



4 - 9 October 2009  
BITEC, Bangkok, Thailand

## Reiserapport fra 19<sup>th</sup> International Congress of Nutrition (ICN 2009) 4 – 9. October 2009, Bangkok, Thailand

Dr Pernille Baardseth, Nofima Mat AS og leder i NSE



International Union of Nutritional  
Sciences



Federation of European Nutritional Societies

Norsk Selskap for Ernæring (NSE) er nasjonalt kontaktorgan for International Union of Nutritional Sciences (IUNS) og Federation of European Nutritional Societies (FENS). Denne kongressen ble organisert av IUNS og FENS og jeg deltok som leder og Ingrid Barikmo som internasjonal kontakt i Norsk selskap for ernæring. Vi var med på IUNS Generalforsamling som ble holdt under kongressen og avgjorde at IUNS-møtet i 2017 skal være i Argentina. Vi så også at vi kan påvirke det internasjonale ernæringsarbeidet ved aktivt arbeid med innspill på temaer på kongresser og møter. Samarbeidet med industrien var et svært aktuelt tema, og det ble diskutert flere modeller. Jeg formidlet i tillegg de erfaringene jeg har med å jobbe tett opp imot myndighetene, næringsmiddelindustrien, forbrukere og forskning (ernæring og teknologi) for å utvikle sunnere alternativer. Dette ble presentert som to poster.

1. Innovation of healthy choices needs interdisciplinary collaboration. Pernille Baardseth<sup>1,2</sup>, Ida Synnøve Grini<sup>1</sup>, Astrid Nilsson<sup>1</sup>, Nofima Mat AS – Norwegian Institute of Food, Fisheries and Aquaculture Research, Norway<sup>1</sup>, President of Norwegian Nutrition Society<sup>2</sup>
2. “A healthier choice” in Convenience Stores. Ida Synnøve Grini<sup>1, 2</sup>, Pernille Baardseth<sup>2, 4</sup>, Hilde Mortvedt<sup>2</sup> and Astrid Nilsson<sup>2</sup>, Anita Auensen<sup>3</sup> and Trude Marchmann-Jensen<sup>3</sup>, LHL, The Norwegian Heart and Lung Patient Organisation, Norway<sup>1</sup>, Nofima Mat AS, Norwegian Institute of Food, Fisheries and Aquaculture Research, Norway<sup>2</sup>, Norgesgruppen ASA, Norway<sup>3</sup>, President of Norwegian Nutrition Society<sup>4</sup>

### “Nutrition Security for All”

Den 19 internasjonale kongressen i ernæring ble avholdt i Bangkok 4. – 9. oktober 2009. Kongressen ble organisert av IUNS og FENS i samarbeid med Mahidol universitetet (Institute of Nutrition, Faculty of Medicine, Faculty of Tropical Medicine, Faculty of Public Health, Faculty of Allied Health Sciences, National Health Foundation and Ministry of Public Health Department of Health). Konferansens

vitenskapelige program bestod av 15 plenumsforedrag, 60 workshops og 2459 plakater, og det var totalt 4500 deltagere fra 106 land. Møtet ble åpnet av prinsesse Maha Chakri Sirindhorn som har dedikert sitt liv til å forbedre ernæringstilstanden og livskvaliteten for de fattigste og de mest trengende, og da særlig barna. Hun har fokusert på utdanning og opplæring og fikk tildelt IUNS prisen for 2009 for sitt engasjerende arbeid. Faginnholdet i kongressen tok for seg tiltak for å unngå feil- og underernæring på alle nivåer fra det globale og ned til det lokale plan.

Det ble diskutert matpolitikk, matsammensetning og mangfold, rett på nok mat, vekst og utvikling, anbefalinger, regelverk (merking og påstander) og utdanning. Det kom tydelig fram at for å lykkes med dette arbeidet må det jobbes tverrfaglig innen temaer som ernæring tidlig i livet, for barn og eldre og mot en rekke sykdommer (infeksjoner, kroniske sykdommer, diabetes, HIV/AIDS, allergi, hjerte- og kar og kreft).

Biotilgjengelighet og effekt av makronæringsstoffer (protein, karbohydrater og fett), mikronæringsstoffer (Fe, Se, Zn) og bioaktive næringsstoffer (lycopen, vitamin C, polyfenol, antioksidanter) ble tatt opp på et bredt grunnlag. Det ble også lagt fram hvordan prosesser kan forbedre ernæringskvaliteten av produkter samt berikning av næringsmidler.

FENS European Nutrition Conference, Madrid, Spain, October 26-29, 2011.

