



Tuesday 12th October 2021
**DAY 2: HEALTH, NUTRITION
& CONSUMER SCIENCE**

09:00 – 09:45 AM

**K3 - KEYNOTE ADDRESS: 2021 GLOBAL
FOOD AND DRINK TRENDS**

Shelly McMillan, Mintel

09:45 – 10:15 AM

**K4 - KEYNOTE ADDRESS: ON A
MISSION TO GROW AUSTRALIA'S
PROTEIN INDUSTRY - HOW SCIENCE
AND TECHNOLOGY CAN SUPPORT
INDUSTRY**

Michelle Colgrave, CSIRO

11:00 – 12:30 PM

**2.1 - NUTRITION SCIENCE FOR FUTURE
FOODS**

1:00 – 2:30 PM

2.2 - DELIVERING HEALTH & NUTRITION

Supported by: University of Canberra

3:00 - 4:30 PM

2.3 - CONSUMER & SENSORY SCIENCE

*Presented by: the AIFST Consumer & Sensory Science
Special Interest Group*

PRESENTATION & SPEAKER BIOS

K3 & K4 | KEYNOTE SPEAKERS



Shelley McMillan

Head of Consulting - South APAC, Mintel

Topic: 2021 Australian Food & Drink Trends

About:

Shelley joined the Mintel Consulting team in 2017, prior to this she worked at Nestl , General Mills and Associated British Foods in marketing, managing brand strategy and new product launches across multiple markets. Working at Mintel combines her 2 passions the food & drink industry (she is a qualified food technologist) and consumer behaviour, most recently completing post-grad in Behavioural Economics. At Mintel, she is responsible for the South APAC region, leading a team who create customised consulting projects around client's strategic innovation objectives.

Presentation Overview:

Food and drink companies will broaden their focus on mental wellbeing solutions, deliver on new value needs, and use brands to celebrate people's identities.



Michelle Colgrave

CSIRO

Topic: A mission to grow Australia's protein industry – How science and technology can support industry growth

About:

Professor Michelle Colgrave is the Leader of CSIRO's Future Protein Mission. The Future Protein Mission is centred on principles of sustainable growth delivering high quality, affordable and nutritionally optimised protein for Australia. It will develop protein-based industries (including plant-based protein, traditional protein, insect and microbial protein) along the value chain from production to the customer, delivering premium protein ingredients and products, addressing the rapid growth of the protein-based sector.

Presentation Overview:

Estimates predict that 70 per cent more food will be required to feed the growing global population which will reach 9.7 billion by 2050. The challenge will be how to meet this global food gap while maintaining our planet's health. Australia's traditional animal and plant protein offer an opportunity to address this gap, with emerging sources of protein seen as complementary. We are witnessing changing dietary patterns, with increasing numbers of flexitarians, due to concerns over the environment, animal welfare and personal health and nutrition. In this presentation, the opportunities and challenges in growing Australia's protein industries will be discussed.

2.1 | NUTRITION SCIENCE FOR FUTURE FOODS



Andrew Holmes

Associate Professor, University of Sydney

Topic: What our microbiome means for validating and regulating foods-for-health

About:

Andrew has general interests understanding the role of microbial communities in both human and environmental health. He has particular interests in the relationship between the availability of food in the environment, how this shapes the health and behaviour of animals and the role of gut microbes in influencing these outcomes. This has applications for conservation biology, animal production and in humans both public health and health interventions.

His current research focusses on the mechanisms of host-microbe interaction in the gut and development of modelling tools that enable the prediction of intervention outcomes or development of regulations. He is in the School of Life and Environmental Sciences at the University of Sydney where he is also Microbiome Project node leader in the Charles Perkins Centre, and Co-leader of the Food for Health theme of the Centre for Advanced Food Enginomics. He is a Fellow of Food Standards, Australia, New Zealand (FSANZ) and Editor-in-Chief, Reviews for The ISME Journal.



Emma Beckett

Lecturer, University of Newcastle

Topic: Shifting paradigms in Nutrition Science for the Future?

