

September 2016 | Newsletter #3

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disease.

BBC Documentary

frequently in the media but are these foods really healthier for us? As part

The Truth About Healthy Eating

was broadcast in June, presenter Fiona Phillips visited us at the Hugh Sinclair Unit, where Dr Gunter Kuhnle compared a selection of

alternatives. A number of foods were compared including berries (goji vs strawberries), grains or plant-based protein (quinoa vs pearly barley), oils (coconut vs rapeseed), seeds (chia vs linseed) and vegetables (kale vs white cabbage) but differences in their nutritional contents were small. Despite the media hype about

are important sources of nutrients too, e.g. omega-6 polyunsaturated fat and vitamin E in sunflower oil, and fibre, vitamin C and polyphenols in oranges.

Events

Findings of our RESET study were a highlight of a recent public event held to mark the 90th Anniversary of the University of Reading. Entitled **RESET 2016: Leading Directions in Dairy Foods and Health**, the event presented preliminary findings

from the RESET study and included talks from leading researchers in the dairy field.

This event attracted over 150 delegates from around the UK and Europe, including some of the RESET volunteers. As part of the

Professors Julie Lovegrove and Ian Givens will discuss the RESET study at a **public lecture on 12th October at 8 pm**. Admission to the event is free but places are limited. Please book your place at: <http://www.reading.ac.uk/15/about/newsandevents/Events/Event688277.aspx>. All are welcome.

Music and Food was the theme of the second annual **Big Band, Big Lunch** held on the 5th June that brought together members of the University and the local community at the historic London Road Campus. The Hugh Sinclair Unit of Human Nutrition was involved in the event, which included live music and a

demonstration. Healthy meals were prepared by Ben Smith, a chef and final year student from the Department of Food & Nutritional Sciences. Professor Julie Lovegrove and Dr Daniel Commane then discussed the health benefits of the ingredients used, which included beetroot, olive oil and orange juice. Members of the research group were

also on hand to discuss the findings of our nutrition studies.

Join us in the
University of
Food

Chain and Health

marquee at the **Royal County of Berkshire**

Show in Thatcham on **17th and 18th September**. As well as showcasing

the cutting edge research being undertaken across the University, there will be fun activities for adults and children. Learn how to make cheese and taste what foods our researchers predict we will be eating in the future! **unsemy46.7tervET**

Volunteering opportunities:

We have a number of exciting new food and nutrition studies that are in the recruitment phases.

If you would like to take part in another study, please contact us for details of our current studies:

nutritionvolunteers@reading.ac.uk



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We look forward to seei