



## **NUTRITION SOCIETY MEETING**

*hosted by the Irish Section*

**University of Ulster, Coleraine,  
Northern Ireland  
16-18 June 2010**

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**Nutrition – getting the  
balance right in 2010**

**Programme**

**This meeting is approved for up to 15.5  
credits under the Continuing Medical  
Education (CME) Scheme by all  
Medical Royal Colleges.  
BDA endorsement for this  
meeting is being sought**

**The Nutrition Society**  
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**MEETINGS**

This meeting is open to members of the Nutrition Society and other individuals paying the appropriate registration fee. The proceedings of the meetings may not be published, nor communicated to any person except by direct negotiation with, and agreement of, the Nutrition Society.

**Enquiries: Full information and abstracts available on-line at:**

[www.nutrition society.org](http://www.nutrition society.org)

Further particulars concerning attendance at, and organisation of, this meeting can be obtained from the Local Organiser at the above address.

**Original Communications: Abstract submission deadline: 6 April 2010.**

Abstracts of Original Communications must be submitted on-line using the electronic submission form available on the Irish Section Meetings page at [www.nutrition society.org](http://www.nutrition society.org). Completion of this form includes electronic submission of copyright and (for student members) confirmation of supervisor's support. Original Communications should comply with current instructions to authors. The programme of Original Communications and the unedited abstracts of Communications accepted for this meeting will be available on the Society's website: [www.nutrition society.org](http://www.nutrition society.org). The printed Original Communications programme and abstract booklet will be distributed at registration.

## GENERAL INFORMATION

**Venue:** University of Ulster, Cromore Road, Coleraine BT52 1SA. Symposium, Oral and Poster Communications will be held in the Riverside Theatre and in the Barmouth. (see location N and E: <http://www.ulster.ac.uk/information/location/Coleraine%20Campus%20Map.pdf>).

**Meeting Registration:** The Registration desk will be situated in the foyer of the Riverside Theatre. The desk will be open from 10.00 am on Wednesday 16 June until Friday 18 June 2010.

**Admission:** Only full delegates (not ‘accompanying persons’) may attend the scientific sessions. Tickets will be issued for meals and functions and must be presented for admission.

**Presentation Format:** Facilities will be available for PowerPoint presentations. Any other presentation needs can only be catered for if speakers request in advance. Facilities will be available to preview presentations in the Riverside Theatre prior to the sessions. Speakers are requested to present their disks to the projection staff at least 20 minutes in advance of the session in which they are speaking and to collect them immediately after the session.

**Editorial Desk:** Please note that unlike previous years there will be no Editorial Desk at this meeting. Original Communications (OCs) will no longer be edited and all OCs presented at the meeting will be copy-edited for house-style and published online in the *Proceedings of the Nutrition Society*. Authors of full papers will be contacted by e-mail after the conference with instructions about how to submit their papers to the *Proceedings*.

**Student Bursaries:** Student members of the Nutrition Society presenting Original Communications who are attending for the full duration of the meeting will be eligible for a bursary of £40 (max). Those eligible should deduct the appropriate sum from their total cost when returning the booking form.

**Student Competition:** A prize of £100 will be awarded to the best presenter in each of the oral and poster categories.

**Business Meetings:** The AGM of the Irish Section of the Nutrition Society will be held at 12.00 hrs on Thursday 17 June 2010 in the Riverside Theatre, University of Ulster.

**Internet access:** Open access PCs will be available for delegate use throughout the conference within the Senior common Room. Wi-Fi is also on-campus and can be arranged for delegates if this is requested before 14 May 2010 (please indicate on booking forms).

## ***Travel***

Details of directions for getting to the University of Ulster, Coleraine campus are available at: <http://www.ulster.ac.uk/information/location/colerainemap.pdf>.

*By plane:* There are 3 airports: City of Derry, Belfast International, and George Best Belfast City.

