



Join us for a free

## *HGF Webinar on Health Benefits from Grain Metabolites*

**Wednesday, 16. September 2020**

**3:00 - 4:30 PM CEST**

[REGISTER HERE](#)



**Ville Koistinen** is a postdoctoral researcher at the University of Eastern Finland and University of Turku. His research has focused on whole grains and their bioactive components, and how food processing affects them. The title of his talk will be *"Impact of sourdough fermentation and malting on whole grain phytochemicals"*.



**Kati Hanhinev** is professor in food development with special focus on the Nordic foods and health effects at the Food Chemistry and Food Development Unit at the Department of Biochemistry, University of Turku. Her main research focus is within the biochemistry of foods, especially phytochemical compounds and their interplay with gut microbiota and human metabolism. Her talk will be about *"How microbiota is affected by whole grain rich diets with metabolic consequences"*.



**Rikard Landberg**, is professor of Food and Health and Head of Division of Food and Nutrition Science at the Chalmers University of Technology. His group is studying the impact of food and food components on health and disease risk in observational and intervention studies as well as in various model systems. At this webinar Rikard Landberg will present ***"Metabolomics to guide personalized cereal food consumption - emerging results human studies"***.

This HGF webinar is a free webinar for everybody to get some insights on the work of HGF Members - plan on attending and [register](#)! After registering, you will receive a confirmation email containing information about joining the webinar.

We are looking forward to welcome you!

On behalf of Healthgrain Forum,

Nesli Sözer

Jan de Vries

P.S. YOUR CALENDAR DOES NOT ALLOW YOU TIME TO PARTICIPATE? Register to automatically receive the record from this webinar afterwards.

Copyright © [Healthgrain Forum](#), 2020, All rights reserved.

You are receiving this newsletter as part of your organisation's Healthgrain Forum Membership. If you wish to unsubscribe from this list, contact the [HGF Secretariat](#).