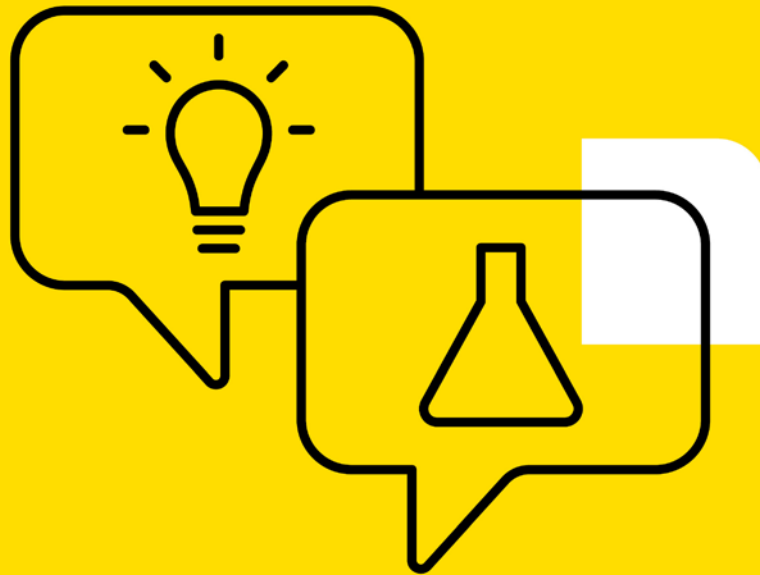




Example nutrition: How can one find a way around in the thick of opinions?

4. BfR Science Dialogue

10 December 2026, Berlin

Example nutrition: How can one find a way around in the thick of opinions?

People are exposed to many opinions. Sources comprise science, social media, 'traditional' media, NGOs, politics, business, advertising, AI and many more. This is particularly true for nutrition and the many claims surrounding it. How can we get information without falling for misinformation or being swayed by special interest groups? What role do our emotions and intuition play in shaping our opinions? Is there even such a thing as 'the' truth? Our science dialogue aims to explore the complexity of the issue and show ways of not getting lost on the way.

Programme

Thursday, 10 December 2026

Moderation: Dr Hartmut Wewetzer, BfR

14:00–14:15	Welcome Dr Tewes Tralau, Vice President of the BfR, Berlin
14:15–14:30	Superfood today, tomorrow a health risk – how science and the media shape our view of nutrition Prof. Dr Ulrich Dirnagl, Berlin Institute of Health, Berlin
14:30–14:45	Dr Google, a thing of the past? Trust in health and nutrition information in the age of generative AI Dr Anne Reinhardt, Ludwig-Maximilians-Universität, Munich
14:45–15:00	Nutrition: between evidence and opinion – why facts alone are not enough to convince people Prof. Dr Martin Smollich, University Hospital Schleswig-Holstein, Lübeck
15:00–15:15	Follow, believe, buy? How influencers market dietary supplements Dr Britta Schautz, Consumer Organisation, Berlin
15:15–15:30	Hedonistic self-diminishment Christoph Minhoff, Food Federation Germany, Berlin
15:30–15:50	break

Panel discussion

Moderation: Dr Hartmut Wewetzer, BfR

15:50–16:35

Dr Tewes Tralau, Vice President of the BfR, Berlin

Prof. Dr Ulrich Dirnagl, Berlin

Prof. Dr Martin Smollich, University Hospital Schleswig-Holstein, Lübeck

Dr Britta Schautz, Consumer Organisation, Berlin

Organisational information

Venue

Press and Information Office
Room 4
Reichstagufer 14
10117 Berlin
and online

Directions

[Link to directions](#) (German)
Destination stop ([bahn.de](#), [bvg.de](#)):
“Friedrichstraße” or „Brandenburger Tor“

Registration

Registration fee: 0.00 €
Please register online by 06/12/26 on
<https://www.bfr-akademie.de/english/events/bwd-2026.html>

General contact

BfR Academy
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academy@bfr.bund.de

Further notes

The event will be streamed via Webex and translated into English for online participants. Limited seating available on-site.

Sustainability

The BfR Academy organises its events in line with the [German government's sustainability goals](#).

Organiser

German Federal Institute for Risk Assessment
Max-Dohrn-Straße 8-10
10589 Berlin, Germany
bfr.bund.de/en

About the BfR

The German Federal Institute for Risk Assessment (BfR) is a scientifically independent institution within the portfolio of the German Federal Ministry of Agriculture, Food and Regional Identity (BMLEH). It protects people's health preventively in the fields of public health and veterinary public health. The BfR provides advice to the Federal Government as well as the Federal States ('Laender') on questions related to food, feed, chemical and product safety. The BfR conducts its own research on topics closely related to its assessment tasks.

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