



ESPEN Research Fellowship Grants

Year 2021

Glucosafe 2 – A new tool for Nutritional Management and Insulin-therapy in the Intensive Care Unit
Aude de WATTEVILLE – Geneva University Hospitals - Switzerland

Does combined resistance exercise and amino acid supplementation improve muscle protein balance in critically ill patients? A randomized controlled trial
Arabella FISCHER – Medical University of Vienna, Austria & Karolinska University Hospital, Sweden

Is correction of malnutrition sufficient to improve low physical function before elective colorectal cancer surgery? A randomized controlled trial of nutrition vs nutrition and exercise prehabilitation
Chelsia GILLIS – The Research Institute of the Mc Gill University Health Centre – Montreal – Canada

The Impact of energy restriction versus daily exercise on tumor and muscle tissue protein synthesis rates in breast cancer
Andrew HOLWERDA - Maastricht University Medical Centre - The Netherlands

Targeted nutritional approach to improve gut function and short chain fatty acid metabolism by restoring gut absorption during recovery from sepsis
Sarah RICE - Texas A&M University – College Station - USA

Post-prandial hypoglycemia after metabolic surgery in type 2 diabetes: pathophysiological mechanisms and impact on cognitive and cardiac function
Domenico TRICO – University of Pisa - Italy



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CT-derived muscle, adipose and lung tissue interaction as predictors for short-term outcome and long-term multidimensional health status after a COVID-19 infection: InteraCT study

Rosanne J.H.C.G BEIJERS – Maastricht University - The Netherlands

Oral glutamine supplementation during obesity: focus on functional gastrointestinal disorders and insulin-resistance

Jonathan BRETON – INSERM – Rouen, France

Can home-based 'exercise snacks' ameliorate the early effects of step reduction on dietary protein utilization and glycemic control in older adults?

Nathan HODSON – University of Toronto - Canada

A randomized, double blinded crossover study on using sodium MRI to study sodium balance in abdominal organs and muscle in response to the effects of saline and plasma-lyte infusions

Benjamin PRESTWICH - University of Nottingham - United Kingdom

Establishing a novel gut-brain axis model towards precision nutrition

Julia RODE - Örebro University – Sweden

Effects of early-life protein intake on body fat and lean mass: the role of the intestinal microbiome

Trudy VOORTMAN – Erasmus University Medical Center - Rotterdam, The Netherlands



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To determine the effect of surgical induced systemic inflammation on immobilisation induced decline in muscle protein synthesis and immune cell

Matthew BROOK – University of Nottingham, United Kingdom

Continuous versus intermittent nutrition in paediatric intensive care: a proof-of-concept

Renate D. EVELEENS – Sophia Research B.V. – Rotterdam, The Netherlands

The intestinal microbiota as a mediator between diet and chronic obstructive pulmonary disease”

Sarah KIRSCHNER – University of Hohenheim – Stuttgart, Germany

The effect of intermittent fasting on rates of muscle protein synthesis in overweight, middle-aged men

Imre W. K. KOUW – Mary MacKillop Institute for Health Research – Melbourne, Australia

Cancer cachexia and the gut microbiota: impact on muscle atrophy in mice

Mathilde SIMONSON – University Clermont-Auvergne - Clermont-Ferrand, France

Food reward and taste perception in head and neck cancer – New leads to optimize treatment efficacy and recovery after chemotherapy

Anna C.H. WILLEMSSEN – University of Maastricht – The Netherlands



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Metabolomic and body composition analysis in paediatric Crohn's disease

James John ASHTON – University of Southampton, United Kingdom

Omega-3 fatty acids as treatment for cognitive and motor deficits in former contact sport athletes

Thomas George DI VIRGILIO – University of Stirling, United Kingdom

Butyrate-promoting dietary fibres as a potential strategy for the prevention of type-2 diabetes

Tatiana Milena MARQUES – Orebro University, Sweden

Understanding the cellular mechanisms sustaining functional capacity improvement with prehabilitation in colorectal cancer patients

Enrico Maria MINNELLA – McGill University, Montreal, Canada

A time for food: The effects of time-restricted feeding on glycaemic control and gut microbiome in individuals with type 2 diabetes

Evelyn Bridget PARR – Australian Catholic University, Melbourne, Australia

The role of white adipose tissue browning in the etiology of cancer cachexia in humans

Gregory van der KROFT – Maastricht University, The Netherlands

Can beta-hydroxy-beta-methylbutyrate (HBM) supplementation counteract muscle catabolism in critically ill patients? A double-blind randomized trial

Marina Vercoza VIANA – University of Lausanne, Switzerland

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The impact of weight loss through alternate day fasting on homeostatic and hedonic appetite control and eating behavior: a proof of concept randomized controlled trial

Kristine BEAULIEU – University of Leeds, United Kingdom

Protein absorption in critical illness (PACE trial)

