

Soy & Health

MARCH 2007

ISSUE NUMBER 15

Correct version of EU health claims regulation published

The final agreed text of the new European health and nutrition claims legislation was published in the Official Journal of the European Commission in January 2007. This version corrects the previous incorrect version published at the end of December 2006 which contained no derogations for nutrient profiles, no accelerated authorisation procedure, and no reference to claims referring to children's development and health. Even though this long-awaited and contentious law is finally in place, much work remains to be done on how it will be implemented - not only for EFSA who are responsible for assessing claims, but also for Member States, who are presently drawing up their lists of proposed generic claims, and companies who must ensure that their claims can be scientifically substantiated. In addition, the comitology amendment is expected later in 2007 but the delay is not expected to have legal implications.

In December 2006, the EU also adopted the Fortified Foods Regulation (195/2006) which lays down common EU rules on the addition of vitamins, minerals and other substances to foods.

For more information on these regulations visit: http://ec.europa.eu/food/food/labellingnutrition/claims/index_en.htm and http://ec.europa.eu/food/food/labellingnutrition/vitamins/index_en.htm.

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EU obesity action plan report

The EU Parliament has adopted a resolution based on a report drawn up by Belgian MEP, Frédérique Ries, in response to the Commission's Green Paper on "Promoting healthy diets and physical activity: a European dimension for the prevention of overweight, obesity and chronic diseases". The resolution calls for an European obesity plan to be adopted in all Member States and suggests that there should be better information and more education about food as well as healthy school dinners and more exercise.

Across the EU there are 14 million children who are overweight and a further 3 million classed as obese. In some countries, already half the adult population is overweight and between 20-30% is obese - and the numbers are increasing. The resolution recommends that all countries take certain steps to combat the epidemic including recognising obesity officially as a chronic disease to prevent discrimination, and informing people from an early age about the effects of poor diet. It is also suggested that funding should be provided to enable schools to offer healthy meals instead of fatty foods, as well as ensuring that schools have proper sports facilities. The European Commission is also urged to adopt rules to end the promotion of foods high in fat, salt and sugar to children.

For more information visit:

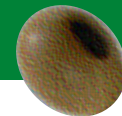
http://www.europarl.europa.eu/news/public/documents_par_theme/911/default_en.htm



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FDA issues guidance on labelling claims

The US Food & Drug Administration (FDA) has issued guidance to remind food and drink companies of the different types of labelling claims available for use in the USA and to clarify current FDA claims regulations. Published in December 2006 on the FDA's website, the "Letter Regarding Food Labelling" aims to provide an indication of the FDA's thinking on the topic although it does not exclude alternative approaches.

Claims that can currently appear on conventional food labels in the US include nutrient content claims, dietary guidance, structure/function claims and health claims. The FDA advises manufacturers to include appropriate claims on their food products and to ensure that they are consistent with FDA's current laws and regulations. Manufacturers are also reminded to review their internet sites and to make sure the information presented on those sites is also consistent with FDA's current laws and regulations. To view the FDA guidance visit: <http://www.cfsan.fda.gov/~dms/flguid.html>.



New research to examine beneficial effects of soy on HIV/AIDS

WISHH (the World Initiative for Soy in Human Health) and The Solae Company have announced an initiative to research the efficacy of protein supplementation for people with HIV and AIDS. The research will take place in South Africa and aims to determine the effects of high-quality protein supplementation on the health and nutrition of people living with HIV/AIDS.

Poor nutrition increases the risk for poor outcomes and progression of the disease, which, in turn, increases the risk of malnutrition. In this project WISHH and The Solae Company will collaborate with researchers at the University of Stellenbosch in South Africa. Researchers will compare the effects of a micronutrient-fortified drink containing soy protein isolate to a product with equal calories and micronutrients, but without supplemental protein. The study will be completed in Autumn 2007 and the results published in the scientific literature.

Hain Celestial acquires Haldane Foods

In December 2006, the Hain Celestial Group announced the acquisition from ADM of Haldane Foods Ltd, one of the UK's leading manufacturers of soy-based and vegetarian foods. With over 100 years of history, Haldane Foods has an extensive product line including brands such as 'Realeat' frozen foods, Granose, Direct Foods, and 'Releat' dry mixes, as well as Granose and White Wave non-dairy beverages. Terms of the acquisition have not been disclosed but the transaction is expected to be completed during Hain Celestial's fiscal year 2008. In the last financial year, the sales of Haldane Foods exceeded £10m. Hain Celestial also owns Lima in Belgium and Natumi in Germany who both have their own ranges of soy foods and drinks.

