulation is the interplay between the internal physiological and metabolic condition expressing the dynamics in the magnitude of energy requirement throughout the day, and the external availability of food. As soon as food is ingested, it is sensed, orally, gastro-intestinally, and effects of metabolites, and metabolism are sensed. Perception of these effects leads to a feedback, that modulates the magnitude of energy requirement. Nutrient sensing implies perception of nutrients specifically, orally, and throughout the gastro-intestinal tract, and subsequent responses. The scientific focus is presently on sensing of specific nutrients in the intestine, including the subsequent responses in terms of satiety, orexigenic and anorexigenic hormones, and food intake. The theme: nutrient sensing will be central in the 2008 course: Food Intake Regulation.

Course design

The course is a Masterclass approach with lectures and interactive discussions.

Each session lasts for 75 minutes:

- 35 minutes lecture
- 10 minutes discussion with your neighbour on what questions to ask
- 20 minutes discussion on all questions as arose, from the public.
- 10 minutes wrapping up by the speaker

As a preparation students receive 1 relevant paper per session, to study.

Venue and accommodation

The course is organized at Maastricht University, Universiteitssingel 50, rooms 0406 and 0480.

At **Hotel Randwijck** rooms have been taken in option until 25 February. Please mention the course code: "Regulation of Food Intake", when you make a hotel reservation. The costs of a single room including breakfast are € 92 (€ 77,50 excl. breakfast). Participants have to book their own room. Reservation after February 25 will not guarantee accommodation. The hotel is situated across Maastricht University.

Organization

Prof. M. Westerterp-Plantenga, Maastricht University
Prof. K. de Graaf, Wageningen University

Faculty

- Dr. K. Ackroff, Brooklyn College, NY
- Prof. W. A. Buurman, Maastricht University
- Prof. G.J. van Dijk, Groningen University
- Prof. K. de Graaf, Wageningen University
- Dr. E. Lafleur, Utrecht University
- Prof. A. Masclee, Maastricht University / Academic Hospital Maastricht
- Dr. A. Nieuwenhuizen, Maastricht University
- Dr. H. Peters, Unilever
- Dr. D. Robertson, University of Surrey, UK
- R. Ruijschop, NIZO
- A. Smeets, Maastricht University
- Prof. D. Tomé, Institut National Agronomique de Paris-Grignon
- Prof. K. Westerterp, Maastricht University
- Prof. M. Westerterp-Plantenga, Maastricht University

Study load

The study load of this course is 1.14 ECTS credits.

Contact / information

More information about the course contents can be obtained from Prof. M. Westerterp-Plantenga, m.westerterp@HB.unimaas.nl

Other information can be obtained from Yvonne Sondeijker, y.sondeijker@nutrim.unimaas.nl, +31-43-3882117.

Registration and course fee

Please register by completing the [registration form](#) before February 25. You will be notified on acceptance

of your registration and you will receive instructions for payment and further information after the deadline of registration.

The course fee is € 1050 (including lunches/tea/coffee and one course dinner). PhD-students not affiliated with the Graduate School VLAG will be charged € 350. Cancellations may be made free of charge until February 25. After this date the charge will be 25% of the fee paid or due. Substitutions may be made at any time.

Preliminary programme

March 25, Universiteitssingel 50, room 0406		
10.30-10.55	Coffee	
10.55-11.00	Welcome	Prof. M. Westerterp-Plantenga
11.00-12.15	Perception of thermogenic nutrients and metabolic effects	Prof. M. Westerterp-Plantenga
12.15-13.00	Lunch break	
13.00-14.15	Dietary fat oxidation as a function of body fat	Prof. K. Westerterp
14.15-14.30	Break	
14.30-15.45	Nutrient sensing of protein	Prof. D. Tomé
15.45-16.00	Break	
16.00-17.15	Nutrient sensing in the gut	Prof. A. Masclee
17.15-17.30	Break	
17.30-19.30	Poster session, with wine and cheese	
March 26, Universiteitssingel 50, room 0406		
09.00-10.15	Nutritionally activated vagal cholinergic anti-inflammatory reflex	Prof. W. Buurman
10.15-10.30	Break	
10.30-11.45	The ileal and colonic brake	Dr. H. Peters
11.45-12.00	Break	
12.00-13.15	Nutrient sensing and (an)orexigenic hormones	Prof. G. van Dijk
13.15-14.00	Lunch break	
14.00-15.15	Genetic and learning effects of nutrient sensing in the gut	Dr. K. Ackroff
15.15-15.30	Break	
15.30-16.45	TBA	
19.00-23.00	Dinner (venue to be communicated) Smelling Food Tasting Food	R Ruijschop A. Smeets
March 27, Universiteitssingel 50, Room 0480		
09.00-10.15	Oral perception of nutrients	Prof. K. de Graaf
10.15-10.30	Break	
10.30-11.45	Effects of sham feeding	Dr. D. Robertson
11.45-12.00	Break	
12.00-13.15	Nutrient sensing in the human brain: stress and reward	Dr. A. Nieuwenhuizen
13.15-14.00	Lunch break	
14.00-15.15	Nutrient sensing in the animal brain: stress and reward	Dr. S. Lafleur
15.15-15.30	Break	
15.30-16.45	TBA	