The 9th Vahouny Fiber Symposium

Organized by NutraSource Research; Contact information: susanscho1@yahoo.com
www.NSResearch.org

June 8-11, 2010
Marriott, Bethesda North, 5701 Marinelli Rd, Bethesda, MD 20852, USA. +1-301-822-9200

Conference registration is open at the American Society of Nutrition website:
www.nutrition.org, then click on meetings, other upcoming meetings, and 9th Vahouny Fiber symposium. Click either "CLICK HERE TO DOWNLOAD REGISTRATION FORM" or "REGISTER ONLINE". Early bird registration by May 5, 2010: $399 for ASN members and $520 for non-members. Pre-registration by May 31, 2010: $425/$540. On-site registration; $575 for ASN members and $690 for non-members.

Hotel reservation: Rate: June 7-10, $169+tax; The rate is effective until May 12, 2010. To make a hotel reservation, Please call 1-800-859-8003 and reference the NUTRASOURCE Fiber Symposium or Log on to: http://www.bethesdanorthmarriott.com and enter your check-in and check-out date, along with the Group Code ASOASOA.

Scientific Committee Members:
James Anderson, The University of Kentucky
Anne Birkett, GTC Nutrition
Tom Boileau, General Mills
Susan Cho, NutraSource Research
David Klurfeld, USDA
Christine Edwards, Glasgow University, U.K.
George Fahey, The University of Illinois-Urbana
Brinda Govindarajan, Kellogg
David Jenkins, The University of Toronto, Canada
Takashi Sakata, Ishinomaki Senshu University, Japan
Lisa Sanders, Tate & Lyle

Sponsored by Kellogg,
ADM/Matsutani, LLC, General Mills,
GTC Nutrition, Orafti, Tate and Lyle, FrieslandCampina,
International Life Science Institute (ILSI), and National Starch.

Co-sponsored by American Society of Nutrition (ASN) and
US Department of Agriculture (USDA).

The conference will provide 3 lunches and 7 coffee breaks.
The 9th Vahouny Fiber Symposium

Day 1. Tuesday, June 8, 2010. 8:00 a.m. -5:00 p.m.
Recognition of Mr. Charlie Bonfield: Susan Cho, NutraSource, USA.
In memories of Dr. Kritchevsky: David Klurfeld, USDA, USA.

Session 1. Fiber and weight management, sponsored by Kellogg
1) Fiber intake status in Americans - Alanna Moshfegh, USDA, USA.
2) Fiber and weight gain reduction – Eric Rimm, Harvard, USA.
3) Fiber and body weight measures (NHANES) – Theresa Nicklas, Baylor College of Medicine, USA.
4) Fiber and metabolic syndrome (NHANES) – Susan Cho, NutraSource, USA.
5) Viscous fibers and adiposity – Dan Gallaher, The University of Minnesota, USA.

Session 2. Fiber and heart disease, sponsored by Kellogg
1) Epidemiological studies of fiber and heart disease - Jim Anderson, The University of Kentucky, USA.
2) Portfolio diet and cardiovascular risk reduction - Cyril Kendall, The University of Toronto, Canada.
3) Hydroxypropyl methylcellulose mediates gene expression levels in both bile acid and cholesterol pathways in liver of hamster - Hyunsook Kim1, Glenn E. Bartley1, Wallace Yokoyama1, Yun-Jeong Hong1, Shao-Ching Hung2, David R. Albers1, Marsha L. Langhorst2, William H. K. Anderson1, Scott A. Young2.
1 USDA-Agricultural Research Service; 2 The Dow Chemical Company, USA.
4) Fiber in whole grain – Michael Falk, LSRO, USA.

Lunch

Session 3. Fiber and glucose metabolism
1) Fiber and diabetes - David Jenkins, The University of Toronto, Canada. ne-gram is not a one-gram - Vladimir Vuksan, The University of Toronto, Canada.
2) Fasting glucose turnover but not peripheral insulin resistance is reduced after acetogenic and indigestible carbohydrate ingestion in metabolic syndrome patients - E. Pouteau1, V. Ferchaud-Roucher2, Y. Zair2, M. Paintin1, M. Enslen1, N. Auriou1, K. Macé1, J-P. Godin1, O. Ballêvre3, M. Kremp4. 1 Nestlé Research Centre, Switzerland; 2 CRNH, Inserm U539, France; 3 Nestlé R&D, Beijing, China.
3) Measurement techniques for insulin sensitivity – Kevin Maki, Provident Clinical Research, USA.
4) Crystalline cellulose in digesta decreases radial self-diffusion of glucose within the intestinal lumen - Toru Takahashi1, Mari Noborikawa1, Sen-ichi Oda2, Satomi Maruyama1, Tomoko Koda1, Yuka Kawada1, Kazuya Kitamori1. 1 Mimasaka University, Japan.

