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The Paul Nestel Lecture



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The AFGC Dinner



Australian Food and Grocery Council (AFGC) is the leading national organisation representing Australia's \$100 billion food, drink and grocery manufacturing industry. Membership of the AFGC constitutes about 80 per cent of the gross dollar value of the processed food, beverage and grocery products sectors. AFGC's mandate in representing member companies is to ensure a cohesive and credible voice for the industry, to advance policies and manage industry issues, enabling member companies to grow their businesses in a socially responsible manner.

Session Sponsors



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ADELAIDE BRANCH



Plenary Presentation & Dinner - Monday 30 August The Hickinbotham Hall

5.30pm

Arrivals and Registration

6.00pm

Welcome & Chaired by Professor Peter Howe

The Paul Nestel Lecture - *Fact on Fats*

Professor Ronald P. Mensink
Head, Department of Human Biology
Maastricht University



Ronald obtained an MSc in human nutrition in 1985 and a PhD in 1990 from Wageningen University. His PhD addressed the effects of monounsaturated fatty acids on high-density and low-density lipoprotein cholesterol levels and blood pressure in healthy men and women. He subsequently obtained an MSc in epidemiology from the same university. He moved to the Department of Human Biology at Maastricht University in 1990 and was appointed to a chair of "Molecular Nutrition" in 2000.

He is now leader of Researchline 1 "The Metabolic Syndrome" from NUTRIM (School for Nutrition, Toxicology and Metabolism) and chairman of the Department of Human Biology.

Ronald undertakes research in human volunteers to examine relationships between nutritive and nonnutritive components in the diet, including functional foods, and risk markers for metabolic syndrome. He also conducts studies in transgenic animals and cell cultures to unravel the biochemical and molecular mechanisms which underlie these effects. An authority on lipid metabolism with 140 publications, he serves on several editorial boards and has been a member of various expert committees including those of ILSI and EFSA.

7.00pm for 7.15pm

AFGC Dinner

3 course dinner, including refreshments



10.00pm

Close



Food Industry Forum - Tuesday 31 August
The Hickinbotham Hall

Session 1 – Chaired by A/Professor Jon Buckley
 Director, Nutritional Physiology Research Centre
 University of South Australia



8.00am	Arrivals and Registration
8.40	Official Opening Hon Michael O'Brien MP Minister for Agriculture, Food and Fisheries
8.50	Kate Carnell AO <i>Nutrition research – what the food industry wants</i> Chief Executive Officer Australian Food and Grocery Council
9.10	Professor Katrine Baghurst <i>Dietary guidelines – are they effective?</i> Consultant
9.30	Professor Lynne Cobiac <i>Revision of core food groups</i> Associate Dean, Flinders Clinical and Molecular Medicine Flinders University
9.50	Professor Maria Makrides <i>Nutrition for infant development</i> Deputy Director Women's and Children's Health Research Institute
10.10	Professor Ian Chapman <i>Nutrition support for the elderly</i> Discipline of Medicine University of Adelaide

10.30 Morning tea





11.00	Professor Peter Howe <i>Functional foods and ingredients – trends and opportunities</i> Nutritional Physiology Research Centre University of South Australia
11.20	Professor Ross Butler <i>Probiotics and gut health</i> Chair: Paediatric Education Research & Innovation Sansom Institute for Health Research University of South Australia
11.40	Professor Michael Fenech <i>Telomeres, nutrition and DNA protection</i> Research Leader, Nutritional and Public Health Genomics CSIRO Food and Nutritional Sciences
12.00	A/Professor Jennifer Keogh <i>Salt reduction – benefits beyond blood pressure</i> Australian Institute of Weight Control
12.20	Dr Alison Coates <i>Chocolate, red wine, peanuts – health foods or indulgences?</i> Nutritional Physiology Research Centre University of South Australia
12.40	A/Professor Manny Noakes <i>Attaining optimal weight – getting the balance right</i> CSIRO Food and Nutritional Sciences