USB/NIH funds soy and prostate cancer research

As a result of 'seed' money from the United Soybean Board (USB) and soybean checkoff the National Institutes of Health (NIH) in the US has approved a submission from Dr Maarten Boland, University of Illinois, Chicago to investigate soy's ability to prevent potential and recurrent prostate cancers. Dr Boland was awarded \$10,000 from USB as an incentive to submit a soy-related research project to NIH who have since agreed to provide \$1.5m in funding. Since 2000, USB's Soy Health Research Programme has provided incentive funding for 9 studies representing over \$12m in NIH funding from only \$530,000 original USB investment.



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Research investigates alternative to trans fats

A research team at the University of Guelph has developed an alternative to trans fats. The scientists have found a way to mix oil, water, monoglycerides and fatty acids to form a gel substance that provides the same structural and functional benefits as trans and saturated fats. As an added bonus the new oil formula has been found to release fats in a more controlled way. By regulating the amount of insulin produced in the body after a meal, controlled release of lipids in the blood may help lower the risk of obesity and Type 2 diabetes. According to the authors the new structured vegetable oil provides the functionality but without the dangerous side effects of trans and saturated fats and may even be beneficial to the body. The research included human trials and will be published in 'Soft Matter' a journal of the Royal Society of Chemistry. It was also highlighted in an article in the February issue of 'Chemical Science'. The team, headed by Dr Alejandro Marangoni, a professor in Guelph's Department of Food Science, have been refining their work for the past several months. They hope to interest product development researchers in helping to validate their results with actual food studies. For further information contact amarango@uguelph.ca.

Australian Cancer Centre issues advice about high doses of soy

The Australian Cancer Centre recently suggested that a high consumption of soy may be harmful to cancer sufferers. The New South Wales Cancer Council stated that while soy foods can slightly lower the risk of contracting breast cancer, latest research showed that high doses of soy may stimulate the growth of an existing cancer. A spokeswoman commented that "The occasional soyfood is not really an issue but women who have had breast cancer should be cautious about the use of soy supplements that contain high doses of soy". In response, leading Australian soyfood manufacturer, Sanitarium, issued a statement to reassure consumers. Cathy McDonald, Dietitian and Manager of Sanitarium Nutrition Service, said, "There are now over 3000 scientific research papers on soy and, of the vast amount of research, it is our opinion that there is no evidence which demonstrates any negative health effects in humans from consuming soyfoods as part of a balanced diet. Our conclusion, along with the world's leading health authorities, including the US Food & Drug Authority, is that soyfoods offer many important health benefits to both adults and children."

FSANZ approve plant sterols for use in foods

Food Standards Australia and New Zealand (FSANZ) has approved new standards which will allow companies to make formulated beverages with plant sterols. Until now plant sterols have only been permitted in margarines, but following a FSANZ safety assessment, plant sterols are now permitted for use in low fat milks, low fat yogurts and breakfast cereals. More information is available from <http://www.foodstandards.gov.au>.

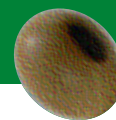
SOYA DRINKS & DESSERTS COURSE 3-Day Practical Hands-on Program 23 - 25 MAY 2007, WAGENINGEN (THE NETHERLANDS)

This three days hands-on technical course will be the first European course in its kind. The course is designed for food technicians, process engineers, product developers and other managers working with soya and dairy products and fruit juices.

Participants will be shown, in a practical and comprehensive way, how to make soya milks and desserts from whole beans and isolated soya proteins. Special attention will be given to the use of functional ingredients supporting the desired quality of soya beverages, smoothies, juices, yoghurts and desserts. The uniqueness lies in the combination of lectures and practical hands-on sessions with industry experts. A large variety of commercial and lab-scale soya milks and desserts samples will be evaluated during product tasting session.

Registration rates include course manuals, breaks and lunches and a course dinner. Before 23 April € 1,495 (ex VAT). Register through <http://www.prosoy.org>.





