SfE
SELSKABET FOR ERNÆRINGSFORSKNING

Invitation for SfE meeting

Protein – How Much Is Enough?

Recommendations, protein quality, health and longevity



10th November 2026, 16:00-17:30

Webinar

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Program

16:00 - 16:05	**Welcome** *Susanne Wolff, SfE Board*
16:05 - 16:25	**Protein requirements and recommendations, science behind NNR2023** *Anne-Maria Pajari, Department of Food and Nutrition, University of Helsinki*
16:25 - 16:45	**Dairy's role in a world where GLP-1 is changing the way people eat** *Anja Serena, Arla Foods*
16:45 - 17:05	**Targeting Aging Through Nutrition** *Morten Scheibye-Knudsen, Department of Cellular and Molecular Medicine, University of Copenhagen*
17.05 – 17.25	**Protein Quality: More Than Grams of Protein** *Inge Tetens, Department of Nutrition, Exercise and Sports, University of Copenhagen*
17:25 - 17:30	Closing remarks and thank you for today!

Registration is required and remains open until 9 November 2026. Participation is free of charge for all attendees.