

# Preface and Statement of Peer Review

Philip C. Calder<sup>1,2,\*</sup> and Sladjana Sobajic<sup>3,\*</sup> 

<sup>1</sup> School of Human Development and Health, Faculty of Medicine, University of Southampton, Southampton SO16 6YD, UK

<sup>2</sup> NIHR Southampton Biomedical Research Centre, University Hospital Southampton NHS Foundation Trust and University of Southampton, Southampton SO16 6YD, UK

<sup>3</sup> Department of Bromatology, Faculty of Pharmacy, University of Belgrade, Vojvode Stepe 450, 11221 Belgrade, Serbia

\* Correspondence: p.c.calder@soton.ac.uk (P.C.C.); sladjana.sobajic@pharmacy.bg.ac.rs (S.S.)

## 1. Conference Overview

This publication collates the proceedings of the 14th European Nutrition Conference, held from 14 to 17 November 2023 in Belgrade, Serbia. The conference was organized by the Federation of European Nutrition Societies (FENS) and local organizer the Serbian Nutrition Society.

The theme of the 14th European Nutrition Conference is “Food, Nutrition and Health: Translating Science into Practice”. Around this theme, the conference will deliver a high-quality programme, featuring international speakers across plenary sessions and scientific symposia. Other features of the programme will be workshops, training sessions, industry symposia, and oral and poster sessions oriented towards early career researchers. This conference will provide opportunities to hear experts and to catch up on the latest science, as well as to become better informed about areas of controversy. The topics of the planned conference symposia are broad and multidisciplinary and will appeal to all those interested in experimental, clinical, and public health nutrition.

## 2. Conference Committees

### 2.1. Organising Committee

- Vanja Todorovic, Chair
- Nikoleta Lugonja
- Bozidar Udovicki
- Ana Jovanovic
- Milica Zekovic
- Nevena Dabetic

### 2.2. Scientific Committee

- Philip Calder (President), University of Southampton, Southampton, UK
- Sladjana Sobajic (FENS2023 Chairperson), University of Belgrade, Belgrade, Serbia
- Jacques Delarue, University of Brest, Brest, France
- Frank Thies, University of Aberdeen, Aberdeen, UK
- Heiner Boeing, Germany
- Stefaan de Henauw, Gent University, Ghent, Belgium
- Jakob Linseisen, University of Augsburg, Augsburg, Germany
- Kirsi Laitinen, Turku University, Turku, Finland
- Ólöf Guðný Geirsdóttir, University of Iceland, Reykjavik, Iceland
- Ascension Marcos, Spanish National Research Council (CSIC), Madrid, Spain
- Emilie Combet, University of Glasgow, Glasgow, UK
- Francesco Sofi, University of Florence, Florence, Italy
- Jadwiga Hamułka, Warsaw University of Life Sciences, Warsaw, Poland



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- Bryndís Eva Birgisdóttir, University of Iceland, Reykjavik, Iceland
- David Val-Laillet, Inrae, Inserm, University Rennes, Rennes, France
- Eileen Gibney, University College Dublin, Dublin, Ireland
- Angela Rivellesse, University of Naples, Naples, Italy
- Corné van Dooren, WWF-NL Zeist, Utrecht, The Netherlands
- Jelena Meinilä, University of Helsinki, Helsinki, Finland
- Nicoletta Pellegrini, Udine University, Udine, Italy
- Ana Rodriguez-Mateos, Kings College London, London, UK
- Stefan Lorkowski, Friedrich Schiller University Jena, Jena, Germany
- Armando Perez Cueto, Umeå University, Umea, Sweden
- Daniela Martini, University of Milan, Milan, Italy
- Licia Iacoviello, University of Insubria, Insubria, Italy
- Karin Haas, Bern University of Applied Sciences, Bern, Switzerland
- Diana Banati, University of Szeged, Szeged, Hungary

### 2.3. Local Scientific Committee

- Ljiljana Trajkovic Pavlovic (President), University of Novi Sad, Novi Sad, Serbia
- Bagi Ferenc, University of Novi Sad, Novi Sad, Serbia
- Djordjevic Nikic Marina, University of Belgrade, Belgrade, Serbia
- Korac Bato, University of Belgrade, Belgrade, Serbia
- Jankovic Aleksandra, Institute for Biological Research Siniša Stanković
- Milicevic Dragan, University of Novi Sad, Novi Sad, Serbia
- Niksic Miomir, University of Belgrade, Belgrade, Serbia
- Popovic Milka, University of Novi Sad, Novi Sad, Serbia
- Rajkovic Andreja, University of Belgrade, Belgrade, Serbia
- Stankovic Ivan, University of Belgrade, Belgrade, Serbia
- Torovic Ljilja, University of Novi Sad, Novi Sad, Serbia
- Vrvic Miroslav, University of Belgrade, Belgrade, Serbia
- Djordjevic Brizita, University of Belgrade, Belgrade, Serbia
- Katic Vera, University of Belgrade, Belgrade, Serbia
- Kostic Aleksandar, University of Belgrade, Belgrade, Serbia
- Jovic Dragana, Institute of Public Health of Serbia, Belgrade, Serbia
- Nedovic Viktor, University of Belgrade, Belgrade, Serbia
- Novakovic Budimka, University of Novi Sad, Novi Sad, Serbia
- Rajilic Mirjana, University of Belgrade, Belgrade, Serbia
- Ristic Medic Danijela, Institute for Medical Research, Belgrade, Serbia
- Stojanovic Dusica, University of Nis, Nis, Serbia
- Vasiljevic Nadja, University of Belgrade, Belgrade, Serbia
- Zilic Sladjana, Maize Research Institute, Zemun Polje, Serbia