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Early diet and breast cancer

A Canadian study, published in the December 2006 issue of *Cancer Causes and Control*, carried out a population-based case-controlled study among 25-74 year old women in Ontario. Adolescent phytoestrogen intake was obtained using a brief food frequency questionnaire and logistic regression analysis was used to estimate odds ratios and 95% confidence intervals. Higher phytoestrogen intake (both isoflavones and lignans) during adolescence was associated with a reduced breast cancer risk and a monotonic trend was observed from the lowest to the highest quartile.

The researchers conclude that adolescent dietary phytoestrogen intake may be associated with a decreased risk of adult breast cancer. If verified, they suggest that their finding has important implications with regard to breast cancer prevention since diet is a potentially modifiable factor.

J Thanos et al (2006) *Cancer Causes and Control*, 17 (10): 1253-1261, <http://www.springerlink.com/content/1573-7225/>.



Bowman-Birk inhibitor may have potential as oral therapy for multiple sclerosis

The Bowman-Birk Inhibitor (BBI) is a protease inhibitor in soybeans which has anti-carcinogenic and anti-inflammatory properties and which suppresses experimental auto-immune encephalomyelitis (EAE) and may be a potential oral therapy for multiple sclerosis (MS).

BBI has been shown to be well tolerated for pre-cancerous conditions such as oral leukoplakia and inflammatory diseases such as ulcerative colitis. Researchers from the University of Nottingham in the UK hypothesised that BBI may modulate EAE which could have beneficial implications for MS. Using an animal (rat) model the Bowman Birk Inhibitor Concentrate (BBIC) was shown to significantly delay the onset of the disease and suppressed disease severity, clinically and pathologically, in all treatment protocols. The authors conclude that BBIC suppresses EAE, can be administered orally, and is safe and relatively inexpensive. They also suggest that it may have therapeutic role in patients with MS.

B Bran et al (2006). *Multiple Sclerosis* 12 (6): 688-97. <http://msj.sagepub.com/cgi/content/abstract/12/6/688>.

Soy isoflavones and uterine cancer risk

A recent study from Wake Forest University in the US suggests that soy isoflavones appear not to raise breast or uterine cancer risk in cynomolgus monkeys, an established primate model. Rodent models have previously raised concerns that high isoflavone intake may promote development of uterine and breast cancers. The researchers addressed this concern by evaluating the effects of high-dose isoflavonoid supplements on the reproductive tissues of cynomolgus monkeys.

Thirty adult female ovariectomised monkeys were randomised to receive (1) a control diet, (2) control diet with 509 mg/day soy isoflavones (genistein and daidzein) or (3) control diet with 1020 mg/day of racemic equol, for approximately 1 month. The results showed that uterine weight, endometrial thickness, glandular area, and epithelial proliferation in the uterus were not significantly different among treatment groups. Endometrial progesterone receptor gene expression was significantly increased in the isoflavone group while protein expression was not altered. Within the mammary gland, proliferation and indicators of estrogen exposure did not differ among treatment groups. The researchers concluded that their findings indicate that high doses of dietary soy isoflavonoids have minimal uterotrophic or mammatrophic effects in an established primate model.

C E Wood et al (2006). *Biology of Reproduction* 75(3):477-86, <http://www.biolreprod.org/cgi/content/abstract/75/3/477>.



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Meta-analysis supports isoflavone benefits for hot flushes

Australian researchers from Griffin University School of Medicine have carried out a review of published studies of isoflavone treatment and menopausal flushing. Studies were selected if they were randomised, placebo controlled, provided the number of baseline flushes, the variance in flushes and the reduction in flushes. Effects for isoflavone treatment compared to control were calculated and a meta-analysis was performed. Regression analysis, weighted for the size of the study, was performed to investigate the relationship between the dose of isoflavone, or number of baseline flushes and the reduction in flushes achieved compared to control. The results suggest that isoflavone supplementation is associated with a significant reduction in flushes. Marked heterogeneity was found between the studies, but the effect remained significant when analysed using a random effects model. The percentage reduction in flushes was significantly related to the number of baseline flushes per day and the dose of isoflavone studied. The authors concluded that isoflavone supplementation may produce a slight to modest reduction the number of daily flushes in menopausal women and that the benefit may be more apparent in women experiencing a high number of flushes per day.

