HEALTHGRAIN Forum Symposium
ICN2013, Granada, Wednesday 18 September 11.30-13.30 Room C.

Endorsed by Barilla, Cereal Partners Worldwide, Kellogg, Mondelēz International (previously Kraft Foods) and Nestlé

Cereal foods and health - new results and science-based nutrition guidelines

Symposium chairs:
Prof. Kaisa Poutanen (VTT and University of Eastern Finland, Finland)
Prof. Gabriele Riccardi (Federico II University, Naples, Italy)

General introduction – cereal foods and components in our daily diets and their importance for health
Prof. Gabriele Riccardi, Federico II University, Naples, Italy

Whole grain and fibre intake and colorectal cancer; new results from the HELGA and EPIC cohorts
Dr. Anja Olsen, Institute of Cancer Epidemiology, Danish Cancer Society Research Centre, Copenhagen, Denmark

Health benefits of whole grain wheat: intervention study clarifying underlying mechanisms and the role of polyphenols bound to dietary fibre
Dr. Paola Vitagliane, Department of Agricultural and Food Science, University of Naples, Naples, Italy

Whole grain wheat intake – impact on weight loss, body composition and cardiometabolic factors – results from intervention studies
Prof. Penny M. Kris-Etherton, Distinguished Professor of Nutrition, Department of Nutritional Sciences, The Pennsylvania State University, USA

Global dietary whole grain recommendations: a harmonised or multifarious message?
Prof. Chris Seal, Newcastle University, Newcastle upon Tyne, UK

Concluding remarks followed by plenary discussion
Prof. Kaisa Poutanen, VTT and University of Eastern Finland, Finland