1.00 Lunch



2.00	<p>Dr Karen Murphy <i>Dairy and cardiometabolic health - do the trials support the epidemiology?</i> Nutritional Physiology Research Centre University of South Australia</p>
2.20	<p>A/Professor David Cameron-Smith <i>Building new muscle - the impact of dairy protein on muscle anabolism</i> Associate Head, School of Exercise and Nutrition Sciences Deakin University</p>
2.40	<p>Dr Janet Bryan <i>Foods for cognitive performance - focus on tea</i> School of Psychology, Social Work and Social Policy University of South Australia</p>
3.00	<p>Dr Natalie Sinn <i>Oiling the brain: omega-3 fatty acids and mental health</i> Nutritional Physiology Research Centre University of South Australia</p>
3.20	<p>Professor Tim Olds <i>Soft drinks, diet drinks, energy drinks - good or bad for you?</i> School of Health Sciences University of South Australia</p>
3.40	<p>A/Professor Jon Buckley <i>Shape up for life – a sustainable diet/lifestyle?</i> Director, Nutritional Physiology Research Centre University of South Australia</p>
4.00	<p>Dr Geoffrey Annison <i>Identifying new opportunities</i> (closing summary) Deputy Chief Executive Health, Nutrition and Scientific Affairs Director Australian Food and Grocery Council</p>
4.05	<p>CLOSE</p>



Kate Carnell AO

Kate Carnell commenced as Chief Executive Officer of the Australian Food and Grocery Council in July 2008. Kate, former Chief Executive Officer of Australian General Practice Network is a pharmacist by profession and was the first female to become the National Vice-President of the Pharmacy Guild of Australia.

She was elected to the ACT Legislative Assembly in 1992, and became leader of the ACT Liberal Party in 1993. She was elected Chief Minister in March 1995, and re-elected in 1998 becoming the first Liberal woman to be elected as Chief Minister or Premier in Australian political history.

Following her political career, Kate became a serious driving force behind Transact Communications' innovative broadband communications network, and also spent three years as Executive Director of the National Association of Forest Industries (NAFI). Kate was honoured on Australia Day 2006 with an Officer of the Order of Australia for her services to community through contributions to economic development and support for the business sector, knowledge industries, the medical sector and medical technology advances.



Professor Katrine Baghurst

Professor Baghurst has worked in nutrition research for over 30 years, most of that time with CSIRO Human Nutrition from which she retired in 2004.

She has been a member of the NHMRCs Health Advisory Committee for six years and a member of the National Health Committee for a further three years. She has co-chaired the revision of the Australian Dietary Guidelines for Adults and the Dietary Guidelines for Children and Adolescents and chaired the revision of the Australian and New Zealand Nutrient Reference Values.

She was on Technical Advisory Committee for the National Survey of Diet and Physical Activity in Children and was appointed to Board of Food Standards Australia New Zealand in 2005.

With the DAA and colleagues at Flinders University, she and her husband have most recently been involved in undertaking computer modelling for the NHMRC to underpin the development of a new national food selection guide. She is an adjunct Professor in the Department of Medicine at the University of Adelaide, on the Advisory Committee of the Nutritional Physiology Research Centre at UniSA and works as a consultant to both the health and food industry sectors.



Professor Lynne Cobiac

Professor Cobiac is Associate Dean, Flinders Clinical and Molecular Medicine in the School of Medicine, Flinders University and is the Foundation Chair of Nutrition and Dietetics at Flinders University (2007 – now). Her current research interests include nutrigenomics and colon cancer risk, dietary intake assessment, role of omega-3s and health, elderly and childhood nutrition. Prior to commencing at Flinders, Lynne held a senior position in research, business and business development management in CSIRO.

Prof Cobiac was the lead investigator responsible for collecting nutrition data in the Australian 2007 National Children's Nutrition and Physical Activity. She is currently also the lead investigator for the Department of Health and Ageing funded National Healthy Schools Canteen Project, and a chief investigator undertaking the development of the new Core Food Groups which will inform the development of the proposed new national food selection guide. She is also currently an investigator on research projects investigating the role of omega-3s in reducing geriatric cachexia (NHMRC funded), obesity and baby-boomers and the role of work-life balance (ARC Linkage), the Australian Longitudinal study of Ageing (ARC Discovery) and several projects for the Australian Seafood CRC. Prof Cobiac was invited to become a FSANZ fellow for 3 years commencing November 2007 and is a member of the FSANZ Food Composition Advisory Group.



Professor Maria Makrides

Maria Makrides is a NHMRC Senior Research Fellow and Deputy Director of the Women's & Children's Health Research Institute. She is also the Professor of Human Nutrition at the University of Adelaide. As a research dietitian, Maria is committed to improving the nutrition and health of mothers and their babies through the translation of high quality research.