Lee-Anne CHAPPLE – University of Adelaide, Australia

Characterization of TRAIN as a novel therapeutic target for liver disease

Jorge C. CORREIA – Karolinska Institutet, Sweden

Effect of increasing the butyrate-producing gut microbiota in patients with irritable bowel syndrome via faecal microbiota transfer

Julia KONIG – Orebro University, Sweden

Personalised nutrition solutions to combat sarcopenia: variable efficacy of dietary LC n-3 PUFA and leucine combinations

Caoileann MURPHY – UCD Conway Institute of Biomolecular and Biomedical Research, Ireland

Determination of the time-course of development of insulin resistance and associated molecular and muscular adaptations during inactivity in 3 days of bed rest

Nathalie SHUR – University of Nottingham, United Kingdom

Role of metabolic phenotyping, changes in gut function, and the response to a meal to explain the variability in weight loss induced by a very low caloric diet in (morbidly) obese adults

Sunday Y. SIMBO – Texas A & M University, College Station, USA



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Evaluation of Tryptophan-kynurenine metabolism in undernourished mice: impact of physical activity during refeeding

Najate ACHAMRAH – University of Rouen, INSERM, France

Effects of diet-induced weight loss on insulin sensitivity in metabolically abnormal normal-weight subjects

Edda CAVA - Washington University Saint-Louis, School of Medicine, USA

Exercise induced gut dysfunction and the anabolic response to feeding in patients with Chronic Obstructive Pulmonary Disease and Chronic Heart Failure

Clayton CRUTHIRDS - Texas A&M University (TAMU), Center for Translational Research in Aging & Longevity, College Station, USA

Enhancement of anabolic sensitivity to diet and exercise by n-3 PUFA in pre-cachectic cancer patients

Filippo Giorgio DI GIROLAMO – University Hospital of Cattinara, University of Trieste, Italy

Physical activity and gut microbiome diversity connected to skeletal muscle function and healthy aging

Shawon LAHIRI – Department of Microbiology, Tumor and Cell Biology, Karolinska Institute, Stockholm, Sweden

Therapeutic effects of the metabolic targeting of macrophage function in diet-induced obese mice bearing mammary tumors

Stéphanie Anne-Sophie LAVERSIN – University of Southampton, Faculty of Medicine, Cancer Sciences Academy Unit, United Kingdom

Mechanisms of n-3 PUFA supplementation in the attenuation of human skeletal muscle disuse atrophy in aging

Chris McGLORY – McMaster University, Department of Kinesiology, Hamilton, Ontario, Canada

Long-term consequences of caloric restriction during the first week of paediatric critical illness

Esther van PUFFELEN - ErasmusMC, Sophia Children's Hospital, Rotterdam, Netherlands

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Identification of intestinal phenotypes correlated with neuro-behavioral patterns in obese mini-pigs undergoing laparoscopic Roux-en-Y gastric bypass

Damien BERGEAT – University of Rennes, France

Investigation of the composition and activity of the gut microbiota in patients with acute myeloid leukemia

Laure BINDELS – Metabolism and Nutrition Research Group, Université Catholique de Louvain, Belgium

The effect of oral feeding on gastric emptying, small bowel water content, superior mesenteric artery blood flow, plasma hormone concentrations and blood volume in obese and healthy weight subjects

Damian BRAGG – Queens Medical Centre, University of Nottingham, United Kingdom

Restoring the beneficial effects of enterohepatic bile salt signaling by re-infusing chyme in patients with intestinal failure

Kiran KOELFAT – NUTRIM School for Nutrition, University of Maastricht, Netherlands

Molecular signaling pathways involved in muscle wasting in human cancer cachexia

Michael RAMAGE – University of Edinburgh, United Kingdom

Impact of different protein levels intake on muscle mass and function in sarcopenic obese rats

Fanny ROSSIGNON – Human Nutrition Unit, Clermont-Ferrand University, France

Protein ingestion as a strategy to enhance muscle protein anabolism in hemodialysis patients

Stephan VAN VLIET – Nutrition and Exercise Performance Laboratory, University of Illinois, Urbana-Champaign, USA

Is unacylated ghrelin a novel anabolic hormone? Potential role of unacylated ghrelin in preserving age-associated derangements in muscle metabolism and mass

Pierandrea VINCI – Ospedali Riuniti, University of Trieste, Italy

Triheptanoin treatment and restoring intermediary metabolism in type 2 diabetes

Agata WIERZCHOWSKA – Texas A&M University (TAMU), Center for Translational Research in Aging & Longevity, College Station, USA



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Early goal directed nutrition in ICU patients

Matilde ALLINGSTRUP – Copenhagen University Hospital, Denmark

Using the paradoxical second meal phenomenon to gain insight into the molecular and metabolic regulation of whole body glucose metabolism

Javier GONZALEZ – North Umbria University, Newcastle, United Kingdom

Therapeutic potential of glycine to counteract muscle wasting in sepsis

Daniel HAM – University of Melbourne, Australia

Intestinal failure associated liver disease

Angelique HUIJBERS – Radboud University Medical Centre, Nijmegen, The Netherlands

Protein requirements and the effects of chemotherapy on protein digestion and absorption capacity in patients with pancreatic cancer

Gerdien LIGTHART-MELIS – Texas A&M University (TAMU), College Station, TX, USA

Myosteatosis and muscle wasting in pancreatic cancer

Katie ROLLINS – Nottingham University Hospitals NHS Trust, Nottingham, United Kingdom

Nitrate supplementation to improve metabolic efficiency and endurance exercise training in patients with COPD

Coby van de BOOL – Maastricht University, The Netherlands



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Intestinal permeability in activity-based anorexia model: a nutritional target?

