



16TH SWISS WINTER CONFERENCE

on

INGESTIVE BEHAVIOR

St. Moritz

Switzerland

8 - 12 February 2026

ACKNOWLEDGEMENTS

***The organizers gratefully acknowledge
generous donations from:***

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PROGRAM

16th Swiss Winter Conference on Ingestive Behavior

8 – 12 February 2026

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Organizers

Thomas A Lutz
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Venue

Hotel Laudinella
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Notes

Sunday at 18.30 there is a welcome Aperio in the Lobby Bar.

Dinners are in different Hotel restaurants, as described below. Please note that for Monday's dinner, an extra charge of CHF 20 will be applied.

Scientific sessions are in Palü/Morteratsch rooms.

Each speaker has a 30 min time slot,
15 min for the talk and 15 min for the discussion.

SCHEDULE

**Please note: Each speaker has a 30 min time slot,
15 min for the talk and 15 min for the discussion.
Swiss precision, please!
Merci vielmals!**

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SUNDAY 08 FEB 2026

18.30 **Welcome Apéro** in the Lobbybar

19.30 **Dinner** in the **Stüva Restaurant**
Buffet with Specialties of Graubunden

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MONDAY 09 FEB 2026

08.00 – 11.00 **Session #1**
Chair: Thomas Lutz/Rick Samson
Welcome: Thomas Lutz
Talks: Samson, Fischer, Gao, Schier, Schillings

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16:30 – 19.30 **Session #2**
Session Chair: Gertjan van Dijk
Talks: Yosten (talk given remotely), Serra, Stafford, Jucker,
Croizier, Ruffault (TSE)

20.00 **Dinner** in the **Made in Asia Restaurant**
Mixed Asian appetizers
Chicken with cashews stir fry or Panaeng curry with beef or
vegetables and tofu, coconut milk and Kaffir with lime leaves
Stir fried vegetables
Aromatic rice
Mixed mini-desserts

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TUESDAY 10 FEB 2026

08.00 – 10.30 Session #3

Chair: Sophie Croizier

Talks: Tups, Pataro, Kaufman-Shriqui, Ilves, Elfers

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16.30 – 19.30 Session #4

Chair: Alex Tups

Talks: Kanoski, Brunstrom, van Dijk, Dagher, Baregetti, Altstädt

20.00

Dinner in the Stüva Restaurant

Buffet with Italian Specialties

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WEDNESDAY 11 FEB 2026

08.00 – 10.30 Session #5

Chair: Christelle LeFoll

Talks: Betley, Kong, Buettner, Navarro I Batista, Bouchat,

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16:30 – 19.30 Session #6

Chair: Barry Levin

Talks: Coester, Vainik, Flynn, Kaelberer, Eliason, Kotz

20.00

Dinner in the Restaurant Corvatsch

Appetizers of Graubunden dried meat specialties and mountain cheese

Raclette à discretion

Tiramisu

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THURSDAY 12 FEB 2026

to 11.00

Check out and departure

Farewell !

Auf Wiedersehen !

Uf Wiederluege !

Sin seveser !

Arrivederci !

Au Revoir !

ATTENDING, NOT PRESENTING

Christina Boyle, Institute of Veterinary Physiology, University of Zurich,
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Tito Borner, Department of Biological Sciences, University of Southern California,
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ABSTRACTS

Abstracts are arranged alphabetically by first (presenting) author's name (**in bold**).

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Distinct Effects of Oral Sucrose, Glucose, and Fructose on Metabolic and Gastrointestinal Function in Healthy Adults

Anita Altstädt^{1,2}, Emilie Flad^{1,2}, Veronika Walhöfer^{1,2}, Jens F. Rehfeld³, Jens J. Holst⁴, Bolette Hartmann⁴, Lukas Van Oudenhove^{5,6,7}, Bettina K. Wölnerhanssen^{1,2}, Anne Christin Meyer-Gerspach^{1,2}

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An incretin dependent periprandial neutrophilia patrols the adaptation to high fat diet

Andrea Baragetti^{1*}, Lorenzo Da Dalt¹, Anna Parolini¹, Annalisa Moregola¹, Elisa Nespoli¹, Ottavia Terenghi¹, Monika Svecia², Tito Borner³, Thomas A. Lutz⁴, Tomasz J. Guzik^{5,6}, Mateusz Siedlinski^{5,7}, Giuseppe Danilo Norata¹

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It is all in your head: body-brain interactions and the beneficial adaptations from exercise.

J. Nicholas Betley, Morgan Kindel, Ryan J. Post, Kyle Grose, Louise Lantier, Eunsang Hwang, Jamie R. E. Carty, Lenka Dohnalová, Lauren Lepeak, Hallie C. Kern, Rachael Villari, Nitsan Goldstein, Emily Lo, Albert Yeung, Lukas Richie, Bridget Skelly, Jenna Golub, Manmeet Rai, Teppei Fujikawa, Julio E. Ayala, Joel K. Elmquist, Christoph A. Thaiss, David H. Wasserman, Kevin W. Williams, Erik B. Bloss

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Temporal Dynamics of Central and Peripheral Metabolic Adaptations to High-Energy Diet Exposure in Obesity-Prone and -Resistant Rats.