About:

Dr Emma Beckett has a multi-faceted research background, with qualifications and experience in nutrition, epidemiology, science management, biomedical sciences, immunology and microbiology. Emma completed her PhD, in 2016, as a joint project between the Faculty of Science at the University of Newcastle and the CSIRO Food and Nutrition Flagship.

Emma is interested in interactions and molecular nutrition, including gene-nutrient interactions. This involves the study of both how genetic variance alters the bodies responses to nutrition (nutrigenetics), and how nutrients influence gene expression (nutrigenomics) via direct interactions and modification of epigenetic marks. She hopes to unravel how our genes and nutrients interact to modify our risk of chronic and later-life-onset diseases.

She is also interested in how diet and genetics influence the microbiome in the gastrointestinal tract to predisposed to, or protect us from, diseases linked to diet and lifestyle such as colorectal cancer.

2.1 | NUTRITION SCIENCE FOR FUTURE FOODS



Melissa Adamski

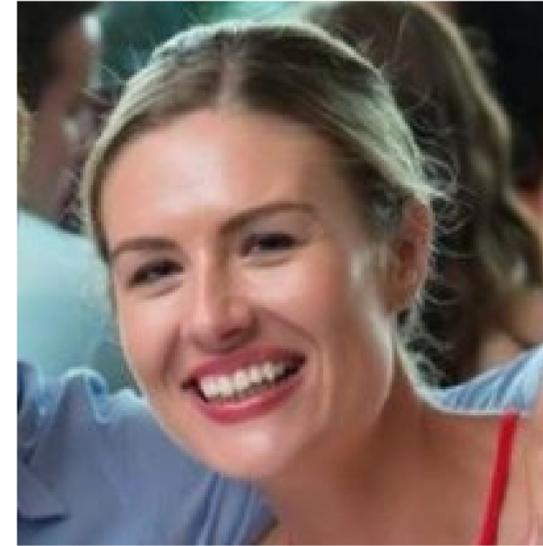
Topic: TBC

About:

I am a highly accomplished and experienced healthcare business professional. I have a passion for making a difference at a macro level and believe this can be no better achieved through the merging of successful business with successful healthcare practice. I have a unique insight in that I have both practical and academic training in healthcare, and experience in leading businesses within the healthcare sector. This unique coupling along with my drive and obvious passion allows me to help solve some of the most challenging of business problems.

While many dietitians study an undergraduate food science & nutrition degree as an entry to dietetics, my approach was not one of necessity but rather a deliberate choice to gain a solid foundation in food regulation, safety, microbiology, chemistry and product development prior to building upon this through a Masters of Nutrition and Dietetics.

I complement my expertise in nutrition, dietetics and food science with strong analytical, problem solving and research skills. Coupled with my extensive experience in project and stakeholder management, strong verbal and written presentation skills and a flair for creativity and innovation, I strive to be an evidence based, yet open-minded dietitian who not only provides expert nutrition advice- but most importantly of all- continues to advance nutrition practice to improve nutrition and health.



Dr Lisa Newman
Lecturer, RMIT

Topic: TBC

About:

Lisa is an Early Career Development Fellow and Lecturer in Nutrition, joining RMIT University in 2017. Her research seeks to explore how the senses, specifically the sense of taste, effects food selectivity, dietary behaviours and nutritional quality of our diets. The current focus of her research is investigating the dietary patterns and overall nutrition and health of children with Autism Spectrum Disorder (ASD).

Children diagnosed with ASD often present with various feeding problems which are associated with sensory issues. Lisa's research looks at these sensory issues, and how they impact food selection, mealtime behaviours, diet quality and long-term health of children with ASD.

In addition, Lisa is also interested in the taste preferences of infants and toddlers, specifically how these preferences develop during infancy and childhood.

As well as these specific areas of interest, Lisa is also interested in general sensory science and consumer preferences including the development of new, nutritional products and food commodities.