En stor takk til NSE fondet for støtte til å delta på konferansen og for å bli kjent med NSE sine internasjonale kontakter via IUNS og FENS ☺

## Changes in Pectin and Separation of Spaghetti Squash During Cooking

M. Fuchigami<sup>1</sup>, Y. Jibu<sup>1</sup>, M. Arita<sup>1</sup>, A. Teramoto<sup>2</sup>, K. Ishii<sup>3</sup>, N. Yokohata<sup>4</sup>, H. Kuwada<sup>5</sup>, M. Hayashi-Tabuchi<sup>1</sup>, S. Makio<sup>6</sup>  
<sup>1</sup>Okayama Prefectural University, Japan, <sup>2</sup>Kanto Gakuin University, Japan, <sup>3</sup>Fukuyama University, Japan, <sup>4</sup>Chugoku Junior College, Japan, <sup>5</sup>Chugoku Gakuin University, Japan.

### Objectives

... of ...

### Materials & Methods

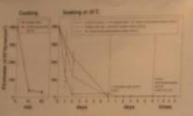
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### Results

... of ...

### Conclusion

... of ...



Parameter	Value
...	...
...	...



ERNILIE BAARDSETH  
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 NORWAY

# Innovation of healthy choices needs interdisciplinary collaboration

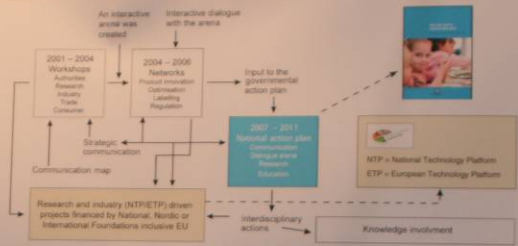
19th International Congress of Nutrition (ICN 2009) 4 - 9 October 2009, Bangkok, Thailand  
 Nofima

## Objective

The aim is to translate nutrition recommendation into healthier choices through networking, communication, research and education where interdisciplinary collaboration is the key factor for innovation of healthier products and meals.

## Food for life - the Norwegian approach

Ten years of experience have proven that interdisciplinary network with the Government, research, food enterprises, retail and consumer must be formed to create successfully Food for life products. The key success factor is an open and credible dialogue between the different stakeholders. This arena gives an opportunity to understand and manage the relationship between food, nutrition, genomics and health.



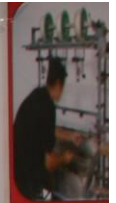
## Important: Knowledge and communication about products and meals

The content and quality of nutrients and bioactive compounds in all food commodities are affected by species/varieties, feed quality/cultivation, slaughtering/harvesting, handling, processes (heating, freezing etc), storage (temperature, packaging materials etc) and preparation into meals (cooking, frying, steaming etc) before consumption, which again will influence the absorption of nutrients after the food has been eaten.



## Conclusions

Networking, communication, research and education are key success factors to create between the different actors to create healthy choices. "A healthier choice" is not necessary a meal which includes all the recommendations, but a meal which is closer to the recommendation and is tasty, convenient and trendy. (example see poster # P65-06 "A HEALTHIER CHOICE" IN CONVINIENCE STORES).



## ABSTRACT

Rationale and O... Countries eat s... food source for... materials. There liquid, added 10 amount of mois snacks for infan pupae waste. Indonesia, amor

Keywords: Silkworm

## MATERIALS



## RESULT

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Table 2. Nutrie

# "A healthier Choice" in Convenience Stores

Has S. Gren<sup>1</sup>, Pernille Sandstedt<sup>2</sup>, Hilde Mørthaug<sup>3</sup>, Astrid Nilsen<sup>4</sup>, Asta Aune<sup>5</sup>, Trude Mørch<sup>6</sup>  
<sup>1</sup>LHL, The Norwegian Health and Longevity Research Organisation, Norway; <sup>2</sup>Health M&A, Norway; <sup>3</sup>NHIC, Norwegian Government Agency, Norway; <sup>4</sup>Food for Tomorrow, Norwegian Nutrition Society

1. Products labelled "A healthier choice" - LHL have been defined and developed for healthier meals on the run by Norgesgruppen Convenience AS through the Fresh-concept on Spial stations with success. Their vision is "to be best on what the consumer want", including healthier products which are tasty, convenient and trendy.
2. The Norwegian Government support development of healthier foods in a diverse market through a National action plan (2007-2011) - Recipe for a healthier diet as a tool for decision-makers, professionals, experts and others in the public and private sectors.
3. Nofima M&A created an interdisciplinary and interactive arena with the food enterprises which made the products for the Fresh-concept. The key success factors were an open and credible dialogue between the food enterprises, government and research community. Through the interdisciplinary arena they learned about the relationship between food, nutrition and health. Thereby they were able to change their products inline with WHO recommendations and to fulfil the criteria of the "Health indicator".

## 1. A HEALTHIER CHOICE LOOK - MEALS ON THE RUN!



- ### 2. RECOMMENDATIONS
- Carbohydrate 50% of the energy  
Protein 15% of the energy  
Fat maximum 30% of the energy  
Fibre maximum 10% of the energy  
Sodium maximum 1% of the energy
- How to translate the nutrition recommendation into products/meal?  
We eat several products in one meal and several meals per day/week/month/year...

### Health indicator - a healthier choice

A healthier choice is not necessary a meal which include all the recommendations, but a meal which is close to the recommendation and is tasty, convenient and trendy.

