



Symposium

**Gastronomic
solutions for sensory loss
& alteration**

Sept. 14 & 15, 2023
LYON

Program

Psychosocial and cultural dimensions of altered eating





Gastronomic

solutions for sensory loss & alteration

SYMPOSIUM SEPT. 14 & 15, 2023

A changed relationship with food can occur for many reasons, from illness to aging to shifts in the food environment. The impact of this can range from a loss of pleasure in food and eating, to lower food intake and potential undernutrition, to diminished social engagement and even an altered relationships to oneself and the wider world.

Sensory changes trigger disgust in foods once enjoyed, or even from the smell of a loved one. Food that was once delicious is now tasteless. Overall, altered taste and sensing can shift the valence of our encounters with food, cooking and eating, from being easy and enjoyable to being problematic and unpleasant.

In our 3rd International Symposium, we will consider the psychosocial and cultural dimensions of altered taste and eating. We will also address solutions to these problems, from the gastronomic to the social, to see how people cope with and compensate for altered taste.

This symposium brings together scientists, chefs and professionals interested in the topic of altered taste and potential food solutions.

The Symposium launch event coincides with World Taste and Smell Day 2023.
<https://www.tasteandsmell.world/>

It also follows the 45th European congress on Clinical Nutrition and Metabolism. Special fares will be offered to participants attending the Espen conference.
<https://espencongress.com/>

14th September 2023 - Culinary and tasting workshop – Get together dinner

Where : Institut Lyfe (ex-Institut Paul Bocuse) Ecully

15th September 2023 - 3rd Symposium international on Altered taste

Where : Cité Internationale de la Gastronomie, Lyon

Program Altered Taste | 14th Sept.

Institut Paul Bocuse

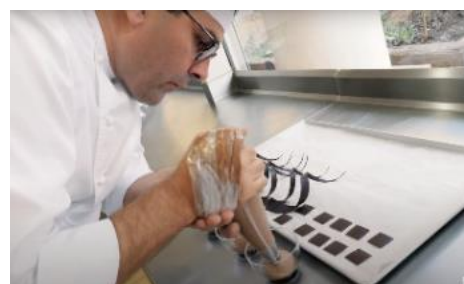


Institut Lyfe (ex Institut Paul Bocuse)

1a Chemin de Calabert
69130 Écully

17:00 Visit of Lyfe Institut

Culinary school
Research Center
Living Labs



18:00 Workshop and Tasting: Chocolate as a solution to compensate for Altered taste

'The flavours, aromas and texture universe of chocolates'

Justine Branchu, Sensory Methods and Sensory Data Manager – Valrhona,

'Culinary Demonstration'

Marion Esteve, R&D Chef - Institut Lyfe R&I center

18:30 Welcoming drink

19:30 Optionnal get together-dinner: Discovery of French cuisine (on registration)

Program Altered Taste | 15th Sept.

Cité Internationale de la Gastronomie



Cité Internationale de la Gastronomie

*4 Grand Cloître du Grand Hôtel-Dieu
69002 Lyon*

- 8:30** *Welcome coffee*
- 9:00** **Introduction** **A. GIBOREAU**, *Institut Lyfe R&I FR*, **J. COVENEY**, *Flinders University AU* & **D. BURGESS-WATSON**, *Northumbria University UK*
- 9:15** **Keynote speaker – Vincent DEARY**, *Northumbria University UK*
‘The bio-psychosocial impact of altered eating’
- 9:55** **A. RUDZINSKA et al.** *Jagiellonian University Medical College Krakow, PL*
‘Taste assessment as a part of acute nutritional care : potential implications for clinical practice and further research’
- 10:10** **C. RORANDELLI et al.** *University of Florence, IT*
‘Measuring taste alterations in cancer patients undergoing chemotherapy or target therapy’
- 10:25** **D. BRANLEY-BELL et al.** *Northumbria University, UK*
‘Exploring relationships between perceived chewing difficulties, pain, eating experience, and well-being’
- 10:40** *Poster session and coffee break*
- 11:10** **M. CAMPBELL et al.** *Teesside University, UK*
‘Altered eating women with serious mental illness- exploring opportunities for research co-production’
- 11:25** **E. MOUSSY et al.** *CRNL Université Claude Bernard Lyon 1, FR*
‘Olfactory training in post-covid patients : impact on food behaviour and well-being’
- 11:40** **B. VAN DIJK et al.** *Wageningen University & Research, NL*
‘Persistent olfactory dysfunction after COVID-19 infection - Effects on Eating behaviour and quality of Life : The Covorts study’

