



ILSI SEAR Australasia

*is pleased to invite you to
a symposium on*

Vegetable Nutrition:

**Why your Mum was right when she told you to
eat your vegetables!**

Date	Thursday, 12 November 2009
Venue	Telstra Conference Centre, Level 1, 242 Exhibition Street, Melbourne
Cost	\$220.00 incl GST



Vegetable Nutrition:

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Telstra Conference Centre, Level 1, 242 Exhibition Street, Melbourne

12 November 2009

Objective: *To bring together the latest findings in vegetable nutrition research and insights into vegetable consumption with consumer communication strategies for health professionals, dietitians, food technologists and educators to promote the benefits of vegetables in the diet.*

PROGRAM

09.00	Registration and Tea/coffee
09.30	Prof Andy Sinclair, Deakin University and President Introduction and welcome
9.35	Prof Julie Miller Jones, St Catherine University, Minnesota, USA Why your Mum was right!
9.55	Prof Katrine Baghurst, Nutrition Consultant Dietary guidelines – consideration of vegetable recommendations
10.20	Dr Chor San Khoo, VP Nutrition, Campbell Soup Company, USA The role of processed foods in addressing the vegetable gap
10.45	Ms Wendy Jeffrey, Campbell Soup Company Preservation of nutrients through canning and freezing of vegetables
11.10	Morning Tea
11.30	Dr Rod Jones, DPI Victoria Why grow a better broccoli
11.55	Prof Chris Ward, Royal North Shore Hospital The effect of plant bioactives as found in foods on blood clotting and cardiovascular health
12.20	Dr Michael Fenech, CSIRO The role of phytonutrients on chromosome damage and ageing
12.45	Prof Jonathan Hodgson, Uni of WA Impact of phytochemicals on plasma lipids and antioxidant activity
1.10	Lunch
2.00	Mr Vic Cherikoff, Vic Cherikoff Food Services Pty Ltd “Pass me that yam and a log for the fire” Vegetables now and yesterday
2.25	Ms Mia Isabelle, ILSI SEA Region Asian vegetables: what are they and why are they good for you?
2.50	Afternoon tea
3.10	Prof David Cox, CSIRO Food and Nutritional Sciences Encouraging children to eat vegetables
3.35	Mr Chris Rowley, Horticulture Australia Evaluation of the 2+5 marketing campaign and its impact on vegetable consumption in the Australian diet
4.00	Panel discussion Chair: Prof Andy Sinclair
4.25	Close



Vegetables and Phytonutrients:

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Registration and Tax Invoice

ABN 74 349 296 678

This registration form becomes a TAX INVOICE on receipt of full payment. Please retain a copy for your records. No refunds will be payable.

Registration Details

Title First Name Surname

Organisation

Postal Address

..... State Postcode

Tel: () Email:

Please advise any specific dietary requirements:

Privacy

*Your contact details will be used for the symposium and to update you on general developments at ILSI and will **not** be shared with any other parties. If you **do not** wish to receive updates from ILSI, please contact us via email at ilsi@ghapl.com.au*

Registration Fee \$220.00 including GST

Payment Options

Please note that ILSI does not have a facility to receive payments via credit card.

1. My cheque for \$A..... is enclosed
(payable to "International Life Sciences Institute SEAR A'Asia")

2. EFT
Bank: Westpac
Account name: International Life Sciences Institute SEAR A'Asia
BSB and Account No: 033-050 352064

Please ensure that the registrant's surname is noted on transfers

Send registration form to ILSI SEAR Australasia

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