LG Howes et al (2006) *Maturitas* 55 pp 203-211. http://www.elsevier.com/wps/find/journaldescription.cws_home/505954/description#description.

Isoflavones may have IGF- I lowering effect in equol producers

Epidemiological studies have shown that increased insulin-like growth factor (IGF)-I concentrations are related to increased colorectal cancer risk and a reduced colorectal cancer risk has been associated with isoflavones. A randomised placebo-controlled, double-blind cross-over study by researchers in the The Netherlands investigated the effect of isoflavone supplementation on serum concentrations of insulin-like growth factors and IGF binding proteins. Additionally they investigated whether IGF-system component differences were related to concentrations of the more potent estrogenic isoflavone metabolite, equol.

In the study population of 37 men with a family history or personal history of colorectal cancer or adenomas, isoflavone supplementation did not significantly affect insulin growth factors nor IGF binding proteins. However, the change in serum IGF-I concentrations after isoflavone supplementation was negatively associated with serum equol concentrations. The researchers concluded that isolated isoflavones did not affect the circulating IGF-system in a male high-risk population for colorectal cancer. However, to their knowledge it is the first study to suggest that isoflavones might have an IGF-I lowering effect in equol producers only, stressing the importance of taking into account equol status in future isoflavone interventions studies.

A Vrieling et al (2007). *J Nutr* 137: 379-383. <http://jn.nutrition.org/cgi/content/abstract/137/2/379>.

UHT treatment may reduce cholesterol-lowering effects of soy

A randomised, placebo-controlled, double-blind clinical study investigated the dose-dependent response of serum cholesterol after consuming UHT milk containing a soy protein preparation. Eighty hypercholesterolemic subjects were assigned to one of four study groups receiving 12.5 or 25 g soy protein (active treatment) or casein (placebo) daily over a period of 4 weeks. The trial substances were provided as ready-made UHT milk preparations. Before and after the treatment, serum concentrations of total, LDL-cholesterol and HDL-cholesterol were determined. Unexpectedly, at the end of the study, LDL-cholesterol concentrations were significantly increased compared with baseline in all study groups and the magnitude of the increase (17-19%) was similar in all active and placebo study groups. Soy protein supplements previously shown to be effective in reducing serum cholesterol had, in this study, no such lipid-lowering effect after UHT treatment.

L Hoie et al (2006). *International Journal of Food Sciences and Nutrition*. 57 (7-8) pp512-519
<http://www.metapress.com/content/r0825204v871qu46/?p=e7693e1d74b84f1baa9ef5472ca9bfc7&pi=7>.



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Plant sterol-fortified ‘PhytoWater’

Nautilus Mineral Waters of America Inc, recently announced the launch of their new premium product, PhytoWater™ Plus, a natural mineralised water made from natural spring water and calcium-3-phytosterol. PhytoWater™ spring water also delivers a unique combination of magnesium minerals (from kelp extract). Plant sterols have been shown to lower cholesterol as part of a heart healthy diet and can carry the approved FDA health claim. According to Nautilus, PhytoWater™ is enhanced with calcium-3-phytosterol which can help lower cholesterol and supplies a perfect balance of natural alkalising minerals in a neutral tasting heart-healthy bottled water product, providing necessary calcium and magnesium plus other micro minerals necessary for optimum health. Visit: <http://www.phytowater.com>.

University of Illinois researcher develops novel soy breakfast cereal

A University of Illinois researcher has developed a low fat, high fibre breakfast cereal based on soy protein that also meets the US FDA health claim requirements and passes the taste test of a university sensory taste panel. Too much soy in a product to increase its protein content sometimes creates off-flavours and off-textures which may not be acceptable to consumers. Most products, therefore, use soy as a fortifying ingredient rather than a major base ingredient. This new cereal manages to get 10g of protein (6.25g of soy protein) and 5g of fibre into one serving. The sensory panel of 120 people were asked to evaluate 4 formulations – both unflavoured and cinnamon- flavoured cereals served with, and without, skimmed milk. A second consumer evaluation compared the new cereal with 5 products that are already commercially available. More work is needed but even at this early stage one of the new formulations did better than a product already on store shelves. For more information visit <http://www.aces.uiuc.edu/news/stories/news3854.html>.



