

**Food Matters Live, London, 2017**

Intertek Seminar “Functional Food Ingredients – Cradle to Grave”

Section “The Rate Race and Autumn Years”, Wednesday 22<sup>nd</sup> Nov, 10:30 - 13:00 (#3 @ 11:10)

Presentation outline Dr. Antje Jungclaus, Senior Manager Nutrition Communication

**How to support health in middle age with functional carbohydrates and fibres**

In the middle age population, times are busy! Awareness for health and healthy ageing is often low until first moderate health issues occur. When rising levels of blood sugar and/or cholesterol, blood pressure or other parameters indicate a risk for metabolic diseases (e.g. obesity, diabetes, CVD, hypertension, osteoporosis), diet and lifestyle changes are introduced to halt progression and revert back to healthy ageing. Which role can functional carbohydrates and prebiotic fibres play?

This presentation will take a look at the diversity of carbohydrates and their effect on blood sugar levels and metabolic regulation to demonstrate: Carbohydrate quality matters! Established and emerging science with the slow release carbohydrate isomaltulose (Palatinose™) will be reviewed regarding its potential to lower blood glucose levels and insulin release, and its ability to create a metabolic profile with higher fat burning rates in energy metabolism. Long-term benefits for body composition and body weight as well as insulin resistance, blood glucose control and possibly cardiovascular health will also be addressed.

Growing knowledge about the colon microbiota and its relevance to colon healthy and beyond postulates a role in obesity-induced inflammation and the onset of co-morbidities like diabetes mellitus. Established and emerging science with chicory root fibres will be shown regarding their potential to influence the microbiota composition and with this satiety regulation and energy intake, as well as the onset of pre-/diabetes or calcium absorption and bone health.