

**FOODLOG**  
INDEPENDENT • INTERACTIVE • INFLUENTIAL

# Philosophy of Nutrition

## Course for Nutrition Professionals and PhD Students in Food & Nutrition

What is healthy food? And why do people distrust scientific answers?

### **Towards a more effective field of study**

Philosophy of Nutrition is intended for professionals, researchers and PhD students who work in the fields of food, health and nutrition. It is for those who need to understand why their claims to truth are disputed and who want to learn how to increase the relevance and impact of their research.

### **Objective, methodology & protocol**

What is healthy food? An alarming number of influential critics reject the authority of science in answering that simple question. Why do they convince large audiences? Are they just 'plain wrong' or should mainstream science feel a bit more uncomfortable?

*It is time to examine the nutritional sciences themselves.*

*Are the objectives of the nutritional sciences well defined? What methodology do they use? What claims to knowledge do they make and how does this knowledge grow?*

*Is the nutritional work of dieticians, doctors and lifestyle coaches based on science and is this well protocolled? Are their practices effective?*

### **Appropriate research and appropriate communication**

Foodlog, the leading Dutch platform on food and nutrition, has created a challenging, interactive programme addressing these core questions. Philosophy of Nutrition encompasses lectures by researchers from various universities, industry experts, journalists and a philosopher of science. As part of the course students will have to complete 2 assignments in which they have to assess the relevance of scientific nutritional knowledge and their own skills in communicating scientific knowledge effectively and correctly.

### **PRACTICAL INFORMATION**

Session A: Wednesday 27 September and Thursday 28 September

Session B: Wednesday 11 October and Thursday 12 October

Session C: Wednesday 1 November and Thursday 2 November

Time: 9:30 – 17:00h

Study load: 0.5 ects/session, 2 ects for all sessions (including assignments)

Participants: max. 30

Level: WO+

Location: Huize Molenaar, Korte Nieuwstraat 6, 3512 NM Utrecht

#### **Costs:**

Full course: €1.995,- (excl. BTW)

Two Sessions: €1.395,- (excl. BTW)

One Session: € 695,- (excl. BTW)

PhD students will receive a 50% discount (limit of 12 PhD students)

### **Register directly, any questions, more information?**

<https://www.foodlog.nl/fl-course-philosophy-of-nutrition/>

or send an email to Roeland Dobbelaer, Publisher Foodlog:

[uitgever@foodlog.nl](mailto:uitgever@foodlog.nl)

### **Moderation, guidance and feedback**



#### **Dick Veerman**

Dick Veerman is a trained linguist and philosopher. He has worked as a banker, marketing consultant and strategy advisor. In 2005 he founded Foodlog, of which he is the chief moderator. In 2015, Dick read what could be seen as the 'world première' of Philosophy of Nutrition at VU Amsterdam on the invitation of professor Jaap Seidell.

# Programme

Subscribing to all three sessions is recommended, but subscribing to one or two sessions is possible. It is mandatory to participate in either session A or session B prior to session C.

## SESSION A: Fact and Theory What are facts and what is knowledge?

### Day 1: Wednesday 27 September

In the morning, Dick Veerman will introduce the course by a short history of nutritional science and explanation of the notions of 'knowledge' and 'the right thing to do'.

The afternoon programme will be fully interactive.



#### Jan Bransen

Jan Bransen is philosophy professor of behavioral sciences at the Radboud University in Nijmegen. He issues topics as autonomy, personal identity and practical rationality and he aims to make philosophy accessible to a wide audience. Among other things Jan has written 'Laat je niets wijsmaken' (2013) which is about the power of experts and the strength of common sense. His book won the Socrates Challenge Cup for 2014.



#### Jaap Hanekamp

Jaap Hanekamp is associate professor of chemistry and the history and philosophy of science at the University College Roosevelt in Middelburg. His interests center on topics such as food chemistry and safety and toxicology and precaution. He holds a position as adjunct faculty member of the University of Massachusetts Amherst School of Public Health and Health Sciences. The remainder of his time he devotes to HAN-research, his independent scientific research company.



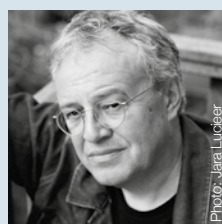
### Day 2: Thursday 28 September

On the second day, we will build on the theory discussed during the first day and focus on the theme: "Carbohydrates and Fats". Journalist Huib Stam explores the history of our thinking on these nutrients and explains how the prevailing paradigm developed. In the afternoon we will examine various methods to investigate fats and discuss the possibility of completely different approaches in order to obtain knowledge on this topic.



#### Dennis Zeilstra

Dennis Zeilstra received an MSc in Mechanical Engineering from the University of Twente, The Netherlands in 2005. He is R&T lead engineer in the aerospace industry. He co-authored a dozen scientific articles in this field and is a reviewer for IEEE conference papers. Dennis has an interest in nutrition and philosophy of science and wrote several web articles on this subject. He is an independent researcher focusing on epistemology-based methods to improve scientific understanding in nutritional science.



