Scientists identify key control for blood glucose levels

Professor Lora Heisler, as part of a collaboration with the University of Michigan, has enhanced the understanding of how the brain senses low glucose levels. This could help clinicians control diabetes to a greater degree. Speaking about the identification of an unsuspected signalling pathway Professor Lora Heisler, from the University of Aberdeen Rowett Institute of Nutrition and Health, said: “It is remarkable to find that such an incredibly small set of cells in the brain play such an important role in maintaining normal glucose levels.” This result could help around 20% of diabetes patients who suffer from regular severe episodes brought on by low blood sugar. Read more >>

Maternal obesity increases risk of iron deficiency

Scientists at the Rowett have demonstrated that obesity in pregnancy can lead to several adverse maternal pregnancy outcomes including impaired glucose tolerance, higher blood pressure and an increased risk of iron deficiency. The authors show that this decrease in iron status results in an increased expression of a receptor molecule in the placenta. Interestingly this implies that the placenta is responding to the maternal iron deficiency in a way that ensures normal iron levels in the offspring. Read more >>
Feeling “full” on less food

In an interview with Future Food 2050, Professor Julian Mercer describes his work with the EU Full4Health consortium investigating the body’s signalling pathway between our food, the gut and the brain. The sensations of hunger or fullness are complex, and as well as being linked to the sensation of food in our stomachs, an array of hormones are also involved which often tell the brain when to stop eating. “What we are actually doing in several different projects is trying to look at how hunger and satiety are regulated, and whether there are ways we can support people to consume a little bit less food.”

Full article> >

Exercise to Lose Weight? Stay Warm

In an article in the New York Times, Daniel Crabtree describes how exercising in the warm demands more from the body and could burn more calories than working out in the cold. When exercising in the cold “you don’t have to pump blood to the surface to dissipate heat.” However, it appears that exercise in the cold can make you hungrier, despite having burned fewer calories than a warm-climate workout.

Full article> >

The Nature and extent of food poverty/insecurity in Scotland

In this NHS Scotland report, Flora Douglas and Stephen Whybrow contribute to the discussion of household food poverty/insecurity in Scotland. The report takes stock of the current food poverty situation in Scotland and seeks to elucidate how this food poverty was being experienced by vulnerable groups and how community food initiatives were adapting to the situation.

Full article> >

Global supplier Chr. Hansen forms a research and development consortium with University

Professor Harry Flint of the Rowett Institute for Nutrition and Health will lead the Aberdeen section of an international research consortium funded by the natural ingredients solutions company Chr. Hansen. The company is keen to investigate new probiotic products and therapeutic microbes; to this end, Harry’s team will help develop bacterial products that can improve human health. The project which also includes The University of Groningen and the University of Wageningen, has been funded by Chr. Hansen for the next three years.

Full article> >
Grampian Food Forum Awards

The Rowett Institute of Nutrition and Health enjoyed a high profile at the recent Grampian Food Forum Innovation Awards ceremony. Over 230 representatives of the food and drink industry from the North East and further afield gathered near Aberdeen to celebrate these awards. “We were delighted to sponsor the award for the ‘Company Commitment to Health’ this year and we join many others in sending our congratulation to the winner, Chef Proprietor Craig Wilson and his team at ‘Eat on the Green’, said Dr Sue Bird, KE Manager for the Rowett Institute, who attended the awards dinner and is pictured here with Craig. “It was good to see the Rowett profiled as the ‘go to’ place for innovation for local food businesses, and a big thank you also goes to Chalmers Bakery, who were our winner last year, and who made an excellent short film about their experience of working with the Rowett.

An Introduction to Nutrition and Wellbeing

Demystify the complex and conflicting messages we hear about diet, health and lifestyle today, with our free online Nutrition and Wellbeing course. This four week course will help you understand the scientific basis of human nutrition, and current nutrition concepts and controversies. Click here to find out more.

Scotland Food and Drink Excellence Awards

At this year’s record-breaking Scotland Food and Drink Excellence awards The Rowett sponsored the award for Commitment to Health. The award aimed to recognise a commitment that went beyond the products and extended to the business, its people and relationships with customers. Overall there were 239 entries to all categories, and over 800 guests attended the dinner at the Museum of Scotland. Rowett Director Professor Peter Morgan was in attendance to present our sponsored award to the foodservice company Entier. The awards are organised in partnership with The Royal Highland and Agricultural Society of Scotland, and are generally considered to be the “Oscars” of the food and drink sector; and showcases the very best that Scotland has to offer.

Good Food Champions teacher training

The Rowett is a collaborative partner in a new General Teaching Council-accredited training programme organised by Royal Highland Education Trust. This course will allow primary school teachers in the Grampian area to become Good Food Champions. This teacher-led course will cover topics such as Scotland’s Food Story, Land and sea to plate and What’s on your plate? The Rowett will act as a mentor for teachers on this course along with other partners including QMS, SRUC, Soil Association, National Museum of Rural Life and RHET. http://www.rhet.org.uk/Teachers/Teacher+Training
Edinburgh International Science Festival

In April we were delighted to return to the ‘Real Life Science’ studio at the Royal Botanic Gardens Edinburgh to take part in Edinburgh International Science Festival. Our innovative and entertaining workshop ‘Bright Breads and Crafty Cranachan’ demonstrated how diet could be improved by reformulating familiar Scottish recipes. Visitors were able to taste “Disco Breads” made with beetroot, carrot or spinach vegetable powder, all of which were very popular. Two slices of bread delivered the equivalent of one portion of vegetables. Additionally a low-fat “crafty” cranachan could be made so visitors were able to take away a tasty, healthy dessert.

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