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**Abstract.** Each paper must commence with a carefully prepared, accurate, informative abstract, in one paragraph, that is complete in itself and intelligible without reference to text or figures, starting with the objective followed by the key findings and ending in clear conclusion. It should not exceed 250 words.

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1. Goel V, Cheema SK, Agellon LB, Oraikul B & Basu TK (1999) Dietary rhubarb (*Rheum rhaponticum*) stalk fibre stimulates cholesterol 7 $\alpha$ -hydroxylase gene expression and bile acid excretion in cholesterol-fed C57BL/6J mice. *Br J Nutr* **81**, 65–71.
2. Jenkins DJ, Kendall CW, Marchie A *et al.* (2003) The effect of combining plant sterols, soy protein, viscous fibres, and almonds in treating hypercholesterolemia. *Metabolism* **52**, 1478–1483.
3. Brandtzaeg P (2003) Role of local immunity and breast-feeding in mucosal homeostasis and defence against infections. In *Nutrition and Immune Function*, pp. 273–320 [PC Calder, CJ Field and HS Gill, editors]. Wallingford, Oxon: CAB International.
4. Stock M & Rothwell NJ (1982) *Obesity and Leanness: Basic Aspects*. London: John Libbey.

Citations should be numbered consecutively in the order in which they first appear in the text using superscript Arabic numerals in parentheses, e.g. 'The conceptual difficulty of this approach has recently been highlighted<sup>(1,2–4)</sup>'. If a reference is cited more than once the same number should be used each time.

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*University of Ulster, Coleraine,  
20-22 June 2018*

*Conference on 'Targeted approaches  
to tackling current nutritional issues'*

**Editorial**

Micronutrient deficiencies: current issues  
*P. J. Magee & M. T. McCann* 147–149

*Symposium 1: Current nutritional issues  
at the population level*

The effect of iodine deficiency during  
pregnancy on child development  
*S. C. Bath* 150–160

Picky eating in children: causes and  
consequences  
*C. M. Taylor & P. M. Emmett* 161–169

*Symposium 2: Developing and using novel  
health and nutritional biomarkers*

Approaches to improving micronutrient  
status assessment at the population  
level  
*Y. Lamers* 170–176

Gut microbiota and health: connecting  
actors across the metabolic system  
*F. Fava, L. Rizzetto & K. M. Tuohy* 177–188

Role of metabolomics in identification  
of biomarkers related to food intake  
*C. Collins, A. E. McNamara &  
L. Brennan* 189–196

*Symposium 3: Global strategies to improve  
micronutrient status; current opinion and  
implications for nutrition policy*

Iron biofortification interventions to improve  
iron status and functional outcomes  
*J. L. Finkelstein, A. Fothergill,  
L. S. Hackl, J. D. Haas & S. Mehta* 197–207

**Postgraduate Symposium**

Maternal folate nutrition and offspring  
health: evidence and current controversies  
*A. Caffrey, H. McNulty, R. E. Irwin,  
C. P. Walsh & K. Pentieva* 208–220

Nutritional challenges for older adults  
in Europe: current status and future  
directions  
*L. Kehoe, J. Walton & A. Flynn* 221–233

Dietary fat composition: replacement of  
saturated fatty acids with polyunsaturated  
fatty acids as a public health strategy,  
with an emphasis on  $\alpha$ -linolenic acid  
*Y. M. Lenigham, B. A. McNulty &  
H. M. Roche* 234–245

**Julie Wallace Medal Lecture**

Dietary sugars, exercise and hepatic  
carbohydrate metabolism  
*J. T. Gonzalez & J. A. Betts* 246–256

**Corrigendum**

Dietary sugars, exercise and  
hepatic carbohydrate metabolism  
*J. T. Gonzalez & J. A. Betts* 257