

## **What is NuGO?**

NuGO is an Association of Universities and Research Institutes focusing on the joint development of the research areas of molecular nutrition, personalised nutrition, nutrigenomics and nutritional systems biology.

Each year the NuGO Association together with one partner organisation organises a conference called the NuGOweek. Here NuGO members and interested nutritional researchers come together to discuss recent developments around a specific nutrigenomics theme and nutritional context. Next to the importance of the scientific programme during the NuGO week, the 17 previous editions impacted research networking in the area of molecular nutrition, personalised and precision nutrition, nutrigenomics and nutritional systems biology.

## **NuGO week 2022**

The 18<sup>th</sup> edition of the NuGOweek was organised and hosted by our Spanish partner Manuel Suarez, Head of the [Nutrigenomics Research Group](#) at the Universitat Rovira i Virgili in Tarragona, Spain and Dean of the faculty.

From the 29<sup>th</sup> of August to 1<sup>st</sup> of September 2022 130 researchers from all around Europe and Australia and beyond enjoyed not only the Spanish sun and the great city of Tarragona, but also a diverse and attractive NuGOweek programme. Four sessions covered diverse topics including new insights in the activity of bioactive compounds, the potential of precision nutrition in health management, the use of omics data in nutrition research and the impact of chrononutrition in metabolism and physiology. Again the NuGO week used the chance to bring together young talented researchers and senior scientists to discuss about the latest findings on food and nutrition sciences.

The kick-off was a brilliant presentation from [Henrik Oster](#) on the cellular clock genes and their regulation by the SCN, which in turn is set by the external light-dark cycle. He very nicely and entertaining elaborated whether the manipulation of clock genes and circadian rhythms represents a promising approach for dietary interventions and for the prevention and treatment of common metabolic diseases such as obesity and type 2 diabetes. NuGO's newest Member Poland, Carsten Carlberg concluded that personalized responses to the mechanistically well appreciated micronutrient vitamin D may serve as master example for understanding and applying precision nutrition.

Fiona Malcomson presented 2 years of hard work from NuGO and the NuGO Early Career Network (ECN) on a special edition of [Frontiers for young minds](#) on Nutrigenomics [New ways to understand how foods affect me and my health!](#). This collection of articles was reviewed by children and focusses on the latest research in the field of nutrigenomics, from advances in technologies used for this research, to how foods are processed in the body and what this means for our health. At the core of the collection is the application of nutrigenomics as a basis to personalize nutritional advice for individuals and at a public health level. For all colleagues with children, check out the articles.

*To be continued...*