

Turning adherence barriers into tasteful solutions patients choose every day

**Join our symposium at the ESPEN Congress 2026 in Berlin
Monday, September 7 • 12:30–13:30 • Room I**

The role of taste in medical nutrition: Understanding sensory needs to improve nutritional outcomes

This symposium discusses how sensory perception shapes patient adherence and nutritional outcomes. Focusing on vulnerable populations such as oncology patients and older adults, the session translates sensory science into practical strategies to improve the acceptance and effectiveness of medical nutrition. Participants will learn:

- How sensory perception influences nutritional intake and adherence
- Key sensory challenges across vulnerable patient populations
- How to apply practical strategies to improve acceptance of medical nutrition in clinical practice and product design

Chair:

Dr Emanuele Cereda, Medical Doctor, Fondazione IRCCS Policlinico San Matteo, Italy

Prof. Meropi Kontogianni, Prof. of Clinical Nutrition, Harokopio University, Greece

Dr Agnès Giboreau, Research Center Director, Institut Lyfe, France

Leila Sahinpasic, Dietician, University Hospital Geneva, Switzerland

Dr Matthieu Ischer, Director NOSE Switzerland, Switzerland



Dr Emanuele Cereda



Prof. Meropi Kontogianni



Dr Agnès Giboreau



Leila Sahinpasic



Dr Matthieu Ischer