

City University of Hong Kong
Department of Biomedical Sciences
presents a seminar



“DIET AND HEALTH IN THE 21ST CENTURY: GUIDING PRINCIPLES FROM LACTATION TO BIG DATA”

By

Prof. J. Bruce German

Professor and Food Chemist, Department of Food Science and Technology
Director, Foods for Health Institute
University of California

Date: 2 December 2015 (Wednesday)

Time: 2pm to 4pm

Venue: Benjamin Kwok Lecture Theatre, LT16 (near Lift 1), 4/F, AC1

Abstract

The first great age of nutrition identified the essential nutrients and deficiency diseases. The next great age is beginning to address diet in a broader perspective. Individuals differ in nutritional needs and in responses to foods, thus a personalized approach to diet will be central to solutions to the problems of human health and diet related disease. Diagnosing and curing diseases have scientific and commercialization models, preventing diseases do not. Prevention means literally improving the health of healthy individuals. How will science identify the biological processes on which to act? Measurement of individuals will evaluate baseline individual health status and monitor effectiveness of diets. Each person's health is determined by overall diet, not individual foods or even meals. There is an opportunity to build a knowledge based healthcare and food industry to develop new assessment, monitoring, dietary management, and food products to move individuals away from disease and toward aspirational health.

Contact

Ms Joyce Tan (3442-2924, Joyce.Tan@cityu.edu.hk)

All are welcome