Polish Society of Nutritional Sciences
Faculty of Pharmacy with the Division of Laboratory Medicine
Medical University of Bialystok

4th International Scientific Conference
"Dilemmas of Human Nutrition Sciences - Today and Tomorrow"

„PLANT DIET – BENEFITS AND RISKS"

June 12-13, 2025 - Bialystok

12th June 2025 (Thursday)

Place: Aula Magna, Branicki Palace, Medical University of Bialystok, Kilińskiego 1 St.

Plenary session 1 (9.30 - 11.00)

CHAIRMANS: Prof. Katarzyna Socha, Prof. Jadwiga Hamułka, Assoc. prof. Magdalena Górnicka, prof. SGGW

Number	Time	Title	Author name
PL1.1	30 min	Supporting healthy and sustainable diets to tackle dietary health inequalities	Prof. Alexandra M. Johnstone, Marta Lonnie [on-line]
PL1.2	30 min	From diet to chronic disease prevention: how phytochemicals influence stress pathways	Prof. Kazim Sahin, Cemal Orhan, Besir Er, Nurhan Sahin
PL1.3	30 min	Benefits and risks of plant-based diet in elderly	Prof. Irena Keser [on-line]

Plenary session 2 (11.30 - 12.30)

CHAIRMANS: Prof. Kazim Sahin, Prof. Lidia Wądołowska, Assoc. prof. Magdalena Górnicka, prof. SGGW

Number	Time	Title	Author name
PL2.1	30 min	Medicinal plants in the prevention and supportive treatment of chronic diseases	Prof. Miroslav Haban, Prof. Marta Habánová, Prof. Joanna Korczyk-Szabó [on-line]
PL2.2	30 min	Pomegranate seed oil as a potential source of bioactive compounds	Prof. Marko Obranović, Danijela Šeremet

Place: Apartamenty Branicka, Zamenhofa 22 St., Bialystok

Oral presentation session 1 (14.00 – 15.40)

CHAIRMANS: Prof. Krzysztof Durkalec-Michalski, Prof. Marko Obranović

Number	Time	Title	Author name
S1	10 min	Hydrolyzed buckwheat husk fiber as a component of functional food	Violetta G. Mietlicka Młyn Niedźwiady A. Siewkowski Spółka Komandytowa
O1.1	7 min	Enhanced chemopreventive effects of capsaicin formulations against colorectal cancer: insights from *in vivo* model+	Ramazan Ozmen, Besir Er, Fusun Erten, Muhammed Tokmak, Ibrahim H. Ozercan, Kazim Sahin
O1.2	7 min	A proposal for research involving new biomarkers of hypertension, lifestyle, and environmental exposure	Angelika E. Charkiewicz
O1.3	7 min	LPD PLADO Diet implementation in CKD: benefits and challenges	Anna Mojak, Anna Felińczak, Monika Bronkowska
O1.4	7 min	Plasma α-tocopherol concentration in the context of metabolic health in adults	Kacper Szewczyk, Magdalena Górnicka
O1.5	7 min	The metabolism of non-essential amino acid proline is significantly altered in WHO grade 4 gliomas	Magdalena M. Sawicka, Karol Sawicki, Tomasz Łysoń, Wojciech Miltyk
O1.6	7 min	Investigating the impact of botanical sources of conjugated C18:3 isomers and cancerous process on the fatty acid composition of the rats' spleen	Agnieszka Białek, Tomasz Lepionka, Małgorzata Białek, Wiktoria Wojtak, Marian Czauderna
O1.7	7 min	Assessment of the effect of ground buckwheat husk consumption on the level of epidermal hydration in patients with plaque psoriasis **-** a pilot study	Bogumiła Redlarska, Marek Niczyporuk, Katarzyna Socha, Marta Wacewicz-Muczyńska, Monika Grabia-Lis, Renata Markiewicz-Żukowska
O1.8	7 min	Assessment of selected indicators of diet quality in patients with Alzheimer's disease	Sylwia K. Naliwajko, Dominika Dobiecka, Karolina Korzonek, Dominika Kowalska, Justyna Moskwa, Katarzyna Klimiuk, Katarzyna Socha
O1.9	7 min	Influence of plant-based foods intake on the redox balance in the serum of patients with age-related cataract	Martyna Falkowska, Izabela Zawadzka, Joanna Konopińska, Katarzyna Socha
Discussion			