### 3. Conference Topics and Number of Sessions for Each Topic

	Symposium Sessions	Oral Sessions	Poster Sessions
Nutrition across the life course	10	5	4
Nutrition, metabolism, and chronic disease	14	8	8
Dietary studies, guidelines, and recommendations	6	5	3
New technologies in nutrition research	4	1	1
Personalised nutrition	4	1	2
Nutrition and the environment, sustainability, and biodiversity	5	4	3
Food science	4	2	3
Dietary bioactives	4	2	2
Nutrition education, consumers, and practitioners	5	1	2
Cultural, societal, and behavioural aspects of diet and nutrition	4	2	3

### 4. Statement of Peer Review

In submitting conference proceedings to *Proceedings*, the volume editors of the proceedings certify to the publisher that all papers published in this volume have been subjected to peer review overseen by the volume editors. Reviews were conducted by expert referees to the professional and scientific standards expected of a proceedings journal.

- Type of peer review: single-blind
- Conference submission management system: infozonet.in.rs
- Number of submissions sent for review: 741
- Number of submissions accepted: 682
- Acceptance rate (number of submissions accepted/number of submissions received): 0.92
- Average number of reviews per paper: 1
- Total number of reviewers involved: 38
- Description of the process of peer review and/or editorial oversight of all accepted content (e.g., detailed criteria or policy of peer review, etc.): All participants received the result of the review. The types of decisions were as follows: Accept, Resubmit after revision, and Reject.

**Conflicts of Interest:** The authors declare no conflict of interest. No significant competing financial, professional, or personal interests may influence the performance or the presentations of the works described in this conference. Peer reviewers have no relevant financial or other relationships to disclose.

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## Abstract

# Nutritional and Anthropometric Status of Serbian Adults 10–74 Years Old: Results from European Food Safety Authority (EFSA) EU Menu Food Consumption Survey 2017–2021<sup>†</sup>

Jelena Milešević \*, Milica Zeković , Ivana Šarac , Marija Knez, Marija Takić, Jasmina Debeljak and Mirjana Gurinović

Centre of Research Excellence in Nutrition and Metabolism, Institute for Medical Research, National Institute of Republic of Serbia, University of Belgrade, 11000 Belgrade, Serbia; zekovicmilica@gmail.com (M.Z.); ivanasarac@yahoo.com (I.Š.); marijaknez186@gmail.com (M.K.); marijapo2001@gmail.com (M.T.); jasminda.martacic@imi.bg.ac.rs (J.D.); mirjana.gurinovic@gmail.com (M.G.)

\* Correspondence: jelena.milesevic@gmail.com

<sup>†</sup> Presented at the 14th European Nutrition Conference FENS 2023, Belgrade, Serbia, 14–17 November 2023.

**Abstract:** The Serbian National Food Consumption Survey on adults from 10 to 74 years old, including pregnant women and vegetarians, was conducted in compliance with the EFSA EU Menu project support and guidance from 2017 to 2022. Valid data were collected from a total of 3018 participants with 856 adolescents aged 10 to 17 years, 1155 adults aged 18 to 64, 581 elderly subjects aged 65 to 74 years, 145 pregnant women, and 281 persons following a vegetarian diet. Data collection was conducted using a national Survey Pack designed for the project, including the following: a general questionnaire, an age-appropriate Food Propensity Questionnaire, an International Physical Activity Questionnaire, and 24 h dietary recall. The advanced nutritional platform Diet Assess and Plan (DAP) was applied for data storage, processing, and the creation of the final dataset for transfer to EFSA. The Serbian food composition database was used and updated during the project as a resource of food information for all foods and recipes that were consumed by the study cohort. Regardless of age and gender category, the majority (56%) of adults had normal weight according to the Body Mass Index, while 21% were overweight, and 15.5% were underweight. The average daily energy intake was 2178.72 kcal, while overall contributions of carbohydrates, protein, and fat to the total energy intake were 43.37%, 15.47%, and 41.16%, respectively. The proportions of macronutrient intake deviated from the dietary reference values, particularly for fat, which was often too high, where sunflower oil was the major source of fat in diets. Out of the 3018 participants, 98% had breakfast, 99% had lunch, and 95% had dinner, while approx. 80% had snacks between main meals. The highest energy intake was recorded during lunch, 706.5 kcal (32% TE). The survey results provide valuable insight into the nutritional status and dietary habits of adults from 10 to 74 years old living in Serbia. The Serbian food consumption database serves as an evidence platform for decision-making processes in public health nutrition policies and strategies, diet monitoring, exposure risk assessments, and interventions targeting identified nutritional challenges in particular population groups. Harmonized data are part of the EFSA comprehensive food consumption database.

**Keywords:** food consumption; dietary assessment; nutritional status; body mass index; EFSA EU Menu



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**Institutional Review Board Statement:** The study was conducted in accordance with the guidelines laid down in the Declaration of Helsinki and all procedures involving human subjects were approved by the Institute for Medical Research Ethics Committee in Serbia on 8 December 2017 (EO 123/2017).

**Informed Consent Statement:** Informed consent was obtained from all subjects involved in the study.

**Data Availability Statement:** Results attained in this study are included in the manuscript. Individual data are not available due to official legal, organizational and data security policies, and ethical restrictions.

**Conflicts of Interest:** The authors declare no conflict of interest.

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