2.2 | DELIVERING HEALTH & NUTRITION



A/Prof Nenad Naumovski
Associate Professor in Food Science and Human Nutrition

Topic: General overview of nutraceuticals in anxiety and stress

About:

Dr Nenad Naumovski (PhD, MAIFST) is a Chef, Food Scientist and Molecular Nutritionist and works at the University of Canberra (ACT, Australia) as Associate Professor in Food Science and Human Nutrition. He leads a Functional Foods and Nutrition Research Laboratory (FFNR Laboratory) and holds academic conjoint positions as the Visiting Professor at the Harokopio University of Athens (Athens, Greece), Abertay University (Scotland) and University of Newcastle (Australia). Nenad has a strong research interest in the development of functional foods and the effects of food and nutrients on psycho-cardiological markers associated with healthy ageing.



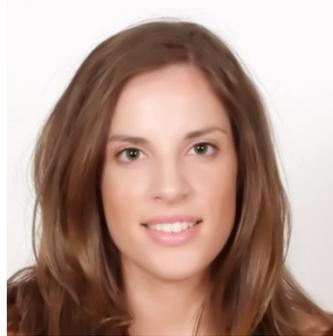
Dr Wolfgang Marx
Postdoctoral Research Fellow, Deakin University

Topic: Mechanisms that link diet and mental health

About:

Dr Wolfgang Marx is a postdoctoral research fellow and Head of the Nutraceutical Research stream at the Food & Mood Centre. Wolfgang is also an Accredited Practising Dietitian and received his PhD from Bond University where he investigated the use of a ginger-derived polyphenols for chemotherapy-induced nausea and fatigue. Wolfgang's current research program covers a broad range of projects involving the use nutraceuticals for mental health, fatigue, and cognition. Of particular interest is the role of polyphenols – compounds found abundantly in spices, fruits, and vegetables – in mental and brain health. This research program uses a bench-to-beside approach, covering a variety of study designs including clinical trials, meta-analyses, epidemiology, and mechanistic studies.

2.2 | DELIVERING HEALTH & NUTRITION



Dr Matina Kouvari

Postdoctoral Researcher, Discipline of Nutrition and Dietetics, Faculty of Health, University of Canberra

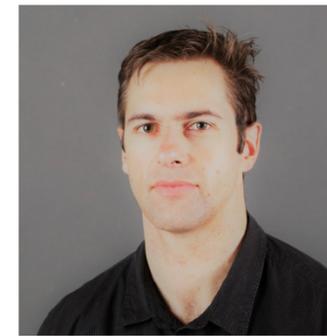
Topic: The role of Mediterranean Diet on psycho-cardiological outcomes.

About:

Dr. Matina Kouvari (F), MSc, PhD is a Research Associate in Epidemiology at HUA and a Postdoctoral Researcher at the Faculty of Health in University of Canberra. She holds a BSc in Nutrition & Dietetics from HUA and an MSc (hons) in Clinical Nutrition from HUA. Her PhD thesis (2017-2020) was related with CVD epidemiology and risk prediction models while she is currently implementing her postdoctoral research on issues related with nutrition and metabolic syndrome. Dr Kouvari has more than 40 publications in international journals and about 100 scientific presentations in CVD and public health national and international congresses. She has participated in various international projects (two (2) H2020, six (6) Erasmus+, one (1) DG SANTE) in the field of public health and personalized nutrition. Over the last 5 years she is working as Research Associate and Project Manager in the Institute of Preventive Medicine, Environmental and Community Health (Prolepsis) with an active role in research and educational activities related to public health issues.

Presentation overview:

This presentation will outline the evidence base around dietary supplements and nutraceuticals, and whether they are useful for the prevention of dementia and cognitive decline. A wide range of nutrients and plant bioactive have been evaluated for their effects on cognitive function including B-vitamins, omega-3 fatty acids, and curcumin. But, to date, the evidence has been mixed at best. I will present what we know so far and where research and industry may be headed next.



