

## **Grains, Fiber and Health**

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### **< Summary >**

Symposia related to metabolic syndrome at the International Congress of Dietetics (ICD2008) was held on September 8-11, 2008 at Pacifico Yokohama are attracting widespread attention. Of these, the symposium "Grains, fiber and health -Grain Fiber Helps Prevent Metabolic Syndrome" was sponsored by KELLOGG.

4,564 people from 57 countries participated this symposia, the attendees were nutritionists, dietitians, professors, etc.

It is estimated that in Japan today roughly 20 million of the 56 million people between the ages of 40 and 74 are suffering from or are close to suffering from metabolic syndrome (2006 study by the Ministry of Health, Labour and Welfare).

This symposium addressed whole grains, which have been highly praised in Europe and America for their health benefits and are now the subject of much research. The symposium will feature two authoritative doctors from America and England, and will be chaired by Dr. Kazuhiko Yamada, a leading dietary fiber researcher in Japan. Whole grains are not well known in Japan but ICD2008 promoted this groundbreaking topic in the prevention of metabolic syndrome that is being researched in Europe and America.

\*The symposium was conducted in English and simultaneous interpretation into Japanese will be provided. At the end of the symposium was a session with panelists and time for Q&A from the audience.

### **Summary of Presentations**

Foods high in dietary fiber (particularly grain fiber) have excellent anti-oxidant action and help increase good intestinal bacteria. This stimulates the hormones that are indispensable for blood sugar control, activates the secretion of hormones that suppress appetite, and mitigate the risk of metabolic syndrome, which is a cause of Type 2 diabetes and cardiac disease. At the symposium, the latest information will be exchanged and the effects of consuming dietary fiber will be presented.

### **Presenters and Topics**

Christopher John Seal, BSc PhD RNutr MIFST

Topic: Beneficial Effects of Wholegrain Foods

Received Doctorate from Lancaster University (UK). Currently a professor of Food & Human Nutrition at Newcastle University in England. He is also a member of the British Nutrition Foundation.

Michael I. McBurney, PhD FACN

Topic: Fiber: The Heart of Whole Grain

Received Doctorate in Dietetics from Cornell University in New York State. Teaches at Texas A&M University (USA), a leading institution in dietetics, where he serves as the first dean of the Department of Nutrition & Food Science. He utilizes his vast experience and knowledge in corporate communication activities and product development, among other activities.

Dr. Kazuhiko Yamada (Chairperson)

Served as director of the Food Function and Labeling Program at the National Institute of Health and Nutrition. Currently he is a professor of Kagawa Nutrition University. Holds a doctorate in health sciences. Also serves as the director of the Journal of Japanese Association for Dietary Fiber Research and is a leading authority in Japan on dietary fiber research.