



**Health aspects related to the digestion and
fermentation of starch;
results of the EUROSTARCH project
in broader perspective**



27/28th of April 2006

**University Medical Center Groningen (UMCG), Hanzeplein 1,
9713 GZ Groningen, The Netherlands
- Rode Zaal -**

Wednesday 26th of April

16.00 – 17.30 Registration at the UMCG

18.00 - 19.00 Welcome reception in the “Academiegebouw” of the University of Groningen,
Broerstraat 5, Groningen

Thursday 27th of April

8.15 h Registration at the UMCG

Welcome and introduction

Chair: R.J. Vonk (Groningen, The Netherlands)

8.45 – 8.55 Opening; S. Poppema, dean UMCG

8.55 – 9.20 Diet and obesity, the role of carbohydrates.
D. Ludwig (Boston, USA)

9.20 – 9.45 Communication about starch: fairy tales, diets and science
B. Sloth (Copenhagen, Denmark)

9.45 – 10.10 Introduction of EUROSTARCH and scope of the symposium
R. Vonk (Groningen, The Netherlands)

10.10 – 10.40 Coffee/tea break, posters

Metabolic effects slowly and rapidly digestible starch

Chair: D. Ludwig (Boston, USA)

10.40 – 11.05 The glycaemic index (GI) concept: past and future

D. Jenkins (Toronto, Canada)

11.05 – 11.20 Effect of food processing on the digestibility of cereal products
G. Fuzellier (Paris, France)

11.20 – 11.55 Metabolic effects of low or high GI starch; can we go further than the GI concept?
M. Laville (Lyon, France)

11.55 – 12.10 Systemic rate of appearance of starch derived glucose and the secretion of
incretin hormones.
M. Priebe (Groningen, The Netherlands)

12.10 – 13.25 Lunch break, posters

13.25 – 13.45 Influence of low GI cereal food on postprandial metabolism
S. Vinoy (Paris, France)

13.45 – 14.20 Modulating the glycaemia of starchy foods; acute and semi-acute effects.
I. Björck (Lund, Sweden)

14.20 – 14.40 Summing up and future research
D. Ludwig (Boston, USA)

14.40 – 15.10 Coffee/tea break, posters

Fermentation of starch in colon: technological aspects and implications for health (1)

Chair: G. W. Welling (Groningen, The Netherlands)

15.10 – 15.45 Metabolic and physiologic impact of starch fermentation
M. Champ (Nantes, France)

15.45 – 16.15 Colon - adipose tissue interactions
D. Robertson (Guildford, UK)

16.15 – 16.35 Non-invasive measurement of exogenous acetate production (*methodological
development*)
T. Preston (Glasgow, UK)

16.35 – 16.50 Colonic nitrogen metabolism (*methodological development*)
K. Verbeke (Leuven, Belgium)

17.30 h Visit to the Museum of Groningen

19.30 h Dinner

Friday, 28th of April

**Fermentation of starch in colon:
technological aspects and implications for health (2)**

Chair: T. Preston (Glasgow, UK)

- 8.30 – 8.50 ¹³C-acetate plasma analysis (*methodological development*)
M. Champ (Nantes, France)
- 8.50 – 9.10 Bacterial short chain fatty acid interconversions and their significance for
measuring colonic production
D. Morrison (Glasgow, UK)
- 9.10 – 9.35 Influence of resistant starch on colonic metabolism
K. Verbeke (Leuven, Belgium)
- 9.35 – 9.55 Summing up and future research
K. Venema (Zeist, The Netherlands)
- 9.55 – 10.30 Coffee/tea break, posters

Biological functions and health benefits of starchy foods

Chair: I. Björck (Lund, Sweden)

- 10.30 – 11.00 Food and behavior: role of carbohydrates
D. Benton (Swansea, UK)
- 11.00 – 11.15 Carbohydrates and satiety; physiological aspects
A. Scheurink (Groningen, The Netherlands)
- 11.15 – 11.30 Effects of differences in post-prandial glycaemia on cognitive function
A. Nilsson (Lund, Sweden)
- 11.30 – 11.50 Potential health benefits of low GI starchy foods
M. Laville (Lyon, France)
- 11.50 - 12.00 Summing up and future research
M. Laville (Lyon, France)

Starch and health: communication with stakeholders

Chair: D. Jenkins (Toronto, Canada)

12.00 – 12.25 **Consumers:** Communication of EUROSTARCH messages to the non-scientific community - what messages can we give?
D. McCrea (Cardiff, UK)

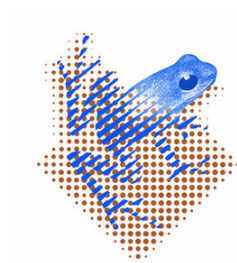
12.25 – 12.40 **Food industry:** Food processing as tool for improving metabolic quality of starch.
S. Vinoy (Paris, France)

12.40 - 13.00 **Science:** What do we need to know more about starch?
R.Vonk (Groningen, The Netherlands)

Closing remarks

13.00 – 14.15 Lunch

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University Medical Center Groningen

