



Public Event



THE UNIVERSITY
of ADELAIDE



Women's & Children's
Health Research Institute Inc.

FOOD FOR HEALTH separating myths from facts

Date 8th December 2010
Time 5.30pm - 7.00pm. Doors open from 5pm
Venue Elder Hall, North Terrace

ADMISSION FREE

Format An expert panel discussing and answering questions about the confusion in messages we are given regarding food and nutrition.

Panel members

Professor Bo Lonnerdal (UC Davis University of California, USA)
Professor Peter Aggett (University of Central Lancashire, Preston, UK)
Professor Dennis Bier (Baylor College of Medicine, Houston, USA)
Professor Maria Makrides (Women's & Children's Health Research Institute)
Professor Jennie Brand-Miller (University of Sydney)
Professor Manny Noakes (CSIRO)

Moderator Professor Robert Gibson (University of Adelaide)

The panel members are some of the leading nutrition researchers from across the world. Most people think experts should know what foods are best for their health, but do they agree on what we should be eating?

Why are we seeing an increased prevalence of health problems related to overconsumption and nutritional deficiencies?

When it comes to nutrition information, what are we to believe?

Does food have a role in preventing disease?

Is there a concern about the quality of our food now that we prioritise food production over nutritional quality?

Is modern agriculture producing nutrient-rich or nutrient-poor food and how does that affect us?

This is an unique opportunity to hear from some of the world's finest researchers assembled together for the first time. Come along and hear what they have to say, and have your nutrition questions answered.