

International Symposium

The role of proteins within a nutritious, healthy and sustainable diet

30th March 2017, Lyon, France
+ Applied Workshop: 31st March

A sustainable diet is not just one that has a low environmental impact, but also one that contributes to optimal nutrition and to a healthy lifestyle. The symposium aims at sharing the ongoing fundamental and applied research on the role of proteins within a nutritious, healthy and sustainable diet.

Full-day Symposium (30th March 2017): A series of talks by international scientists representing academia, industry and non-for profit organizations will address emerging research on the role of sustainable sources of protein in the dietary needs, health and eating behavior in the general and subgroups of the population

➔ **Keynote speakers include: Dr Alex Johnstone** (University of Aberdeen, UK)

Alex Johnstone is a Senior Research Fellow and Registered UK Nutritionist at The Rowett Institute, University of Aberdeen. Her position is funded by the Scottish Government's Rural and Environment Science and Analytical Services Division (RESAS) within a Programme of Strategic Research to be delivered, in relation to "Food, Health and Wellbeing". She leads internationally competitive research in the area of human appetite control in the context of weight loss. More recent work has been on regulation of appetite with high-protein diets.

Half-day Applied Professional Workshop (31st March morning): The applied perspectives will be considered to illustrate the development of healthy, nutritious and environmentally sustainable meals and recipes.

➔ *Bridging the science to application*

Why should attend?

- Listen to the top notch experts present the latest cutting edge research on protein, nutrition and health
- Opportunity for networking with peers from different sectors
- Seek new ways of increasing cooperation, partnership and relationship to further the value of protein research working towards improved public health within a sustainable environment
- New protein research developments and possible applications that can make a difference for the industry and for better human health

Who should attend?

Food developers, R&D researchers, food formulators, nutritionists, dieticians, clinical researchers, scientists, policy makers, others working in nutrition health and sustainability

Where?

Maison des Services – Laboratoire des Services
3 bis avenue Guy de Collongue
69130 Ecully
Bus #3. Bus # 55 – bus stop Résidence

Programme

30th March 2017- Scientific Symposium

9.00am Registration, Tea & Coffee, Light Refreshments

9.30am Welcome and introduction

Agnès GIBOREAU, Research Director, Institut Paul Bocuse, France

9.35am **Protein for appetite control across the life course**

Alex JOHNSTONE, Senior Research Fellow, University of Aberdeen, UK

10.20am **Investigating the relationship between savoury taste and protein content in blended foods**

Charlotte M. BUCKLEY, PhD student, University of Bristol, UK

10.50am Tea & Coffee, Light Refreshments

11.10am **The effects of breakfasts varying in protein source on appetite and energy intake**

Anestis DOUGKAS, Research Scientist, Institute Paul Bocuse, France and Lund University, Sweden

11.40pm **NUTRALYS® pea protein, when Nutrition & Health meet food innovation**

Laetitia GUERIN-DEREMAUX, Senior Research Manager in Nutrition and Health R&D, Roquette, France

12.10pm Lunch

1.30pm **Role of dietary protein intake in the prevention of sarcopenia of aging**

Christelle GUILLET, Associate Professor at University Clermont Auvergne, France

2.00pm **Do humans value one macronutrient more than other?**

Sophie AUSTIN, University of Bristol, UK

2.30pm Tea & Coffee, Light Refreshments

3.00pm **Effect of changing portion sizes on vegetable and meat consumption, waste and meal satisfaction**

Nicole NEUFINGERL, Nutrition Scientist R&D, Unilever, Netherlands

3.30pm **Food and The Environment: how do we plan for an environmentally sustainable food supply?**

John COVENEY, Dean of the School of Health Sciences, Flinders University, Australia

4.00pm Discussion and close remarks

4.15pm **Visit tour at Institut Paul Bocuse facilities**

Tour at the Experimental Living lab, pastry and bakery laboratory, Tea and coffee laboratories...

5.00pm Conference closing drinks

31st March 2017- Interactive Professional Workshop

9.00am How to increase consumer perception and acceptance toward pulses?

A presentation of innovative cooking processes in order to offer different textures settings for cooked pulses and to prepare mixes with different grains for improved acceptance

Annabelle GOYON, Food Innovation Project Leader, Group SEB, France

9.30am Brief of the half-day culinary workshop

Introduction to the case study and the different sessions of the workshop

Florent BOIVIN, chef MOF, Institut Paul Bocuse, France

10.00am Team work challenge as a case study to prepare a starter for elderly

An interactive brain storming session where participants will be part of a team and will be requested to develop a cold starter with the use of pulses and grains for elderly in an attempt to show how the knowledge on protein, nutrition and sustainability is applied in the field.

Assistance by Florent BOIVIN, chef MOF, Institut Paul Bocuse, France

Anestis DOUGKAS, Research Scientist, Institute Paul Bocuse, France and Lund University, Sweden

Annabelle GOYON, Food Innovation Project Leader, Group SEB, France

11.00am Debriefing, questions, perspectives and questions to address

An interactive discussion will allow to identify and discuss the topic of protein enriched products what are the challenges and opportunities and what remains to be addressed by science of tomorrow

11.30am Vegetarian Haute-Cuisine, know-how

Through a live demonstration, Florent BOIVIN will share his insights, experiences and creativity on the cooking techniques and skills to create healthy, nutritious and environmentally sustainable meal and dessert targeting different populations

Florent BOIVIN, chef MOF, Institut Paul Bocuse, France

12.30pm Lunch at the Experimental Restaurant

A Gastronomic experience within the theme of Healthy and Well-being menu for healthy, tasty and satiating meals

2.30pm Close

We look forward to seeing you in Lyon

Organization

On-line registration (limited number of participants) before March 20th, 2017

<http://recherche.institutpaulbocuse.com/en/events/>

Queries at : symposium@institutpaulbocuse.com

Fees (covers registration, breaks and lunch):

30th March 2017: Symposium:

Registration fees: 100 €

Reduced fees*: 50 €

31st March 2017: Workshop: Applied session from science to innovation

Registration fees: 100 €

Reduced fees*: 50 €

* *Students and RIC Members (Research & Innovation Committee)*

Accommodation

[each participant manages his/her accommodation]

List of possible hotels:

- Campanile Ecully <http://www.campanile.fr/ecully>
- Cool and Bed, 32 quai Arloing 69009 Lyon. Tél: 04 26 18 05 28 <http://www.coolandbed.com>
- Resid'Hôtel Lyon Lamartine : <http://www.residhotel.com/lyon-lamartine.html>
- Holiday Inn Lyon Vaise : <http://www.holidayinn.com/hotels/fr/fr/lyon/lysvv/hoteldetail>
- Ibis Lyon Perrache <http://www.ibishotel.com/fr/hotel-2751-ibis-lyon-centre-perrache/index.shtml>
- Hôtel Le Royal, www.mgallery.com/Lyon (*Hotel school of the Institut Paul Bocuse - ask us for partnership rate*)

Registration

updated programme & information:

<http://recherche.institutpaulbocuse.com/en/events/>

Research scientist coordinating the event: Anestis Dougkas

Contact : anestis.douglas@institutpaulbocuse.com