Oral presentation session 2 (16.00 - 18.10) Chairmans: Prof. Katarzyna Przybyłowicz, Prof. Anna M. Witkowska			
Number	**Time**	**Title**	**Author name**
O2.1	7 min	Plant holobiont concept for healthy food production – preliminary research on microbiome transfer across microgreens compartments	Magdalena Frąc, Daria Barańska, Jacek Panek, Dominika Siegieda, Giorgia Pertile
O2.2	7 min	Sensory properties of freeze-dried fermented peach snack	Zuzanna Domżalska, Klaudia Gregorek, Szymon Ossowski, Katarzyna Rybak, Katarzyna Pobiega, Emilia Janiszewska-Turak
O2.3	7 min	Pulsed Electric Field (PEF) and fermentation: a new path to functional food on the example of fermented red bell pepper	Szymon Ossowski, Zuzanna Mierzejewska, Katarzyna Rybak, Katarzyna Pobiega, Emilia Janiszewska-Turak
O2.4	7 min	Assessment of cadmium content in food supplements supporting bone metabolism, recommended for patients on a plant-based diet	Anna Puścion-Jakubik, Olga Materska, Katarzyna Socha
O2.5	7 min	Plant-based beverages – benefits and risks	Joanna Rachtan-Janicka, Danuta Gajewska, Hanna Szajewska, Dariusz Włodarek, Halina Weker, Katarzyna Wolnicka, Klaudia Wiśniewska, Piotr Socha, Jadwiga Hamulka
S2	10 min	A market leader's commitment – how Alpro responds to consumers' nutritional and educational needs	Justyna Piotrowska Grupa Spółek Danone
O2.6	7 min	Comparative analysis of the concentrations of health-beneficial minerals in nuts from organic and conventional farming	Karolina Orywal, Katarzyna Socha, Piotr Iwaniuk, Piotr Kaczyński, Jakub Farhan, Wojciech Zoń, Bożena Łozowicka, Maciej Perkowski
O2.7	7 min	Beyond sugar and cocoa: tracing magnesium in a bar of chocolate	Monika Grabia-Lis, Julia Sobotka, Katarzyna Socha, Joanna Bielecka, Renata Markiewicz-Żukowska
O2.8	7 min	Dietary intake and biomarkers of iron status in highly trained female basketball players: a pilot study	Jakub Adamczewski, Tomasz Podgórski, Natalia Główka, Mikołaj Szymocha, Krzysztof Durkalec-Michalski
O2.9	7 min	Hematological responses to different caffeine doses and exercise: a pilot comparative study in male and female CrossFit athletes	Natalia Główka, Jakub Malik, Tomasz Podgórski, Krzysztof Durkalec-Michalski
O2.10	7 min	Assessment of the possibilities of using hemp cake in the production of bread	Klaudia Gregorek, Zuzanna Domżalska, Katarzyna Ratusz

O2.11	7 min	Assessment of iron content of daily food rations offered by diet catering services	Dominika P. Dobiecka, Sylwia K. Naliwajko, Monika Grabia-Lis, Katarzyna Socha
O2.12	7 min	The impact of plant versus animal protein intake on muscle protein synthesis: a systematic literature review	Jakub Rudziński, Błażej Przybylik, Krzysztof Durkalec-Michalski, Paulina M. Nowaczyk
Discussion			

13th June 2025 (Friday)

Place: Apartamenty Branicka, Zamenhofa 22 St., Bialystok

Plenary session 3 (8.30 - 9.15) **CHAIRMANS: Prof. Maria H. Borawska, Assoc. prof. Renata Markiewicz-Żukowska**			
Number	**Time**	**Title**	**Author name**
PL3.1	20 min	Dietary fiber and the microbiota of the digestive tract	Prof. Anatol Panasiuk
PL3.2	20 min	Occurrence of pesticide residues in domestic and worldwide plant food products in the context of health risk assessment	Prof. Bożena Łozowicka, Piotr Iwaniuk

Poster session 1 (9.30 - 10.30) **Chairmans: PhD Anna Danielewicz, PhD Monika Grabia-Lis**			
Number	**Time**	**Title**	**Author name**
P1.1	3 min	Consumption of legumes, nuts, and seeds in a selected group of adults	Justyna Czerniak, Karolina Banasiewicz, Ewa Sicińska
P1.2	3 min	Differences in fatty acid composition of human milk in nonvegetarian and vegetarian breastfeeding mothers	Edyta Jasińska-Melon, Hanna Mojska
P1.3	3 min	Analysis and comparison of the nutrition of people on a plant-based diet and a traditional diet – a pilot study	Jadwiga Kryczyk-Kozioł, Ewelina Prochownik, Aleksandra Wolska, Paweł Zagrodzki, Magdalena M. Kamińska, Mateusz Obal, Małgorzata Trofimiuk-Müldner, Grzegorz Sokołowski, Alicja Hubalewska-Dydejczyk
P1.4	3 min	Vegetable and fruit consumption by a selected group of young women	Katarzyna Kubiak, Anita Korgul, Ewa Sicińska
P1.5	3 min	Nutrient intake in patients with small intestinal bacterial overgrowth (SIBO) following a low FODMAP diet	Laura Kuźmin, Ewa Lange
P1.6	3 min	Eating habits and knowledge of diet-related diseases among MUB students	Emilia Niedźwiecka, Michał Radzikowski, Karolina Żylińska, Aleksandra Mroczek, Julia

