

Final Conference

Innovative plAnt Protein fibre
and Physical activity solutions
to address poor appEtite and
prevent undernUTrition in
oldEr adults

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Join us for an engaging conference
summarising the results of the
APPETITE project!

13 November 2025, 9-13 h (CET), online

[Click here to register!](https://www.jpi-appetite.com)

AGENDA

9.00 Welcome and Introduction

Protein and fibre – relevance for healthy ageing

Dorothee Volkert (Germany)

I. Understanding the older consumer with poor appetite

9.15 **Exploring the experience of appetite loss in older age**

Lorelle Dismore (United Kingdom)

9.35 **Phenotyping the older adult with a poor appetite**

Marjolein Visser (The Netherlands)

II. Development and characterization of innovative plant protein fibre products

9.55 **Plant protein blending – overcoming single ingredient limitations**

Stephanie Mittermaier (Germany)

10.15 *Short break*

III. Mechanistic insights

10.25 **Amino acid bioavailability from plant proteins – a limitation in older adults?**

Dominique Dardevet (France)

10.45 **Appetite affects neuromuscular plasticity**

Giuseppe De Vito (Italy)

11.05 *Short break*

IV. The APPETITE multi-centre randomised controlled trial

11.15 **Study design and experience in implementation**

Clare Corish (Ireland)

11.35 **Acceptance of plant protein fibre products and effects on usual intake**

Anna Quinn (Ireland)

11.55 **Effects of plant protein fibre products and/or physical activity on appetite and nutritional status**

Katy Horner (Ireland)

12.15 **Effects of plant protein fibre products and/or physical activity on metabolic, functional and clinical outcomes**

Brian Mullen (Ireland)

12.35 **Final remarks**

Helen Roche (Ireland)