Mr Nathan D'Cunha

Associate Lecturer, University of Canberra

Topic: Mechanisms that link diet and mental health

About:

Mr Nathan D'Cunha is an Associate Lecturer in the Discipline of Nutrition and Dietetics at the University of Canberra. Nathan has completed Bachelor of Human Nutrition (Honours, Class 1) and he is currently a PhD candidate at UC investigating quality of life and non-invasive biomarkers of people living with dementia. Nathan's research interests and passions include ageing, cognition, technology, and nutrition. In particular, Nathan is focused on the potential benefits of healthy dietary patterns and dietary supplements to improve cognition and mental health. In this area, he has published on the effects of pre- and pro-biotics, blueberries, prickly pears, honey, a wide range of dietary supplements, and the Mediterranean dietary pattern.

Presentation overview:

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2.3 | CONSUMER & SENSORY SCIENCE



Damian Espinase Nandorfy **Scientist, the Australian Wine Research Institute**

Topic: The relevance of statistical modelling and model systems in sensory science: Case studies from wine research

About:

Sensory Scientist Damian Espinase Nandorfy is part of the Sensory and Flavour Research group at the Australian Wine Research Institute in Adelaide, South Australia. Damian has over ten years' experience selling, making, researching, and enjoying wine! Originally from Canada, Damian holds an honours science degree in Viticulture & Oenology from Brock University, a post-graduate certificate in Sensory & Consumer Science from UC Davis and is currently undertaking a PhD at Deakin University on understanding the perceptual interactions of wine flavour compounds.



Sara Mawhinney **Kantar**

Topic: Changing Methodologies: Convenience or Conversion

About:

Experienced Director with a demonstrated history of working in the market research industry. Skilled in Sensory Evaluation, Consumer Market Research, Management, Quantitative Research, and Marketing Strategy. Strong professional with a Bachelor Degree in Food Technology from Reading University and Master's degree focused in Consumer Psychology (Research Methods) from University of Wales, Bangor.

My interest in sensory science started as a graduate Product Developer in FMCG. Standing in the supermarket aisle and looking at the products that I'd helped to launch gave me the biggest buzz. However, it wasn't long before I realised that consumers' opinion could be influenced simply by changing its product features, rather than reworking a formulation. This insight propelled me into the world of sensory science and perception and as they, say the rest is history.

Making better products through understanding the product and its sensory properties is what I do. I provide clients with product insights from consumers and expert panels to create and optimise products. From laundry powders to lipsticks and everything in between, I've been lucky enough to work across many of the biggest global and Australian consumer goods brands.

2.3 | CONSUMER & SENSORY SCIENCE



Rozlynn Clarke
Sensory Manager Australia, *Goodman Fielder*

Topic: Sensory Research within a FMCG Business – Adapting and Overcoming Recent Challenges.

About:

Rozlynn Clarke brings 25 years of industry experience to share after completing a double degree in Marketing and Applied Science and a Certification from the University of California in Applied Sensory Science and Consumer Testing. Rozlynn's career commenced mid 1990's as an Account Manager with International Flavours and Fragrances, where her clients were from a wide variety of industries and applications including food, beverage and pharmaceutical.

Rozlynn further built a career specialising in Sensory research with Campbell Arnott's and Goodman Fielder which has provided professional training and experience in Australia, Arnhem Land and overseas including United States, New Zealand, Papua New Guinea, Solomon Islands and Fiji. With proficiencies in sensory evaluation, product development, food science, problem solving, training, client presentations and market research, she has the highly enviable task of taste-testing prototypes of some of Australia's iconic foods, and completed myriad quantitative and qualitative research.

Rozlynn is currently researching product development for the diverse Goodman Fielder portfolio which includes bread, cake mixes, dressings, mayonnaise, spreads, frozen meals and iconic brands Helga's, Wonder White, Praise, LaFamiglia, White Wings, MeadowLea and new vegan brand Plantry.



Heather Smyth
Principal Research Fellow, *University of Queensland*

Topic: Effective sensory evaluation enables data-driven decision making

About:

Associate Professor Heather Smyth is a flavour chemist and sensory scientist who has been working with premium food and beverage products for the past twenty years. With a background in wine flavour chemistry, her expertise is in understanding consumer enjoyment of foods.