

# Short Biography

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**BIOGRAPHY**

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**Name & Institute**

Laura Bouwman, Assistant Professor at Wageningen University, Wageningen, the Netherlands

**Biography**

Being a dietician, nutritionist and food-lover with a PhD in nutrition communication, I study and apply new strategies enabling eating for human and planetary health. The Salutogenic framework guides alignment of scientific findings and people's everyday-lives in which it may be difficult to practically and socially organise a change towards healthful, sustainable eating.