

ALPRO FOUNDATION AWARD CEREMONY

11th Nutrition & Health Conference 2010



This year, two winners were selected for the Food and Nutrition themed MSc projects. Sarah Vandusen from the University of Leeds, and Anna Hall from Sheffield Hallam University, were both presented with their Alpro Foundation Awards at the 11th Nutrition & Health Conference, held at the Olympia Conference Centre in London on 26th-27th of November 2010.

This year the UK scientific panel of Judges selected two joint winners for the award. Both were considered to be excellent contributions to the better understanding and promotion of the inclusion of plant based foods in supporting improved public health.

Could the addition of seaweed to bread be a way to support satiety, in people attempting weight loss? The MSc project completed by Anna Hall at Sheffield Hallam University, was an assessment of the effects on hunger and satiety ratings after eating bread fortified with a seaweed concentrate (Seagreens®), in comparison with eating unfortified bread. After a breakfast of scrambled eggs on toast made from plain or seaweed-fortified bread,

overweight men were asked to score how hungry they felt. Further indirect assessments of hunger were made by measurement of how much pasta was consumed at the following lunch, and then a comparison of 24-hour food diaries. Anna found that subsequent intakes of food were lower after eating the fortified bread. "The bread with added Seagreens® is much higher in fibre than the standard bread. This may have resulted in greater gastric distension", suggested Anna.

The second winning MSc project by Sarah Vandusen from Leeds University, was an analysis of dietary data from more than 3,500 women, looking at possible associations between taste sensitivity to some of the bitter

components commonly found in leafy green vegetables, and intakes of such foods in relation to their suggested protective effects from the risk of some cancers. The women could be scored into one of three categories in relation to their sensitivity of bitter taste: 'nontasters', 'tasters' and 'supertasters'. Although women classed as supertasters disliked significantly more foods than women in the other two groups, this trait could not be shown to result in differences in diet or in differences in the risk of cancer. Sarah Vandusen suggested that while differences in taste sensitivity may affect some food choices, the translation into diet patterns were not sufficiently significant to observe any link to cancer risk in adult women.



The Alpro Foundation was founded in 1996 as an independent non-profit organisation to support and promote scientific knowledge and research in the field of nutrition. The main focus of the research considered for the annual award, is that of plant-based nutrition, and of course there is a special interest in soya. A further aim of the foundation is to increase knowledge and awareness of the impact of nutrition on human health among healthcare professionals and the general public. In addition to the selection and support of the annual award, the foundation organises various activities to achieve these objectives, such as conferences, and the publication of a regular newsletter.

Alpro Foundation website: www.alprofoundation.org • Email: alprofoundation@alpro.be



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