FOODplus

incorporating the
NHMRC CENTRE OF
RESEARCH EXCELLENCE
Foods for Future Australians

To improve the lives of young families through research excellence in food and nutritional sciences.

www.adelaide.edu.au/foodplus
www.foodsforfutureaustralians.com.au
our vision

To improve the lives of young families through research excellence in food and nutritional sciences.

we will

• Develop human health research programs in food and nutrition, with a particular focus on young families
• Enhance the nutritional value of food plants and animals through agronomic means and work with food manufacturers to develop these into new food products
• Prove the clinical value of foods through large scale, high-quality, randomised, controlled trials
• Train a new generation of nutritionists who have a clear understanding of evidence-based decision-making.

our research will

• produce new tools to help nutritional studies be run in the community
• identify novel biomarkers for human nutritional intake
• produce high-quality evidence, from nutritional intervention trials involving mothers, babies and children, to inform policy makers and health professionals.

example projects

• A novel system for stabilising fatty acids collected in a blood spot on filter paper
• New dietary approaches to improve the iodine status of pregnant women and their infants
• Low glycaemic index (GI) breakfast foods from a high amylose wheat developed at the Waite Campus
• The effect of maternal omega-3 fatty acid supplementation on the growth and developmental outcomes of school-age children
• Plant oligosaccharides to regulate inflammatory/allergic responses.