Sunrise Healthy Start breakfast juices

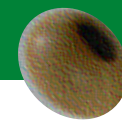
Sunrise have launched a new range of soy and fruit breakfast drinks. Healthy Start Breakfast Juices have the benefit of extra soya that can reduce cholesterol as part of a diet rich in soya protein. There are 3 flavours available; Orange & Mango; Apple & Raspberry; and Mandarin & Pomegranate made from certified non GMO soya beans and specially blended with 60% juices sourced from around the world. Available from January 2007 from health food retailers, Soy Health foods will be backing the new range with a marketing push including events, sampling and consumer offers. For more information visit: <http://www.myhealthystart.co.uk>.

SK Foods International adds organic soy ProFiber to IP ingredients

SK Foods International has introduced Certified Organic Soy ProFiber to its line of Identity Preserved (IP) ingredients. Made from certified organic yellow soybean hulls, with a small percentage of yellow soybeans for added protein, SK Food International’s instant soybean fibre is processed naturally with no additives or preservatives. Applications include baked foods, snack foods, pet foods, soy foods, beverages, supplements, pastas and nutraceuticals. For more information visit <http://www.skfood.com/>.

Weight loss system to include soy

Reliv international is launching a new weight loss system called Slimplicity™ Weight Loss System. Two products make up the system. The first is a meal replacement shake providing essential nutrition and whole soybean powder. The second is the ‘Simplicity Accelerator’ capsule containing ingredients that purportedly burn fat, block fat absorption, boost metabolism or suppress appetite. The Slimplicity™ powered formula includes 10g of whole soybean powder that the company claims will help dieters feel full after they consume the shake and help build more lean muscle which helps to burn fat. Other ingredients include conjugated linoleic acid and L-Carnitine to help the body lose fat and build lean tissue. For more information visit <http://www.reliv.com/>.



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Trends, opportunities and obstacles in soy protein market

A new report from Soyatech entitled 'Soy Proteins: Products, Industry and Market' provides an overview of the \$2.5bn soy protein category, reports on historical and current sales, and projects to 2010, total production and per capita consumption worldwide. Soyatech research reveals that demand for affordable protein sources will cause global soy protein products to grow by 7.4% per year to nearly 3.8m tonnes with a value of \$3.68bn by 2010. Per capita soy consumption is projected to increase by 3.3% annually through to 2010 and will also increase as a percentage of total protein consumed. The report also addresses new applications for functional ingredients, the impact of the flood of low cost isolate from Asia, and emerging market opportunities. The report is available from Soyatech at <http://www.soyatech.com> or e-mail customer services@soyatech.com.

Datamonitor report on functional food and drink consumption trends

According to a Datamonitor report ('Functional Food and Drink Consumption Trends' published in February 2007) the value of the European functional foods market is a fraction of the US market highlighting its untapped potential. The Datamonitor report values the European market (population 490m) at \$0.8bn in 2006 compared to the US market of \$21.3b (population 301m). Yearly growth in both markets is expected to be around 5% between 2006 and 2011.

Since European consumers prefer natural, unprocessed food, Datamonitor recommends that European manufacturers source natural products and incorporate them into functional foods. Specific chronic health conditions are highlighted as driving demand and providing an attractive opportunity for food manufacturers. As well as naturalness, consumers are also seeking convenience and overall well-being. Multi-tasking while travelling and the increased propensity for eating and drinking on-the-go, makes functional foods an attractive option for those who wish to act on health concerns but have limited time. The authors also conclude that endorsement by perceived credible sources such as recognised health organisations will help to counter consumer scepticism about information provided by food manufacturers. For more information visit <http://www.datamonitor.com>.

Key trends in food, nutrition & health

According to "Ten Key Trends in Food, Nutrition and Health 2007", published by New Nutrition Business, the most important trends for the food and beverage industries in 2007 are:

1. Weight-management
2. Mood Food
3. Healthy snacking
4. Fruit - functional foods
5. Digestive health
6. Kids nutrition
7. Japanese foods
8. Beauty from within
9. 'Naturally healthy' foods
10. Functional foods and health.