She has published widely and her work has been recognised nationally and internationally with a number of prestigious awards and appointments. She currently serves on the Board of Directors of the International Society for the Study of Fatty Acids and Lipids (ISSFAL) and is a member of the Nutrition Committee, Australian Academy of Science. Maria currently leads 4 national large-scale trials in area of perinatal nutrition funded by NHMRC.



Professor Ian Chapman

Ian Chapman is Professor of Medicine at the University of Adelaide, Royal Adelaide Hospital, in South Australia, Senior Specialist Endocrinologist at the Royal Adelaide Hospital, where he has a particular interest in pituitary disorders and adults with inborn errors of metabolism. He also works in private practice. He earned his medical degree at the University of Adelaide, completed training in internal medicine and endocrinology at the Flinders Medical Centre and a PhD at Flinders University, before undertaking a postgraduate fellowship at the University of Virginia in Charlottesville, working on growth hormone and aging. Since then his research interests have focused on the endocrinology of aging and in particular the effects of aging on appetite and food intake.

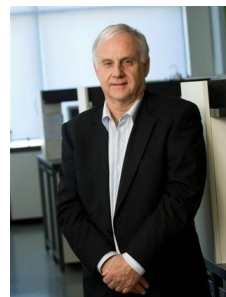
His clinical work covers the full range of adult endocrinology, including diabetes, osteoporosis and disorders of the thyroid and pituitary. He is also chair of the University of Adelaide's Faculty of Health Sciences Admission Committee.



Professor Peter Howe

Peter Howe is a research Professor in the School of Health Sciences at the University of South Australia. Peter is a recognised authority on cardiovascular and metabolic health benefits of bioactive nutrients, in particular omega-3 fatty acids. A former scientist at CSIRO's Division of Human Nutrition in Adelaide, he built strategic alliances with the food industry to develop functional foods and contributed to regulatory policy development.

He established the Smart Foods Centre at Wollongong University in 1999 and, since returning to Adelaide in 2002, the Nutritional Physiology Research Centre and the ATN Centre for Metabolic Fitness, aimed at optimising physical and mental health through diet and lifestyle. He is a Fellow of the Nutrition Society of Australia and Editor-in-Chief of the on-line journal *Nutrients*.



Professor Ross Butler

Ross Butler has over 35 years of experience in gastroenterology and nutrition research with emphasis on adult gastroenterology for first 14 of those years. He currently holds the Chair for Paediatric Education Research and Innovation (PERI centre) in the Sansom Institute for Health Research at the University of South Australia.

He's a recognised expert on nutritional factors and bowel health with diet and large bowel cancer, inflammatory bowel disease and irritable bowel syndrome as the focus of his research in adult arena. He was awarded an ICRETT scholarship for cancer research studies at International Agency for Research on Cancer (IARC) in Lyon, France in 1991. He was one of the first to develop isotopic breath tests for use as diagnostics in gastroenterology in Australia. In the last 20 years he has concentrated on paediatric gastroenterology and functional nutrition. Over the last ten years a significant part of this work has concentrated on establishing a range of stable isotope breath tests in Australia beginning with the first ¹³C urea breath test kit for detection of *Helicobacter pylori* infection. He has over 120 peer reviewed publications in recognised journals and has attracted significant funding from granting bodies and industry over his career.



Professor Michael Fenech

Professor Michael Fenech is renowned internationally for his research in nutrition and genetic toxicology and for developing the cytokinesis-block micronucleus (CBMN) assay which is a gold standard method used internationally to measure DNA damage in human cells. His key goal is to determine the nutritional requirements for DNA damage prevention using *in vitro* systems, epidemiology and placebo-controlled human dietary trials.

In 2003-05, Dr Fenech proposed a novel disease prevention strategy based on personalised diagnosis and prevention of DNA damage by appropriate diet/life-style intervention, which has led to *Genome Health Clinic* concept which has been translated into practice (www.reach100.com.au). In 2000-06 his lab further developed CBMN assay into a 'cytome' assay consisting of six complementary biomarkers of DNA damage and cytotoxicity and in 2009 developed improved method to measure absolute telomere length, a molecular biomarker of accelerated ageing. He was awarded Flinders University's Convocation Medal in 2007, Alexander Hollaender Award (USA) in 2008 and honorary title of Adj. Professor (UniSA) in 2009 for leadership/contributions to environmental/public health sciences internationally. His publications have been cited 6,500 times (917 times in 2008, 890 times in 2009) and H-index is 41.