- 11:55** *Lunch break*
- 13:00** **Keynote speaker Nancy RAWSON**, *Monell Chemical Senses Center, US*
‘The impact of SARS-COV-2 on sensory nutrition across the lifespan’
- 13:40** **Tasting workshop – Considering the parosmic experience in research**
Chris KELLY *Abscent, UK*
- 14:20** *Poster session and coffee break*
- 14:50** **A.LIPPI et al.** *University of Florence, IT*
‘Modulating taste properties in a model food : a tool to assess individual variations in sensory and hedonic responses to food’
- 15:05** **G.COOK et al.** *Northumbria University, UK*
‘Multicomponent hydration practice to address the impact of dementia on drinking behaviour’
- 15:20** **S.DOMINGIE et al.** *Institut Lyfe Research & Innovation Center / AgroParisTech, FR*
‘Souper foods : multi-actor co-creation of appealing and nutritious soups for young independent French seniors’
- 15:35** **Round table discussion – John COVENEY**, *Flinders University AU*
‘Psycho-social factors in Gastronomic solutions to Altered Taste’
N.BOIREAU, *Nutricia Research NL*, **G.ELLENDER**, *University of Adelaide AU*,
R. PELLEGRINO, *Monell Chemical Senses Center, US*
- 16:15** **I-eAT International Consortium** on Altered Taste and Gastronomic solutions
D. BURGESS-WATSON, *Northumbria University UK*, **A.GIBOREAU**, *Institut Lyfe R&I FR*,
J. COVENEY, *Flinders University AU*
- 16:45** *Networking and farewell drinks*
- 17:00** *Closing*
- 17:30** **Optional visit of the Banquet exhibition Cité internationale de la gastronomie**

Registrations

Early bird fees (until June 30 th)	100 €
Early bird reduced fees (until June 30 th)	50 €
Normal fees (from July 1 st until August 30 th)	140 €
Reduced fees (from July 1 st until August 30 th)	70 €

Posters

BRETECHE J. – *Ecole de Design Nantes Atlantique's food design, FR*

'Eating without taste – Solution's seeking by a design project " le 4 et demi"'

CARTNER H. et al. – *Northumbria University, UK*

"Talking with food" the first application of a novel methodology (food play) to explore eating experience for people living with Sjögren's syndrome'

DI MEGLIO J. et al. – *University of Florence, IT*

'Changes in food preferences and taste alterations in cancer patients undergoing antineoplastic therapies'

DOUGKAS A. et al. – *Institut Lyfe Research & Innovation Center, FR*

'Food-related Quality of Life in Cancer Patients : Development and Validation of a Questionnaire'

ESPETVEDT A. et al. – *Faculty of Health Sciences, University of Stavanger, NO*

'The assessment of qualitative olfactory dysfunction after COVID-19 : A systematic review of tools and conceptual definitions '

FENG J. et al. – *University of Nottingham, UK*

'A multimodal training system to aid recovery of flavour perception impairments'

HUNTER S. et al. – *Monell Chemical Senses Center, USA*

'The impact of smell disorders on eating – related quality of life'

JAMSHIDVAND M. et al. – *Atlantic Technological University, IE*

'A qualitative study exploring the preference of protein-fortified foods by Irish older adults'

KWIECIEN C. et al. – *Danone Nutricia Research, NL*

'Sensory alterations in cancer patients, the new avenue for tailored oral nutritional supplements'

LARA S. et al. – *London Geller College of Hospitality and Tourism, University of West London, UK*

'Exploring the sensory potential of neglected and underutilised food ingredients'

LE MOAL F. – *Flinders University, AU*

'Negotiating tastes. An ethnography of family mealtime food socialisations in France and Australia'

