HEALTHGRAIN Forum Session 4.10

Nutrition and health throughout life cycle: the role of grain products

20 October 2015, 16:30-18:00

FENS 2015, Berlin
Convention Hall Section A/B

Chair:
Prof. Gabriele Riccardi
Federico II University, Naples. Italy.

Speakers:

Health benefits of cereal foods and components in our daily diet: an overview
Prof. Gabriele Riccardi, Federico II University, Naples. Italy.

Cereal fibre and psychological well-being in young and middle-aged adults
Dr. Clare Lawton, School of Psychology, University of Leeds. UK.

Cereal fibre and wholegrain: impact on gut microbiota and health
Prof. Nathalie Delzenne, Université Catholique de Louvain. Belgium.

Science-based health messages to consumers and effective ways for increasing wholegrain consumption
Prof. Inge Tetens, National Food Institute. Technical University of Denmark. Denmark.