City of Derry Airport is 23 miles from the Coleraine campus (<http://www.cityofderryairport.com/>). There is a bus service, operated by Ulsterbus, which connects with the University's Coleraine campus (<http://www.translink.co.uk/>). A taxi directly from City of Derry Airport to the University's Coleraine campus costs approximately £28-30.

Belfast International Airport is 50 miles from the Coleraine campus (<http://www.belfastairport.com/>). The Airport Express 300 bus service, operating at ten-minute frequency during peak hours, connects with Belfast city centre, and is operated by Ulsterbus. The journey time is approximately 30 minutes with the route terminating at the Europa Bus/Rail Centre on Great Victoria Street from where a train or bus can be taken to the Coleraine Campus (<http://www.translink.com/>). A taxi directly from Belfast International Airport to the University's Coleraine campus costs approximately £65-80.

George Best Belfast City Airport is 58 miles from the Coleraine campus (<http://www.belfastcityairport.com/>). There is a frequent Airport Express 600 bus service to the Europa Bus/Rail Centre on Great Victoria Street from where a train or bus can be taken to the Coleraine Campus (<http://www.translink.co.uk/>). A taxi directly from George Best Belfast City Airport to the University's Coleraine campus costs approximately £75-85.

*By rail:* The University has its own railway station a 5 minute walk away from the Coleraine campus (<http://www.translink.co.uk/>).

*By road:* The University is located less than a mile from the centre of Coleraine town. Car parking is available at the University's On-campus Halls of Residence, which are within easy walking distance of the Riverside Theatre.

(<http://www.ulster.ac.uk/information/location/colerainemap-bw.pdf>). There is a charge for daily car-parking at the University (<http://www.ulster.ac.uk/carparks/>). If travelling by car to the meeting it is possible to advance purchase daily car parking tickets (£3.00/day) if this is requested before 14 May 2010 (please indicate on booking form).

*Taxis:* For those wishing to book taxis some local taxi firms include: O'Kane Taxis <http://www.oktaxi.com> – Michael 07740984979; City of Derry Taxis – Martin 07811098456; Fon-A-Cab (both Belfast airports) <http://www.fonacab.com/> Tel: 02890333333; GB Airport Taxis (always outside Belfast City Airport), Tel: 07964460206.

## ***Accommodation:***

The Cranagh Village Halls of Residence at University of Ulster, Coleraine campus, are a short distance (5 minute walk) from the main meeting location. All rooms are en-suite and are grouped together in self-contained flats (with up to 5 rooms per flat). Towels are provided. Kitchen facilities are available on each floor, and a continental breakfast is served in the Bannside refectory. Delegates can pick their keys up from the Accommodation office when they arrive on campus. Resident Assistants will be available for "out of hours" services. Wi-Fi is available within Cranagh Village and can be arranged for delegates if this is requested before 14 May 2010 (please indicate on booking form). A location map will be forwarded with the confirmation of booking.

Please note that whilst the organisers will arrange accommodation at the above location for the duration of the conference, delegates wishing to arrive early and/or stay after the conference should make their own arrangements for additional accommodation. The Northern Ireland Tourist Board can provide advice regarding accommodation in Belfast (<http://www.discovernorthernireland.com/>).

*Meals:* Tea/coffee and lunch on Wednesday 16 June through Friday 18 June will be served in the foyer of the Riverside Theatre, University of Ulster. The céilí on Wednesday 16 June will be held in The Senior Common Room at the University of Ulster, Coleraine campus and will be preceded by a drinks reception in the Riverside Theatre. The conference banquet on Thursday 17 June will be held in 55 Degrees North (<http://www.55-north.com/>) and a bus will take delegates from the conference venue.

*Travel Maps, Tourist Information:*

Travel information and maps of the University campus will be sent with the acknowledgement of booking.