Session 4. Prebiotic effects of fiber, sponsored by Orafti
1) Characteristics and modulation of a healthy flora - Glenn Gibson, The University of Reading, UK.
2) Prebiotics and bowel function - Francisco Guarner, Hospital General Vall d’Hebron, Spain.
3) Prebiotics and body weight management and disorders - Nathalie Delzenne, University Catholique de Louvain, Belgium.
4) Panel discussion

Day 2. Wednesday, June 9, 2010. 8:00 a.m. -5:00 p.m.
Sessions 5: Health Benefits of Novel Fibers: Fiber, Gut Microbes and Immunity, sponsored by General Mills
1) Overview of fiber, inulin, and digestive health – Wendy Dahl, The University of Florida, USA.
2) Dietary influences on gastrointestinal microbial communities - Steve Brooks, Health Canada.
4) GOS and laxation – Claire Kruger, Yongming Lu, A. Wallace Hayes, Spherix Consulting, Inc., USA.

Session 6: Novel Fibers and Weight Management, sponsored by General Mills
1) Review of mechanisms: fiber and weight management – Joanne Slavin, The University of Minnesota, USA.
2) Control of energy metabolism by non digestible oligosaccharides : which role for gut microbes? – Nathalie Delzenne, University Catholique de Louvain, Belgium.
3) FOS and insulin sensitivity – Aki Shinoki, H. Hara, Hokkaido University, Japan.
4) Panel discussion.

Lunch

Session 7 and 8. Fibersol 2, sponsored by ADM/Matsutani, LLC
1) Resistant maltodextrin: Chemical and Physical Properties Compared to Other Sources of Dietary fiber - Alan Buck, ADM, USA.
2) Higher dose Fibersol-2 increases subjective and biochemical measures of satiety when ingested with a meal compared with control or lower consumption - Suzanne Hendrich1, Zhong Ye1, Visalakshi Arumugam1, Esther Haugabrooks1, and Patricia Williamson-Hughes1,2, Iowa State University, Ames, IA; 2ADM, USA.
4) The distribution of energy derived from the fermentation of dietary fiber - David J. Baer and William V. Rumpler, USDA, USA.
5) The growth and diversity of the (intestinal) microbiotia as affected by dietary fiber - Volker Mai, Maria Ukhanova and Tyler Culpepper, The University of Florida, USA.
6) The quintessential properties of all sources of nondigestible carbohydrates-dietary fiber - Dennis T. Gordon, North Dakota State University-Emeritus, USA.
7) Panel discussion

Day 3. Thursday, June 10, 2010. 8:00 a.m. -5:00 p.m.
Session 9. Implementation Issues of CODEX fiber definition – Part 1, sponsored by Tate and Lyle
1) Overview of CODEX definition and future implementation – Joanne Lupton, Texas A&M University, USA.
2) Dietary Fiber Analyses-Moving from Definition to Practice – Jon DeVries, General Mills & ILSI-NA Carbohydrate Committee Chair, USA.
3) Determining the Physiological Benefits of Dietary Fiber – Joanne Slavin, University of Minnesota, USA.

Session 10. Implementation Issues of CODEX fiber definition – Part 2, sponsored by ILSI-North America and ILSI-Europe
1) Summation of Implementation issues with CODEX fiber definition – Joanne Lupton, Texas A&M University, USA.
2) Building Scientific Agreement on resolution of implementation issues – Workshop format facilitated by Julie Miller-Jones and ILSI Europe representative.

