



**Dr. Nicole de Wit, WUR Food & Biobased Research,  
the Netherlands**

Dr. Nicole de Wit is a senior research scientist at Wageningen Food & Biobased Research with major expertise in gut physiology. For many years she was active in molecular science, studying the metabolic effects of food along the intestinal tract. Nowadays, she focuses more on human food intervention studies, in clinical controlled settings as well as real-life settings. Personalised Nutrition fits the latter, in which she wants to stimulate people to adapt to a more healthy lifestyle.