



Food for thought

Monday 3 November 2008
SCI, London, UK

Organised by SCI's Food Commodities and
Ingredients Group



programme

- 17.30 Registration and refreshments**
- 18:00 Welcome and introduction**
Launch of The Food Commodities and Ingredients Group's events
- 18:30 Evaluation of the use of methylcelluloses for potential restaurant applications**
Rachel Edwards-Stuart, University of Nottingham
- 19:00 Getting to the guts of microbes in health and disease**
Glenn Gibson, University of Reading
- 19:45 Question & answer session**
- 20:00 Buffet dinner and wine reception**
- 21:00 Close**

synopsis

Food For Thought starts the new calendar of events for SCI's Food Commodities and Ingredients Group.

Rachel Edwards-Stuart, awarded winner of the IFST Young Scientists Competition, will begin the evening by presenting her paper on the "Evaluation of the use of methylcelluloses for potential restaurant applications".

Professor Glenn Gibson will then offer an overview on the critical role of gut bacteria in promoting health. The positive and negative aspects of how these microbes interact with the food we eat will be discussed, as

well as how a diet for sustainable health can be put together considering the effects of food intake on these bacteria. Popular concepts of probiotics and prebiotics will be reviewed objectively, and the ability of these to alter gut flora composition will be discussed. There will also be a focus on the role of the gut flora in various clinical states, such as colorectal cancer, irritable bowel syndrome, ulcerative colitis, and gastroenteritis.

Building upon this information, results of new research including human volunteer studies which are being conducted at the University of Reading, will be presented and will show the role of gut bacteria in promoting health. Finally, work on aspects of Autistic Spectrum Disorders relating to gastrointestinal effect will also be discussed.

speaker biographies

Professor Gibson has published over 300 research articles, 10 patents and eight books on gut microbiology.

Glenn Gibson is Professor of Food Microbiology and also heads the Food Microbial Sciences Research Unit at the University of Reading. His previous posts include Head of Microbiology at the Institute of Food Research at Reading and research scientist at MRC Dunn Clinical Nutrition Centre, Cambridge. Professor Gibson speaks at an average of 40 science lectures and International conferences each year. He also sits on five advisory panels in Europe and USA.

Rachel Edwards-Stuart is a student of the University of Nottingham. Rachel is the winner of the IFST Young Scientists Competition 2008, a competition sponsored and judged by The Food Commodities and Ingredients Group of SCI. Rachel Edwards-Stuart's work was sponsored by Heston Blumenthal, the UK-based chef and restaurant owner and proponent of molecular gastronomy.

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