			Pisanko, Adrianna Kubat, Alicja Karwowska
P1.7	3 min	Exceeding the recommended doses of dietary supplements by men with recreational physical activity: association with blood markers of nutritional status and nutritional value of the diet. A cross-sectional study	Ewa Niedźwiedzka
P1.8	3 min	Iron level in early pregnancy and miscarriage	Wioleta J. Omeljaniuk, Anna Pryczynicz, Elżbieta Milewska, Wojciech Miltyk
P1.9	3 min	Nutritional education for youth as an investment in health - is one hour enough to prevent diet-related diseases?	Julia Pisanko, Adrianna Kubat, Aleksandra Mroczek, Emilia Niedźwiecka, Michał Radzikowski, Karolina Żyliska, Alicja Karwowska
P1.10	3 min	Changes in plant-based food products consumption planned by Polish adults and their reasons	Marta Sajdakowska, Marzena Jeżewska-Zychowicz
P1.11	3 min	Relationship between a plant-based diet and the risk of orthorexia in women following healthy eating content on social media	Akop Szostak, Hubert Dobrowolski, Konrad Janowski
P1.12	3 min	Gluten-free diet and the risk of developing orthorexia symptoms and fat talk in young Polish women. A pilot study	Beata Ziółkowska, Dorota Łoboda
P1.13	3 min	The impact of innovative functional food on reducing oxidative stress in athletes	Małgorzata E. Zujko, Magdalena Stefanek, Izabela Łuszczewska
P1.14	3 min	Biologically active compounds contained in *Phallus impudicus* and their contribution to regeneration processes	Agnieszka Zakrzeska, Natalia Krasińska, Paweł Kitlas, Bożena Rokita, Radosław Wach
P1.15	3 min	Evaluation of the biological activity of the gel accelerating wound healing containing *Melittis melissophyllum* extract	Paweł Kitlas, Agnieszka Zakrzeska, Natalia Krasińska, Bożena Rokita, Radosław Wach
Discussion			

Poster session 2 (9.30 - 10.30) Chairmans: PhD Marta Jeruszka-Bielak, Dr hab. Sylwia K. Naliwajko			
Number	**Time**	**Title**	**Author name**
P2.1	3 min	Mixtures of milk thistle oil and ethyl esters of fatty acids from linseed oil – properties and applications	Joanna Bryś, Sina Makouie, Jolanta Małajowicz, Eunika Nowicka, Andrzej Bryś, Marko Obranović
P2.2	3 min	Impact of fermentation on the phenolic compounds profile and health-promoting properties of bee pollen and bee bread	Monika Jabłońska, Lucyna Kłębukowska, Tomasz Sawicki
P2.3	3 min	Availability of plant-based foods and meals in school canteens	Marta Jeruszka-Bielak, Magdalena Górnicka
P2.4	3 min	Optimization of emulsion stability in almond and coconut milk alternatives through formulation and process modifications	Tomasz Szelepa, Marek Rzeszotarski, Rita Brzezińska, Joanna Bryś
P2.5	3 min	Fat in plant-based substitutes for traditional meat products	Bogumiła Krygier, Hanna Mojska
P2.6	3 min	Postbiotic potential of LAB from fermented foods: a promising tool in inflammation modulation	Wioletta Mosiej, Ewa Długosz, Dorota Zielińska
P2.7	3 min	Metabolic syndrome: prevention and treatment through the planetary or ketogenic diet?	Oliwia Niksa, Jakub Młynarczyk, Monika Grabia-Lis, Katarzyna Socha, Renata Markiewicz-Żukowska
P2.8	3 min	Medicinal plants as a source of bioaccessible physiologically essential elements and antioxidants	Sylwia Sajkowska, Justyna Moskwa, Katarzyna Socha, Barbara Leśniewska
P2.9	3 min	Reduction of mycotoxins in cereal raw materials by using patented process technology	Tomasz Szelepa, Marek Rzeszotarski, Rita Brzezińska, Joanna Bryś
P2.10	3 min	Vegetable oils – are they solely a source of health-promoting compounds?	Wiktoria Wojtak, Małgorzata Białek, Agnieszka Białek, Marian Czauderna
P2.11	3 min	Study of knowledge, attitudes and preferred sources of information on the health-promoting effects of dairy products among Polish doctors	Katarzyna Przybyłowicz, Katarzyna Staniewska, Aneta Dąbrowska, Anna Danielewicz, Joanna Ciborska, Monika Jabłońska, Tomasz Sawicki, Justyna Żulewska
P2.12	3 min	Intake of selected vitamins and the prevalence of frailty syndrome among the elderly people	Katarzyna Rolf, Olga Januszko

