

## Press Release

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September 2013

### 20<sup>th</sup> International Congress of Nutrition, Granada, Photo Captions

**Photo caption for the Parallel Symposium, Thursday September 19<sup>th</sup>, 11.30am-1.30pm, Granada:**



Pictured standing from left to right:

- Ricardo Closa Monasterolo, Hospital Universitari Joan XXIII de Tarragona
- Nathalie Delzenne, Universite Catholique de Louvain
- Robert A. Rastall, Reading University
- Raylene Reimer, University of Calgary

At the 20<sup>th</sup> International Congress of Nutrition, Granada, this month experts gathered to discuss the functional roles of prebiotic inulin-type fructans amongst other things. Prebiotic fibres were highlighted as playing a pivotal role in balanced nutrition for long-term health. Insights from leading experts at the symposium focused on the effects of colonic microbiota

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changes by prebiotics and their respective impact on overall health with comments including the following:

**Prof Bob Rastall – University of Reading, UK:**

“While much of the early science on prebiotics focused on the increase of so-called ‘good bacteria’ like bifidobacteria and lactobacilli with recognised positive health attributes, recent thinking has turned to look increasingly at the impact of metabolites produced by the colonic microbiota. This wider perspective is stimulating the debate on prebiotics and on the way they might act to promote health.”

**Prof Nathalie Delzenne – Université catholique de Louvain, Belgium:**

“Recent intervention studies with prebiotic inulin-type fructans in overweight individuals have shown that as well as an increase in bifidobacteria as a major and common signature of the prebiotic approach, a complex modulation of the gut microbial ecology occurred. Studies suggest that changes in the gut microbiota occurring with the use of prebiotics, can be related to an improvement of gut bacterial functions and host health, in particular in the context of overfeeding and obesity.”

**Prof. Dr. Ricardo Closa Monasterolo – Hospital Universitari Joan XXIII de Tarragona, Spain:**

“Within our so called “Bambinol Study” we showed how BENEEO’s Orafti® Synergy1 promoted the increase of bifidobacteria (prebiotic effect). Also it was shown that the microflora composition, as well as the deposition pattern, of infant formulae fed babies comes closer to that of breast-fed babies with improved stool frequency and consistency.”

**Prof. Dr. Raylene Reimer – University of Calgary, Canada:**

Whilst discussing the contribution of dietary fibres to fight obesity, Reimer commented on the role of prebiotic fibres in body weight management across a person’s life span, highlighting the very early susceptibility to obesity and the role that maternal diet during pregnancy plays. “The effectiveness of dietary fibres, particularly prebiotic inulin-type fructans to aid in weight management is supported by a growing body of evidence from human clinical studies.”

For further information on the topics discussed at the International Congress of Nutrition, Granada, go to [www.beneo.com/icn](http://www.beneo.com/icn) to download the abstract book.

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- ENDS -

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The **BENEEO-Institute** facilitates access to the latest scientific research and knowledge throughout all nutritional and regulatory topics related to BENEEO ingredients. It provides BENEEO customers and partners with substantiated guidance for some of the most critical questions in the food industry. BENEEO is a division of the Südzucker Group, employs almost 900 people and has production units in Belgium, Chile, Germany and Italy.

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