Liliana BELMONTE – INSERM U 1073, University of Rouen, France

Targetting skeletal muscle loss, inflammation and oxidative stress with glycine

Marissa CALDOW – University of Melbourne, Australia

Intensive nutritional counseling with oral nutritional supplements in cancer patients undergoing radiotherapy: a randomized controlled trial

Emanuele CEREDA – Fondazione IRCCS Policlinico San Matteo, Pavia, Italy

Description of lactate turnover in a 3-pool model using ¹³C-labelled lactate

Jonathan GRIP – Karolinska University Hospital, Huddinge, Sweden

Investigation of the effects of a symbiotic on adipose tissue biology in patients with non-alcoholic fatty liver disease

Josune OLZA – University of Southampton, United Kingdom

Metabolic effects of chemotherapy and the clinical effects of nutritional intervention in cancer

Barbara van der MEIJ – Vrij University Medical Center, Amsterdam, Netherlands & Texas A&M University (TAMU), College Station, TX, USA



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Cancer-induced anorexia, a search for its pathological mechanisms and nutritional targets for moderation or prevention

Jvalini DWARKASING – Wageningen University, The Netherlands

Chewing efficiency measured by a two colour chewing gum test: a marker of insufficient nutritional intakes and percutaneous gastrostomy (PEG) necessity in ALS patients?

Laurence GENTON – University Hospital Geneva, Switzerland

Removal of duodenum: a new approach to understand the effects of the entero-pancreatic axis in regulating human metabolism

Teresa MEZZA – Endocrinology and Metabolic Diseases, Roma, Italy

Metabolic effects of n-3 polyunsaturated fatty acids in skeletal muscle and liver – Mechanisms and applications under chronic and acute conditions of nutritional stress

Anna Maria SEMOLIC – Department of Medical, Surgical and Health Sciences, Trieste, Italy

miRNA profiling to identify pathways involved in muscle loss during cancer cachexia

Nicolas TARDIF – Karolinska Institutet, Stockholm, Sweden

Effect of enteral nutritional intervention on glutathione metabolism during Pseudomonas aeruginosa induced sepsis in the pig

Gabriella ten HAVE – Department of Health and Kinesiology, Texas A&M University (TAMU)
– College Station, TX, USA

The Phase Angle Project

Ronan THIBault – Department of Clinical Nutrition, University of Clermont-Ferrand, France

Preoperative carbohydrate loading on postoperative muscle insulin resistance

Krishna VARADHAN – Division of Gastrointestinal Surgery, West Block Nottingham
University Hospitals, Nottingham, United Kingdom

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Investigating mechanisms that determine the magnitude of postoperative inflammatory and insulin resistance responses

Sherif AWAD – Division of Gastrointestinal Surgery, Nottingham Digestive Diseases Centre, Nottingham, United Kingdom

Can citrulline enhance growth and protein anabolism in an animal model of low birth weight infants receiving enteral nutrition?

Aurélie BOURDON - Université de Nantes, Physiology of Nutritional Adaptations, Hotel Dieu Hospital, Nantes, France

Questionnaire to assess compliance of clinicians with ESPEN guidelines (EBM Grant)

Federico BOZZETTI – Faculty of Medicine, University of Milan, Italy

Long term effects of a healthy Nordic diet on abdominal obesity and cardio metabolic risk: a randomized, controlled study

Liselotte CLOETENS – Lund University, Biomedical Nutrition, Lund, Sweden

Ghrelin: from orexigenic to muscle anabolic agent? – Mechanisms of ghrelin effects to promote muscle anabolic changes and applications in wasting conditions

Gianluca GORTAN CAPPELLARI – Department of Medical, Technological and Translational Sciences, University of Trieste, Italy

Muscle protein synthesis as an outcome measure for intervention studies in cancer cachexia

Alisdair MacDONALD – Tissue injury and repair group, Edinburgh, United Kingdom

Does citrulline diet-supplementation could be a therapy in Alzheimer's disease?

Perrine MARQUET-DE-ROUGE – Mayo Clinic, Endocrine Research Unit, Rochester, MN, USA

Energy and mitochondrial function in liver tissue during systemic inflammatory response syndrome (SIRS) in humans

Henrik MASCHER – Anesthesiology and Intensive Care, Department of Clinical Science, Intervention and Technology, Karolinska Institutet, Stockholm, Sweden