A/Professor Jennifer Keogh

Jennifer Keogh is a dietitian of more than 35 yrs experience. She qualified in Ireland and has worked in clinical practice in London and Australia. She obtained her MSc in 1996 and her PhD in 2007. Since moving to Adelaide in 2001 she has been involved in teaching and research and was a research dietitian and research scientist at CSIRO's Food and Nutritional Sciences. Jennifer's current research interests are on the effects of salt on vascular function and in strategies for reducing salt intake. She has more than 50 publications and is an Associate Editor for the DAA journal *Nutrition & Dietetics*. She is currently research co-ordinator for the Australian Institute of Weight Control.



Dr Alison Coates

Alison Coates (*nee* Morris) is a nutritional scientist with an interest in how bioactive compounds from food can reduce risk factors for obesity, cardiovascular disease and metabolic syndrome. During her PhD at CSIRO (awarded 2002) and whilst working as a postdoctoral research fellow (2001-2004) at the University of Colorado Health Sciences Centre, she develop expertise in all aspects of conducting clinical trials and in assessing biomarkers of cardiovascular and metabolic health. Since joining the University of South Australia in 2004, she has been part of a successful team in attracting over \$6M in research funding. Alison has been involved in over 15 clinical trials using nutritional supplements (omega 3 fatty acids, polyphenols, isoflavones) and foods (omega 3 enriched pork, soy and dairy products) sponsored by industry partnerships and through ARC linkage projects, which have resulted in publications in highly ranked nutrition journals.



A/Professor Manny Noakes

A/Professor Manny Noakes is Research Program Leader, CSIRO Food and Nutritional Sciences. Manny graduated from Adelaide University in 1973 with a BSc, obtained her qualifications as a dietitian at Flinders University in 1977 and PhD in 2000. Manny is currently responsible for capability management for the Food Nutrition and Health Science Program as well as being the Stream Leader for Diet and Lifestyle Programs within the CSIRO Preventative Health Flagship. Manny has over 30 years experience in nutrition and published over 100 scientific papers. She has a strong interest in dietary patterns for weight management including the role of protein and other dietary factors in appetite regulation. Manny is co-author of the CSIRO Total Wellbeing Diet which has sold over 1 million copies in Australia and has received several awards in recognition of her research excellence including 2 CSIRO medals and an Outstanding Achievement Alumni Award by Flinders University.



Dr Karen Murphy

Dr Murphy is an NHMRC Industry Research Fellow, investigating the cardiometabolic and cognitive health benefits of dairy in human dietary intervention trials. Other research interests include studying how functional foods including omega-3 fatty acids, antioxidants (flavonoids) and high protein diets can improve cardiometabolic health (namely obesity) and cognitive function and psychological wellbeing.

Dr Murphy is involved in undertaking human dietary intervention trials to scientifically substantiate the health benefits of nutrients and functional foods that will help improve regulations and policy to benefit the health of Australians. She is currently President of the Australasian Section of the American Oil Chemists Society and Treasurer of the Nutrition Society of Australia (NSA) and Chair of the Student Mentoring Group, NSA. She is a Registered Nutritionist.



A/Professor David Cameron-Smith

David is active in the analysis of the molecular responses within human skeletal muscle to both nutrition and physical activity. His expertise is in the analysis of genes and signalling pathways critical for muscle hypertrophy/atrophy and metabolic adaptation, with 49 peer reviewed manuscripts in the past 5 years.

With over 10 years experience in invasive muscle biopsy studies he leads a team that is increasingly focused on high throughput analysis using transcriptomic technologies, combined with high quality imaging (confocal) and multiplex protein analysis. David is currently Associate Head of School (Research), and Chair of the Victorian group of the Nutrition Society of Australia.



Dr Janet Bryan

Janet Bryan is a Senior Lecturer in the School of Psychology at the University of South Australia. She is a member of the Nutritional Physiology Research Centre and of the Australian Technology Network Centre for Metabolic Fitness.

She obtained her PhD in the area of neuropsychology and ageing. Her research since then has been in the area of cognitive and neuropsychological assessment across the life-span and the application of this to areas of health and nutrition. Her research has resulted in over 50 peer-reviewed journal articles and book chapters and has been supported by over \$2.5m in research funding. She has worked closely with industry partners. Janet is also a member of the Australian Psychological Society and a Fellow of the Australian Association of Gerontology and an International Reader for the Australian Research Council.