NEILL T. et al. – *Teesside University, UK*

'Altered eating in women with menopause-an interpretative phenomenological study'

PARMA. et al. – *Monell Chemical Senses Center, US*

'SCENTinel: a rapid test to discriminate between olfactory disorders associated with COVID-19'

PARKER J. et al – *University of Reading, UK*

'Identification of trigger foods and trigger molecules for those with parosmia'

PELLEGRINO R. et al. – *Monell Chemical Senses Center, US*

'Bringing Flavor Back Through the Senses : a guide and Cookbook'

RITSCH N. et al. – *Institut Lyfe Research & Innovation Center, FR*

'Impact of bariatric surgery on sensory perception : comparing women with obesity who have or have not undergone bariatric surgery'

SITIENEI B. et al. – *O'lessos Technical Training Institut, KE*

'Pomegranate and Turmeric Flavored Vegetarian Cake'

Invited Key Note speakers

Pr. Vincent DEARY



Professor Vincent Deary., along with his colleague Dr Duika Burges Watson, has been researching altered eating since 2012 when they worked on a National Institute of Health Research grant to look at how the relationship with food had changed in people who had survived head and neck cancer. In particular the research led to the broader social and emotional impact of altered eating. More recently Vincent, Duika and other colleagues and collaborators have worked on the wider impact of altered taste and smell in Long Covid. In his talk Vincent will explore the broad biopsychosocial impact of altered eating. It will draw upon collaborative multi-disciplinary research into conditions as diverse as Sjogren's Syndrome, Covid-19 and Head And Neck Cancer survivorship.

The talk will use these cases to show how the impact of an altered relationship to food, taste and eating can profoundly alter not only our diet and nutrition, but also our daily experience of pleasure, our emotional and social life, our identity and our appreciation of our life-world. This talk will also illustrate the novel research methodology that has brought some of these findings to light – Food Play. This practice puts food and commensality at the heart of the research process to generate and explore the visceral reality of a changed relationship to food. Finally we will consider some of the participant wisdom that has emerged from these sessions, which give us clues of how to live well with altered eating.

Pr. Nancy RAWSON



Professor Nancy Rawson is the Acting Director and President of the Monell Chemical Senses Center. Her career spans academia and industry, including a faculty position at the Monell Center studying the biology of taste and smell in humans and companion animals, and leaderships roles in the pet and human food and ingredient industries.

In her talk, Nancy will illustrate large-scale shifts in sensory function and their impact on nutritional health. Recent experience has highlighted the substantial impact chemosensory dysfunction, particularly parosmia, can exert on cooking habits, food attitudes and eating behavior. Smell dysfunction is associated with a diet with a higher proportion of energy from fat and sugar, and lower dietary diversity. Chemosensory impairment also contributes to a higher risk of depression, social anxiety and neurocognitive deficits.

The large numbers suffering from the post-acute sequelae of COVID including altered or incomplete recovery of smell function, represent a continuing public health challenge. We're in the middle of a long-term experiment on a scale never before seen in the modern world. The challenge will be to bring together diverse communities – basic research, consumer-facing sectors such as culinary and food science, regulatory and policy-making agencies, and the patient voice to develop solutions to manage, treat and prevent chemosensory loss and insure nutritional, emotional and cognitive health throughout the lifespan.

Scientific committee

M. Bensafi, Lyon Neuroscience Research Center, FR
A. Braud, Hôpital Rotschild, APHP-Sorbonne Univ., FR
A. Bruyas, Hospices Civils de Lyon, FR
D. Burges Watson, Northumbria Univ., UK
F. Carrouel, Claude Bernard Lyon 1 Univ., FR
J. Coveney, Flinders Univ., AU
L. Cunha, Porto Univ., PT

P. Dalton, Monell Chemical Senses Center, US
A. Dougkas, Institut Lyfe Research & Innovation Center, FR
V. Deary, Northumbria Univ., UK
A. Giboreau, Institut Lyfe Research & Innovation Center, FR
C. Kelly, Abscent, UK
E. Monteleone, Firenze Univ., IT
P. Singer, Beilinson Hospital, Tel Aviv Univ., IL



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