Available in PDF format only, from <http://www.new-nutrition.com/>.



Health claims

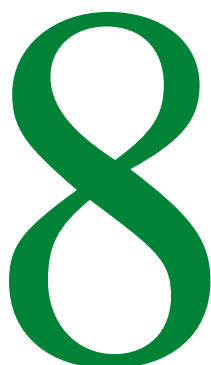
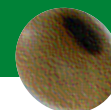
**2nd Interactive Workshop
Nutrition & Health Claims**

Brussels, Belgium
25 September 2007

Following on from the highly successful first workshop on Nutrition & Health Claims in EU, held in November 2006, this one-day interactive workshop is directed at Legal Councils, Marketing and Sales, Production and R&D staff of European Food Industry and companies interested in importing food products into the European Union.

Programme and registration details will be announced shortly.
For more information visit <http://www.healthclaims.eu> or contact info@healthclaims.eu.

To be added to the Soy & Health mailing list
e-mail your contact details (address and e-mail) to
info@soyconference.com or register online at
<http://www.soyconference.com>

**11 March 2006**

8th Congress on Nutri- & Phytotherapy, Chateau du Lac, Genval, Belgium. Visit: <http://www.nutriphyto.be>.

13–14 March 2007

Lipids and Brain: PUFA Metabolism, Function and Protection against Disease. Paris, France. Contact: afecg@fncg.fr visit: <http://www.afecg.org>.

17 March 2006

5th Congress on Nutri- & Phytotherapy, RAI Amsterdam, The Netherlands. Visit: <http://www.nutrifyto.nl>.

18–21 March 2006

IFE 2007: International Food & Drink Event, London. Visit: <http://www.ife.co.uk>.

18–23 March 2007

Practical Short Course on Snack Food Processing, Extruded Snacks and Tortilla Chips, Texas A&M University, Texas, USA. Visit: <http://foodprotein.tamu.edu/fatsoils/index.html>.

20–21 March 2007

Edible Oils & Fats - Trends in Raw Materials, Processing and Applications, Cairo, Egypt. Visit: <http://www.soci.org/SCI/events/details.jsp?eventID=EV952>.

29–30 March 2007

Slimming Ingredients Germany 2007, Berlin. Visit: <http://www.isanh.com/slimming/>.

2–4 April 2007

3rd European Symposium on Plant Lipids “From Underpinning Research to Applications: The Role of Plant Oils in a Knowledge Based Bioeconomy”, York, UK. Contact info@eurofedlipid.org or visit” <http://www.eurofedlipid.org/meetings/york/index.html>.

25–27 April 2007

Food Proteins Course: Properties, Functionalities & Applications, Den Bosch, The Netherlands. Visit: <http://www.prosoy.org>.

8–10 May 2007

Vitafoods 2007, International Foods for Vitality & Health Conference & Exhibition, Geneva, Switzerland. Visit: <http://www.vitafoods.eu.com>.

9–11 May 2007

ILSI Europe International Symposium: Functional Foods in Europe - International Developments in Science and Health Claims, Malta. Contact: functional.sympo2007@ilsieurope.be or visit: <http://europe.ilsieurope.org/events/upcoming/>.

13–16 May 2007

98th AOCS General Convention in Québec City, Canada. Includes short courses on “Lecithin Properties and Technological Functions” and “Lipid Oxidation and Antioxidants”. Visit: http://www.aocs.org/meetings/annual_mtg/.

23–25 May 2007

Soya Drinks and Desserts Course, Wageningen, The Netherlands. Contact info@prosoy.org or visit: <http://www.prosoy.org>.

7–8 June 2007

Soya Summit, Amsterdam, The Netherlands. Contact info@prosoy.org or visit: <http://www.prosoy.org>.

7–9 June 2007

International Conference on Lignans, Alkylresorcinols and Health, Helsinki, Finland. Visit: <http://www.folkhalsan.fi/adlercreutz/>.

14–15 June 2007

Paris Anti-Obesity 2007, Institut Pasteur, Paris, France. Visit: <http://www.isanh.com/anti-obesity/>.

6–7 September 2007

2nd Snack Foods Processing and Product Formulation Short Course, Ghent, Belgium. Contact: snackfoods@scarlet.be