Dr Natalie Sinn

With a psychology background, Natalie's PhD research with the University of South Australia and CSIRO Human Nutrition investigated effects of micronutrients and omega-3 fatty acids on learning and behaviour problems associated with ADHD. She has continued this work with children who have learning difficulties and is currently working with Indigenous Australian children.

Her interest is in contributing evidence for the role of nutrition in children's neurodevelopment, and in establishing early intervention initiatives that give children a healthy start to life.



Professor Tim Olds

Tim Olds is a Professor at the University of South Australia. After completing a PhD in French Studies at the University of Sydney, Tim went on to study exercise science, earning a second PhD in 1997.

His research interests have been in mathematical modelling of cycling performance, anthropometry, and more recently secular trends in the fitness, fatness, physical activity and food intake of children. He was Project Director for the Australian National Nutrition and Physical Activity Survey, and for the ADAPT Project, which used 3D anthropometry to match body types with military aircraft.



A/Professor Jon Buckley

A/Professor Jon Buckley is Director of the Nutritional Physiology Research Centre at the University of South Australia.

His research addresses the effects of nutrition and exercise on cardiometabolic and mental health. His research findings have contributed to the development of patents for a number of new nutritional products and he has worked with government to influence nutrition policy in Australia to improve the health of the food supply. Jon also has an interest in nutrition and exercise strategies for improving the performance of elite athletes, and has been working with industry and the Institute of Sport to develop sports nutrition products that can improve athletic performance and to refine testing and training programs for some of Australia's best athletes.



Dr Geoffrey Annison

Dr Geoffrey Annison joined the AFGC in October 2007. He has wide experience in food regulation and innovation, having held a number of senior technical and management roles in industry in Australia and overseas, in academia, and in public policy.

His career has spanned a number of sectors including the FMCG sector with Goodman Fielder and the AFGC, the rural sector with organisations such as Australian Pork Ltd and AWB Ltd. and research providers such as Massey University in New Zealand and the CSIRO, providing him with an extensive knowledge of current industry issues, particularly in the technical challenges in food science, nutrition and health.

Dr Annison has a Bachelor of Science with Honours in Food Technology, a PhD in Microbiology from the University of New South Wales, and is a graduate of the Australian Institute of Company Directors.

Co-Hosted by



Nutritional Physiology
Research Centre

The Nutritional Physiology Research Centre has an international reputation for human research on the roles of nutrition and physical activity in attaining and maintaining optimal physical and mental health and in counteracting obesity and the diseases of affluence. The Centre recognises the economic and social importance of addressing both diet and lifestyle in order to optimise health development and counteract risk factors for chronic disease across the lifespan.

Our research addresses cardiovascular, metabolic, anti-inflammatory and mental health benefits of diet and physical activity and the underlying mechanisms in populations ranging from patients with chronic disease to elite athletes. Physiological effects of whole foods (e.g. dairy, pork), bioactive nutrients (e.g. omega-3, phytoestrogens, antioxidants) and other dietary factors are evaluated, alone or in combination with regular exercise, in human trials.

The Centre's research programmes are supported by Category One Funding (ARC, NHMRC and NHF), other Government funding and partnerships with food the industry. Research outcomes are expected to benefit food industry partners and consumers by supporting the development of healthier food products and substantiating associated health claims, and informing public health recommendations for nutrient intakes and physical activity requirements.

www.unisa.edu.au/nutritional.physiology



Healthy Development Adelaide (HDA) promotes, facilitates and undertakes research that advances multidisciplinary understanding of healthy development by combining research strengths addressing high priority research issues to ensure the physical, psychological and social health of Australian infants, children and adolescents.

HDA was initially established in 2004 as an initiative of the University of Adelaide and is led by Professors' Robert Norman (University of Adelaide), Caroline McMillen (UniSA) and Michael Sawyer (University of Adelaide / CYWHS).

HDA has over 150 members currently and fosters research in over 20 disciplines across the state with focus to developing a portfolio for South Australia in developmental health research. HDA crosses many sectors that include government, health service, university, allied health, associations, organisations/institutions and the general community.

Partners include UniSA, Women's and Children's Health Research Institute, Channel 7 Children's Research Foundation, Department of Education and Children's Services. As of 2010 new Partners include Fertility SA, Children Youth & Women's Health Service, Flinders University and Flinders Reproductive Medicine.

Winner in Excellence in Research Collaboration
SA Science Excellence Awards 2009

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