Lunch

1) Introduction to galactooligosaccharides - Anne Birkett, GTC Nutrition, USA.
2) Bifidogenic and anti-adherence properties of prebiotic galactooligosaccharides - R. Hutkins, L. Gemar, M. McGowan, I. Martinez, M. Quintero, J. Walter, and R. Moxley. The University of Nebraska, USA.
3) Galactooligosaccharide (GOS): Next generation prebiotic - clinical immunological effects. - Bobbi Langkamp-Henken, The University of Florida, USA.
4) Galacto-oligosaccharides Modulate Gastrointestinal and Systemic Lymphocyte Populations and Reduce the Severity of Colitis in SMAD3 (-/-) Mice - Elizabeth M. Gardner1, David M. Duriancik1, Jonathan F. Clinthorne1, Anita Gopalakrishnan1, Jenifer I. Fenton1,2; 1Michigan State University, USA.
5) Panel discussion

Session 12. Fiber and gastrointestinal health
1) Manipulating dietary intake of poorly absorbed and fermentable short-chain carbohydrates (FODMAPs): implications for gastrointestinal health - JG Muir1, S Shepherd2, J Barrett1, S Mitchell2, D Ong2, R Rose1, O Rosella1, JR Biesiekierski1, P Irving, P Gibson1; 1Eastern Health Clinical School, Monash University, Box Hill Hospital, Australia; 2Deakin University, Australia.
2) The role of the colon in the metabolism of potentially bioactive molecules and how this might be affected by fermentation - Christine Edwards, Glasgow University, U.K.
3) Rice bran fibers – JH Park, CJ, South Korea.
4) Wheat bran fiber – Brinda Govindarajan, Kellogg, USA.
5) Dietary sugar beet fiber promotes an accumulation of CD8\textsuperscript{+} intraepithelial lymphocytes in small intestine in WKAH rats - Satoshi Ishizuka, Jae Sung Lee, Yuichi Ochiai, Yuri Takami, Hiroshi Hara; Hokkaido University, Japan.

6) Sourdough fermentation increases solubility of arabinoxylan and protein in wholemeal wheat bread and decreases postprandial glucose and insulin responses in subjects with impaired glucose tolerance - Jenni Lappi\textsuperscript{1}, Emilia Selinheimo\textsuperscript{2}, Ursula Schwab\textsuperscript{1,3}, Kati Katina\textsuperscript{2}, Pekka Lehtinen\textsuperscript{2}, Hannu Mykkänen\textsuperscript{1}, Marjukka Kolehmainen\textsuperscript{1}, Kaisa Poutanen\textsuperscript{1,2} University of Eastern Finland; \textsuperscript{2}VTT, Finland.

Day 4. Friday, June 11, 2010. 8:00 a.m. -12:00 p.m.
Concurrent Session 14. 8:00-10:20 a.m. **Resistant Starch**, sponsored by National Starch
1) Mechanisms by which resistant starch alters gut fermentation and neuroendocrinology to reduce body fat - Michael J Keenan\textsuperscript{1,2}, June Zhou\textsuperscript{3}, Anne M Raggio\textsuperscript{1}, Kathleen L McCutcheon\textsuperscript{1}, Reshani N Senevirathne\textsuperscript{1}, Felicia Goldsmith\textsuperscript{1}, Marlene Janes\textsuperscript{1}, Richard T Tulley \textsuperscript{1}, Roy J Martin\textsuperscript{1,2} LSU AgCenter and \textsuperscript{3}Pennington Biomedical Research Center, Baton Rouge, LA; \textsuperscript{4}Veterans Affairs Medical Center, Washington, DC.
2) RS measurement, intakes and dietary targets – Tony Bird, CSIRO, Australia.
3) Resistant starch content of brown rice increases after refrigeration in selected varieties - Maria Stewart and Yu-Ting Chiu. University of Hawaii at Manoa, USA.
4) Dietary resistant starch is an insulin sensitizer in metabolic syndrome - Denise Robertson, Diabetes & Endocrinology, Postgraduate Medical School, The University of Surrey, UK.
5) Lower food intake at a lunch meal was associated with the resistant starch content of corn starch - G Harvey Anderson\textsuperscript{1}, Clara E. Cho\textsuperscript{1}, Tina Akhavan\textsuperscript{1}, Rebecca C. Mollard\textsuperscript{1}, Bohdan L. Luhovyy\textsuperscript{1}, E. Terry Finocchiaro\textsuperscript{1}, Christine L. Pelkmans\textsuperscript{1}, \textsuperscript{1}University of Toronto, Canada. \textsuperscript{2}National Starch, USA.

Concurrent Session 15. 10:50 a.m. – noon. **Regulatory issues**, sponsored by Kellogg
1) GRAS notice procedure
2) Health claims and structure-function claims – Paula Trumbo, FDA.