

## Leading the way in food and nutrition research

- We are the oldest established centre of excellence for nutrition research in the UK
- We have shaped policy and research agendas for over 100 years
- Our areas of research expertise include: obesity and metabolic health, gut health, healthy ageing, food security and sustainability.
- We have a very successful track record of working with industry on a wide range of innovative projects

## Rowett Newsletter - January 2015



### Research



#### Scientists reveal new insight into combating the middle-aged spread

Part of a £1.4 million project funded by the Wellcome, this research is investigating signals in the brain with the aim of increasing our understanding of how our appetite is controlled and the role that obesity drugs play in affecting these signals. Professor Lora Heisler led the research in collaboration with universities in Cambridge and Michigan and their findings could have implications for future treatments of obesity. [Read more >>](#)

[Full article>>](#)



#### New test to predict chances of developing cancer

Dr Janice Drew, Senior Research Fellow at the Rowett Institute, in collaboration with colleagues at NHS Tayside, has developed a new approach to identify whether polyps in the colon are likely to become cancerous. The new technique exploits the fact that genes involved in tumour growth express detectable markers even before the tissue is recognisable as cancerous. [Read more >>](#)

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## Food industry could exploit underused flours as functional ingredients



Scientists from the Natural Products theme at the Rowett Institute have conducted a comparative functional study of some underused flours such as green pea, fava bean, hemp and buckwheat. Economic, environmental and health issues are all factors influencing consumers' choice of flour, so understanding properties of different plant flours is important for determining their application.

The Natural products group had a very strong presence at the recent Natural Product Biotechnology 2014 conference in Inverness. Wendy Russell contributed a plenary lecture and Sam Multari gave a talk on phytochemicals in grains at the same session. A collection of all the poster presentations can be found [here](#)

[Full article>>](#)

## Knowledge Exchange

### Policy

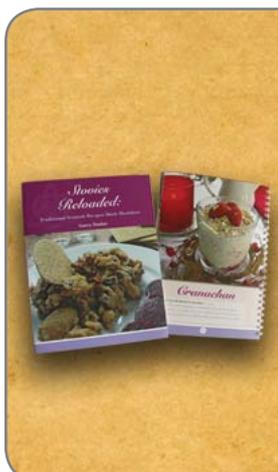


With Scotland aiming to become a Good Food Nation, The Rowett KE office and the Scottish Government's Food and Drink and Rural Communities policy team co-constructed a workshop to help inform evidence-based policy making.

Several researchers from the Rowett Institute of Nutrition and Health, Health Psychology and Health Economics, as well as representatives from SRUC, SAC Consulting, Scottish Food and Drink Federation and Food Standards Agency in Scotland took part in this major science-policy workshop on the topic of 'Promoting behaviour change in food and drink: what does the evidence tell us?'. The workshop consisted of several ten minute 'quick fire' presentations on evidence from the research base, followed by an interactive "World café" style session to build consensus on key pieces of evidence. A report is being finalised.

[Full article>>](#)

### Public engagement



The Royal Highland Centre was the venue for the new [Eat Drink Discover Scotland](#) event in September. As part of the education day, organised by the Royal Highland Education Trust, we offered a nutrition 'masterclass'. Dr Vanessa Rungapamestry led the event explaining to pupils how to make healthy choices and highlighting information to help make these choices. The workshop culminated in an opportunity for the pupils to make their own healthier "reformulated" Cranachan, based on our very popular recipe book "Stovies Reloaded".

[Full article>>](#)



## The New Rowett Institute Building

In August 2015 we will move to our new state-of-the-art facility on the University's Foresterhill medical campus. The new building will have five levels, containing high-spec, state-of-the-art equipped laboratories. At the heart of the new institute will be the Human Nutrition Unit, which will be a focus for human intervention studies exploring the effects of diet on health and providing unparalleled opportunities for innovation with the food industry. The move will allow our scientists to work together in a modern purpose-designed facility, which will foster a culture of collaboration not only amongst each other but also with the other world-class research institutes on site.

[Read more>>](#)

## Health Innovation for the Food Industry



### Rowett expertise in action

The Rowett has a long and proven history of underpinning and assisting with the development of innovative food products, and an established track record of working with Industry. One of our recent successes was helping [Pulsetta Foods](#) develop a range of gluten free pulse-based (peas and lentils) bakery products. Along with the [Food & Health Innovation Service](#) and [Interface](#), expertise from Rowett scientists helped CEO Dr Karsten Karcher achieve his goal of producing wholesome breads which are free from gluten, lactose and egg.

[Pulsetta video](#)

Check out other science bytes videos from FHS featuring our [researchers](#) Julian Mercer, Alex Johnstone, Alan Sneddon, Karen Scott.



### An Indian Odyssey

In December 2014, our food and drink specialist, Alan Rowe, joined a small, high level mission to India. Organised by UK Government, the visit explored the potential to build India's food and drink sector through closer collaboration with UK research organisations.

[Read more>>](#)

## Recent Funding Success:

### BBSRC:

- collaborative grant with Nottingham - looking at role of the hormone fibroblast growth factor 21 in controlling food intake and body weight
- collaboration with IFR, Norwich - mechanisms that allow certain 'keystone' bacterial species within the human large intestine to degrade non-digestible carbohydrates

**National Cancer Institute of the National Institutes of Health (US)** - Improving understanding of the role of microbial metabolites in cancer prevention and aetiology.

**NHS Health Scotland** - Scottish food poverty study.

**Leverhulme Trust** - An 'artists-in-residence' grant - an original art-science collaboration to investigate the multidisciplinary perception of our future food system.

The Rowett Institute of Nutrition and Health, University of Aberdeen, gratefully acknowledges the funding it receives from The Scottish Government's Strategic Research Programme. Research into cancer prediction test and functional ingredients were primarily funded from this grant, as were all the KE activities. RINH also recognises the substantial funding from Scottish Government towards its new building.

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