P2.13	3 min	Assessment of zinc content in superfoods products	Justyna Moskwa, Sylwia K. Naliwajko, Jolanta Soroczyńska, Katarzyna Socha
P2.14	3 min	GC-MS analysis revealing Fatty Acid Methyl Esters (FAME) profile of three *Salvia* species	Tayyiba Afzal, Jarosław Proćków, Jacek Łyczko
P2.15	3 min	Dietary intake of B vitamins in patients with Alzheimer's disease: a dietary assessment study	Karolina Korzonek, Paulina Wardaszka, Dominika Dobiecka, Katarzyna Klimiuk, Katarzyna Socha, Sylwia Naliwajko
Discussion			

Oral presentation session 3 (11.00 - 12.25) Chairmans: Prof. Nurhan Sahin, Assoc. prof. Angelika E. Charkiewicz			
Number	**Time**	**Title**	**Author name**
O3.1	15 min	The importance of fruit and vegetable products in a balanced diet	Edyta Łuszczki
O3.2	7 min	Dietary Diary App: testing its usefulness for following dietary recommendations and improving diet quality	Lidia Wądołowska, Joanna Kowalkowska, Ewa Niedźwiedzka, Beata Stasiewicz, Monika Jabłońska
O3.3	7 min	Relationship between consumption of plant products and male reproductive health	Anna Danielewicz, Katarzyna E. Przybyłowicz
O3.4	7 min	The influence of the vegan diet on body composition and training capabilities in CrossFit athletes	Krzysztof Durkalec-Michalski, Adrian Domagalski, Damian Szymczak, Paulina M. Nowaczyk
S3	10 min	Innovative Ideas. Better Tomorrow – Crossroads of Science, Nutrition and Sustainable Food Innovation	Andrzej Nartowicz CVO at Ideal Bistro Eat Better & Puracup
O3.5	7 min	Anti-obesity properties of oat protein hydrolysate	Monika Pliszka, Małgorzata Darewicz, Justyna Borawska-Dziadkiewicz, Anna Iwaniak, Piotr Minkiewicz
O3.6	7 min	The effect of a vegan ketogenic diet on aerobic capacity indices in combat sports athletes during rapid weight loss and 24-hour recovery	Paulina M. Nowaczyk, Natalia Główka, Gracjan Kuncewicz, Karolina Banasiak, Małgorzata Woźniewicz, Krzysztof Durkalec-Michalski
O3.7	7 min	Selected plant biopeptides as nutraceuticals with immunomodulatory and antioxidant activity	Iwona Szerszunowicz
Discussion			

Oral presentation session 4 (12.50 - 14.10) Chairmans: Assoc. prof. Karolina Orywal, Assoc. prof. Anna Puścion-Jakubik			
Number	**Time**	**Title**	**Author name**
O4.1	7 min	Process contaminats in thermally processed plant-based foods – human health risk assessment	Hanna Mojska [on-line]
O4.2	7 min	Comprehensive assessment of somatic and behavioural factors influencing the quality of ageing in postmenopausal women	Dominika Kowalska-Cieślak, Monika Bronkowska
O4.3	7 min	The influence of the diet of middle-aged women on the development of insulin resistance	Elżbieta Olczak
S4	10 min	FOSS Polska – Your reliable partner in food analysis	Roman Komor Foss Polska Sp. z o.o.
O4.4	7 min	The effect of a targeted nutritional education on nutritional status, nutritional knowledge and eating habits in a selected group of dancers	Błażej Przybylik, Amalia Szmajda, Iwona Dziuba-Hut, Krzysztof Durkalec-Michalski, Paulina M. Nowaczyk
O4.5	7 min	The impact of nutrition education on nutritional status, nutritional knowledge, and dietary habits in a selected group of football players	Mikołaj Szymocha, Natalia Jaszczak, Krzysztof Durkalec-Michalski, Paulina M. Nowaczyk
O4.6	7 min	Overview of plant-based beverages available on the polish market - composition and health aspects	Ksenia Klimiuk, Jakub Perkowski, Monika Grabia-Lis, Katarzyna Socha, Renata Markiewicz-Żukowska
O4.7	7 min	Chia seeds (*Salvia hispanica* L.) as a novel food in the prevention of metabolic disorders	Jakub Perkowski, Katarzyna Kolenda, Ksenia Klimiuk, Monika Grabia-Lis, Katarzyna Socha, Renata Markiewicz-Żukowska
Discussion			