**Food Newsletter Summary - September 2013**

**Scottish Government**

**A slice of recognition**
Application for Dundee Cake to be given protected status.

**Food & drink success**
New industry goal as turnover target smashed six years ahead of schedule.

**Continued growth for farmed salmon**
Scottish salmon production highest since 2003

**National Press**

**Bacteria from slim people could help treat obesity, study finds**
Experiments show microbes from thin or fat people’s intestines can cause mice to lose or gain weight

**Smoothies and fruit juices are a new risk to health, US scientists warn**
Scientists say potential damage from naturally occurring fructose in apparently healthy drinks is being overlooked.

**EUFIC**

**Beneficial effects of exercise after morning breakfast on our mental performance and mood**
A recent study by a research team from the Brain, Performance and Nutrition Research Centre of Northumbria University, UK, published in the international peer-reviewed journal Appetite, examined the interactions of breakfast consumption and morning exercise on mental performance and mood in a physically active, male population, in a randomised controlled trial.

**Food Navigator**

**Zinc biomarker may offer greater insight into effects of deficiency, say researchers**
A potential new diagnostic marker for zinc status could help researchers and industry better understand the effects of low zinc status in the body, according to new research.

**Whole fruits linked to lower diabetes risk, while fruit juices may increase risks: Harvard study**
Eating more whole fruit may help to lower your risk of developing type 2 diabetes, while increased consumption of fruit juices may be linked to higher risks, according to new research.

**‘Overeating’ infant formula linked to higher risk of obesity, suggests study**
Infants that are encouraged to consume high levels of formula and foods form a young age may be at a much higher risk of obesity in later childhood and adulthood, warn researchers.

**More time-pressed Brits are skipping dinner**
Nearly a quarter of British adults skip dinner at least once a week, with many saying that they lack the time to prepare a meal, according to a new report from Canadean Custom Solutions.
7-year gap: New nutrition concepts for a new elderly generation
The ageing population remains under-served in terms of functional food and drink products, says Euromonitor's Diana Cowland, despite 'elderlies' living longer and healthier than ever before.

UK organic market lags behind rest of Europe
Organic sales in Europe have grown by 25% over the past five years — but have slipped 1.5% in the UK, according to the Soil Association.

Probiotic yoghurt does not alter overall microbiota makeup: Study
Probiotic yoghurt increases the presence of certain probiotic strains, but does not change the overall microbiota makeup, according to research by Laval University.

Amino acid supplements may offer diabetes hope: Mouse data
Supplementation with the amino acid arginine could help to improve glucose metabolism by as much as 40%, according to new research in mice.

Omega-3 fish oil may protect against alcohol-related dementia: Lab data
Consumption of the omega-3 long chain fatty acid DHA could help to protect against alcohol-related dementia, according to new data from lab studies.

Could beetroot bread help lower heart disease risk?
Enriching bread with nitrate-rich beetroot could help to lower our risk of heart disease by reducing blood pressure and improving blood vessel functioning, according to new research.

Gut health and obesity: Human gut bacteria can alter mouse metabolism, depending on diet, says new study
Transplanting gut bacteria from obese humans into germ-free mice leads to greater weight gain and fat accumulation than mice that were given bacteria from the guts of lean humans, says another breakthrough study from Washington University in St Louis.

Omega-3 status linked to sleep quality in school children: New data
Consumption of omega-3 from food or supplements could help to improve sleep quality in children, according to new data presented yesterday.

Do younger people respond better to the cardiovascular effects of cocoa flavonoids?
Flavonoid-rich dark chocolate may improve the function of the cells lining blood vessels and help control blood pressure in younger, but not older, hypertensives, says a new study.

Citrus extract shows weight management potential: Study
A blend of extracts from red orange, grapefruit, sweet orange, and guarana can reduce abdominal fat, waist and hip circumference, French researchers have found.

Food security threatened by climate change and trade
Food security is threatened by the global trade in farm products — which allows crop pests and diseases to spread worldwide — and climate change — which allows them to establish in new locations, according to new research published in the journal Nature Climate Change.

Could a lack of sleep drive increased food purchases?
People that are deprived of sleep for one night buy more food of higher calorie content the following day, according to new research.