#### Huib Stam

Huib Stam is a well known Dutch journalist, who used to work as a film and tv critic. He is interested in nutrition and considers himself an 'archeologist of nutrition theories'. He published several books on food and health: *Haring - een liefdesgeschiedenis*, *Eetsprookjes - nieuwe feiten, oude misverstanden & goed nieuws over eten en gezondheid* and most recently *Suiker - het zoete vergif*.



#### Frits Muskiet

Frits Muskiet is professor of athophysiology and clinical chemical analysis at the Rijks-Universiteit Groningen. He is a biochemist by training, specialised in Clinical Chemistry. His field of interest extends from nutrition to (patho)physiology. He is well known as a developer of the theoretical and practical framework of evolutionary medicine.

# SESSION B: Object and Ethics of nutritional sciences

## How do people in the field use scientific knowledge and what are their needs?

### Day 1: Wednesday 11 October

In the morning, professor Jaap Seidell will hone in on the different types of nutritional sciences. He will also outline how funding for research is attributed to those fields.

In the afternoon we will discuss with various experts from the nutritional field: 'what do I need from science?'



#### Jaap Seidell

Jaap Seidell is distinguished professor of the VU University and VU University Medical Center. He is responsible for research and academic training in health science. His research topics include diet, nutrition and chronic diseases, causes, consequences, prevention and management of overweight and obesity.



#### Peter Zock

Peter Zock has 30 years of experience with research collaborations on nutrition and health between academia and industry. Since 1997, Peter established, led, or was closely involved in several large multidisciplinary projects of the Wageningen Centre for Food Sciences (WCFS), later Top Institute Food and Nutrition (TIFN). In 2003, Peter joined Unilever R&D where he is now Science Leader Cardiovascular Nutrition and Epidemiology. In his current position, Peter is leading Unilever's research program on dietary fats and health. This includes one-on-one collaborations with the Harvard School of Public Health and Tufts University (Boston, USA), and several Dutch universities.

### Day 2: Thursday 12 October

During the second day, we will continue to explore how people from the field 'use' science and what specific needs they have.



#### Amber Ronteltap

Amber Ronteltap studied to be a nutritionist at Wageningen University. She did her PhD with the research group of Marketing and Consumer Behaviour. After eight years of research in Wageningen, mainly on personalised nutrition, she now works as a senior researcher at the Hogeschool van Utrecht at the lectorate of Crossmedial communication in the Public Domain.



#### Koen Joosten

Koen Joosten is paediatric-intensivist and associated Professor paediatrics at ErasmusMC-Sophia Children's Hospital. Together with Dr Jessie Hulst, he developed a new simple nutritional (risk) screening tool, named STRONGkids. He is chairman of the feeding group of the Dutch Paediatric Association and a member of several other nutritional committees.



#### Connie Hoek

Connie Hoek is owner of Diëtistenpraktijk Connie Hoek. She pioneered the approach that was formalised by the Voeding Leef Foundation, now presided by prof. dr. Hanno Pijl. She focused on reversing Diabetes-2 by changing their diet and giving them control of their own health by just changing what they eat. Her approach is highly successful and is now being adopted by health insurance companies.





# SESSION C: Needs, trends and breakthroughs in research

## What developments in society have an impact on science and research?

### Day 1: Wednesday 1 November

During this day, we will discuss the roles of personalised nutrition, epidemiology, personal genetics, the lack of causality and big data.



#### Jan Blommaart

Jan Blommaart has more than 30 years experience with deploying information technology in various industries like government, defence, science, utilities and manufacturing. He is currently working on an initiative aimed at the agriculture and food industry, with the aim of establishing a quantum leap in yield management by deploying computer science research in smarter breeding and in smarter farming.



#### Joël Doré

Joël Doré is trained as a gut microbial ecologist. As Scientific Director of MetaGenoPolis, a Unit of the Micalis Institute Food and Gut Microbiology for Human Health, he explores diagnostic and prognostic applications from sequence-based metagenomics as well as food-microbe-host interactions with relevance in health and disease, to functional metagenomics.

His overall goal is to contribute to a better understanding of man-microbe symbiosis towards therapeutic choices and recommendations in health nutrition.



#### Hans Westerhoff

Hans Westerhoff is a biologist and biochemist. He is a professor of synthetic systems biology at the University of Amsterdam. He is a director of the Manchester Centre for Integrative Systems Biology. His research interests include among others integrated experimental and computational systems biology of microorganisms, metabolisms and personalized (n=1) medicine.



#### Ben van Ommen

Ben van Ommen is Principal Scientist at TNO (the Dutch organisation for Applied Scientific Research). His research applies systems biology to metabolic health and metabolic disease. Ben focuses on understanding all relevant processes involved in maintaining optimal health and causing specific disease sub-phenotypes, developing new biomarker concepts and personalised health treatment strategies.

### Day 2: Thursday 2 November

During the morning session, Dick Veerman and Huib Stam will recap the findings of the previous sessions and prepare the final session with the participants. What have they learned? How can these learnings be incorporated in their research? What are the implications for the research and communications agenda of the nutritional sciences?

In the afternoon, the participants will present their findings in front of a panel consisting of senior officials.

The innovative and open-minded closing session may set a new research agenda in food and nutrition.