**Deadline for receipt of bookings: 14 May 2010**

## Programme

### *Nutrition – getting the balance right in 2010*

**Wednesday, 16 June 2010**

- 08.30–10.00 Satellite Symposium  
A national nutrition phenotype database – the JINGO project
- 10.00 Registration and Tea/Coffee
- Session 1 Balancing intake and output: food versus exercise**
- Chairs:** *Professor Barbara Livingstone (University of Ulster) and  
Dr Michelle McKinley (Queen's University Belfast)*
- 11.00–11.40 Satiety – have we neglected dietary non-nutrients?  
*Professor Robert Welch, University of Ulster*
- 11.40–12.20 Expectations and the control of human dietary behaviour.  
*Dr Jeff Brunstrom, University of Bristol*
- 12.20–13.00 Slow food, fast food and the regulation of energy intake.  
*Professor Kees de Graaf, Wageningen University*
- 13.00–14.00 Lunch
- 14.00–14.40 Interaction between physical activity and food intake:  
does exercise make you fat?  
*Professor John Blundell, University of Leeds*
- 14.40–15.20 Balancing exercise and food intake with lactation to promote  
postpartum weight loss.  
*Professor Cheryl Lovelady, University of North Carolina*
- 15.20–15.40 Tea/Coffee
- 15.40–18.00 Posters / Oral Communications
- 19.00–Late Drinks reception, Buffet Supper and Céilí

**Thursday, 17 June 2010**

**Session 2 Balancing benefits and risks of micronutrient intakes**

*Chairs: Professor Sean Strain (University of Ulster) and  
Dr Nino Binns (Consultant in Nutrition and Regulatory Affairs)*

09.00–09.40 Dietary vitamin D - factors which alter synthesis and status.  
*Dr Julie Wallace, University of Ulster*

09.40–10.20 Vitamin B<sub>12</sub> and folate: maximising the benefits, minimising the risks.  
*Dr Anne Molloy, Trinity College Dublin*

10.20–10.40 Tea/Coffee

10.40–11.20 Risk-benefit analysis of mineral intakes: case studies on copper and iron.  
*Professor Sue Fairweather-Tait, University of East Anglia*

11.20–12.00 Risk-benefit assessment of micronutrients.  
*Professor Albert Flynn, University College Cork*

12.00–13.00 Lunch and AGM

13.00–15.00 Posters / Oral Communications

15.00–15.20 Tea/Coffee

**Session 3 Influences of food constituents on gut health**

*Chairs: Dr Chris Gill (University of Ulster) and  
Dr Anne Nugent (University College Dublin)*

15.20–16.00 Intestinal nutrient sensing and health maintenance.  
*Professor Soraya Shirazi-Beechey, University of Liverpool*

16.00–16.40 Dietary phytochemicals and gut health.  
*Professor Garry Duthie, Rowett Institute of Nutrition and Health,  
University of Aberdeen*

16.40–17.20 Is equol production beneficial to health?  
*Dr Pamela Magee, University of Ulster*

17.20–18.00 Interactions between dietary components and the human microbiome: maintaining human health.  
*Dr Kieran Tuohy, University of Reading*

19.30–Late Conference Dinner

**Friday, 18 June 2010**

**Session 4 Getting balanced nutrition messages across**

*Chairs: Professor Mike Gibney (University College, Dublin) and Dr Marian Faughnan (SafeFood)*

09.30–10.10 Nutrition communication -  
Consumer perceptions and predicting intention.  
*Dr Moira Dean, Queen's University Belfast*

10.10–10.50 The role of media in health and nutrition communication:  
a view from across the pond.  
*Professor Jeanne Goldberg, Tufts University, Boston*

10.50–11.10 Tea/Coffee

11.10–11.50 Communicating the concept of a balanced diet.  
*Dr Carole Lewis, Food and Health Communications*

11.50–12.30 Translating complex science into life-course health promoting strategies.  
*Professor Judy Buttriss, British Nutrition Foundation*

12.30–13.30 Lunch

13.30 Close of meeting