



FOCUS

ON FIBRE & FOOD MONITORING

DRAFT PROGRAMME

11-12 February 2019

Hutton Theatre, Otago Museum, Dunedin

Monday 11 February

- 1:00 **Mihi whakatau: Mark Brunton (University of Otago)**
- Professor Robert Beaglehole (University of Auckland)**
Welcome and opening remarks

Focus on Fibre

Session Chair: Paul Moughan (Riddet Institute)

- 1:30 **John Cummings (University of Dundee)**
The origins of the dietary fibre hypothesis
- 2:10 **Jim Mann (University of Otago)**
Carbohydrates: heroes or villains in diabetes management?
- 2:40 **Michael Schultz (University of Otago)**
Fibre and the gut microbiome
- 3:10 **Afternoon tea**
- 3:40 **Lisa Te Morenga (Victoria University of Wellington)**
Fibre in the food we eat
- 4:10 **Andrew Reynolds (University of Otago)**
Fibre to maintain health
- 4:40 **John Cummings (University of Dundee)**
Fibre and the physiology of the large bowel

5:30 **Drinks and canapés – Hutton Theatre**

6:30 ***Symposium dinner – Otago Museum***

Tuesday 12 February

Focus on Food Monitoring

Session Chair: Jenny Reid (Ministry for Primary Industries)

- 9:00 **Winsome Parnell (University of Otago)**
Dietary Surveys in NZ: history and scope
- 9:45 **Tracy Hambridge (Food Standards Australia New Zealand)**
How do we know what Aussies eat and what's in it? Food and nutrition monitoring in Australia
- 10:30 **Claire Smith (University of Otago)**
Dish it up: highlights of research using NZ National Nutrition Survey data

11:00 **Morning tea**

Session Chair: Lisa Houghton (University of Otago)

- 11:30 **Rosalind Gibson (University of Otago)**
Use of biomarkers to assess the nutritional status of populations: challenges and possible solutions
- 12:00 **Kathryn Bradbury (University of Auckland)**
Population food choices – traditional and emerging methods to assess diet in prospective cohort studies
- 12:30 **Rachael McLean (University of Otago)**
Measuring population sodium intake: a WHO priority but how should we do it?

1:00 **Lunch**

Workshops

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| 2:00 | Fibre Workshop
Chair: tbc | Food Monitoring Workshop
Chair: tbc |
| 4:30 | Close | |



**EDGAR DIABETES &
OBESITY RESEARCH**
A UNIVERSITY OF OTAGO RESEARCH CENTRE

HEALTHIER
LIVES

He Oranga Hauora

National
SCIENCE
Challenges



Riddet Institute
ADVANCING FRONTIERS IN FOOD SCIENCE