Anaïs Bouchat¹, Patrizia Ubaldi², Monika Svecclá², Giuseppe Danilo Norata², Christelle Le Foll¹

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Consuming an unprocessed diet reduces energy intake: A role for human nutritional intelligence?

Jeffrey M. Brunstrom, Annika N. Flynn

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Increased SNS is a key Driver of Obesity and Menopause associated Insulin Resistance

Christoph Buettner and Kenichi Sakamoto

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Characterization of a novel central pathway of common obesity

Bernd Coester¹, Oliver Christensen¹, Charlotte H. Kruse¹, Dylan M. Rausch¹, Tune H. Pers¹

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Dissecting the BNST^{VGluT3} Pathway in Compulsive Food Consumption

Sophie Croizier, Marie Barbier, Angélique Vaucher, Océane Reymann

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Ultra-processed food consumption: genetics and brain imaging

Alain Dagher¹, Filip Morys¹, Arsene Kanyamibwa², Daniel Fängström², Max Tweedale¹, Alexandre Pastor-Bernier¹, Houman Azizi¹, Lang Liu¹, Mari Shishikura¹, Annette Horstmann²

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Behavioral Intervention and GLP-1 Receptor Agonist Co-Therapy in Children

Clinton T. Elfers¹, Susan J Melhorn,³ Brian E. Saelens,^{1,2} Ellen A. Schur,³ Christian L Roth^{1,2}

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Gut-Brain Axis: The Role of GLP1R-Vagal Afferents in the Beneficial Effect of Dietary Fiber in Metabolic Health

Nadine Eliasson¹, Chaitanya Gavini¹, Virginie Mansuy-Aubert¹

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Neurobehavioral mechanisms underlying the efficacy and tolerability of the amylin analog cagrilintide in rats

Sophia L. Fischer^{1,2}, Serena X. Gao^{1,3}, Allison M. Pataro^{1,2}, Ann Law¹, Fatma Cicek¹, Rebecca Pan¹, Claire Katen¹, Tito Borner¹

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Dish swap across a weekly menu can deliver health and sustainability gains – a new approach to improving menus in public procurement settings

Annika N. Flynn, Taro Takahashi, Jeffrey M. Brunstrom

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Tirzepatide Dampens Motivation for Palatable Food with Minimal Effects on Hedonic Processing

Serena X. Gao^{1,2}, Alexander Bashaw^{1,2}, Sophia L. Fischer¹, Olivia Moody¹, Nicolas Morano¹, Ann Law¹, Lindsey A. Schier¹, Scott E. Kanoski¹, Tito Borner¹

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Genetic architecture of the Big Five personality traits and their associations with health behaviours

Kerli Ilves^{1,2}, Uku Vainik^{1,3}, Revived Genomics of Personality consortium

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Sex-specific differences in microstructural parameters of ingestive behaviour and intra-individual repeatability

Nicole Jucker¹, Ahmed Al-Humadi², Nico Pulitano¹, Andreas Thalheimer³, Carel le Roux², Marco Bueter³, Michele Serra¹

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A gut sense for microbes

Maya Kaelberer

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Consumption of processed foods impairs memory function through dietary advanced glycation end-products

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Chewing behaviors, food texture, and weight status among children: study design and preliminary findings from a randomized crossover trial

Vered Kaufman-Shriqui¹, Tzach Itzhak Gil¹, Naama Dgania Yaroslaviz¹, Ayala Wollman², Tovit Rosenzweig^{2,3}, Mona Boaz¹

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Targeting Brain Dyslipidemia to Treat Neurodevelopmental Disorders

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Fisetin effects on body composition and liver GLP1 receptor expression in exercising vs. sedentary mice

Catherine Kotz, Morgan Ward, Vijay Mavanji and Laurie Shekels

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Astrocyte Lipid Metabolism: Effects on Mediobasal Hypothalamic Function and Energy Balance

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Single nutrient overconsumption induces nausea and increases GDF15 levels in rats

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Neuropathic pain and ingestive behaviors

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Chronic GLP-1 Receptor Agonism Alters Sugar Intake: Mechanistic Links to the Taste System

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Establishing a novel rat model of postmenopausal metabolic syndrome to decipher estradiol-GLP-1 crosstalk in states of hormone depletion and replacement

Jutta Schillings, Naomi Schenkel, Alexandra Oliveira Carvas, David Herzig, Lia Bally, Christina N. Boyle

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Direct measurement of the microstructure of ingestive behaviour after initiation of GLP-1 receptor agonist treatment (DIGRAT) – ad interim analysis

Michele Serra¹, Ahmed Al-Humadi², Daniela Alceste¹, Nicole Jucker¹, Marco Bueter³, Carel le Roux²

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Not just the young ones! Exploring Picky Eating, Food Neophobia and Cognitive Flexibility In Adults

Lorenzo Stafford, Paula Kaczmarczyk

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The exciting journey from biomedical research to a natural product for glucose support

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Identifying predictors of weight loss from a diverse set of biological, behavioural, and psychological factors

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Effect of peri-gestational dietary PUFA status on energy balance regulation in mice.

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Effect of the metabolic peptide, neuronostatin, in humans

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