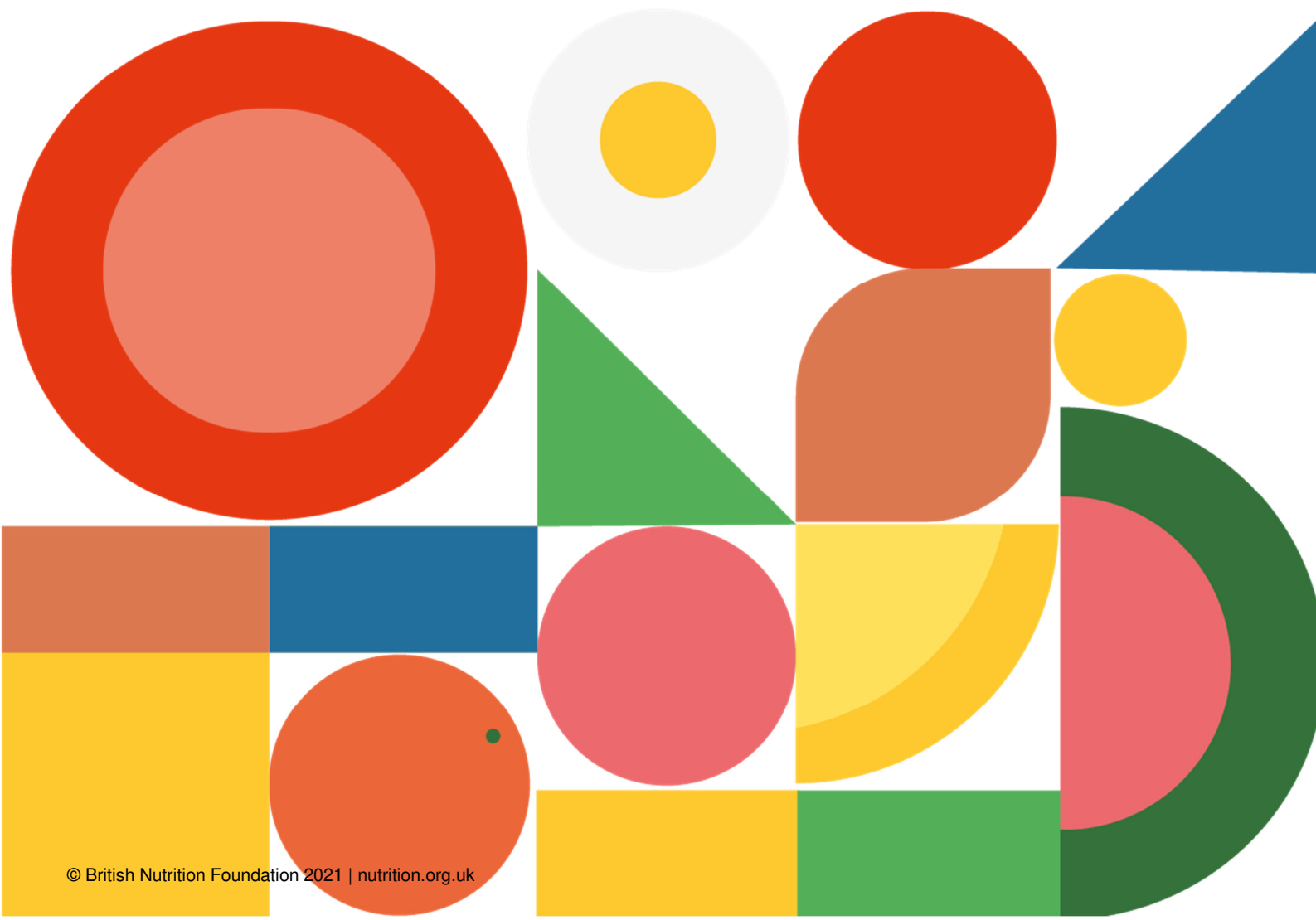


# British Nutrition Foundation Annual day 2021

23 November 2021



# Contents

3	Welcome
4	Morning conference programme: <i>Healthier people on a healthier planet - the perfect outcome for a transformed food system</i>
5	Conference Co-Chair Biographies
6	Conference Speaker Biographies, Abstracts and Key points
11	British Nutrition Foundation Annual Awards
13	British Nutrition Foundation Annual Lecture

# Welcome

The Board of Trustees and staff of the British Nutrition Foundation welcome you to the Annual Day 2021. The British Nutrition Foundation Annual Day is an opportunity to celebrate our achievements and impact over the past year, to thank all those who support our work and formally to congratulate our prize winners.

This year we are delighted to host a half-day event, as part of the Day, that considers the challenges and opportunities faced as we seek to define and encourage healthier and more sustainable diets for all. The programme comprises overviews from both an international and national perspective, supported by case studies championing the importance of evidence and illustrating innovative developments.

## Key highlights over the past year

### Providing evidence-based nutrition information

- [www.nutrition.org.uk](http://www.nutrition.org.uk)
- 2.3 million users (2,997,566 sessions)
- 12,297,503 page views
- 263,211 copies of our resources downloaded
- Top 5 information pages viewed: Fibre, 7-day meal plan, Ramadan, Protein, A healthy balanced diet
- Top 5 most downloaded resources: 7-day meal plan, Portion size guide, Nutrition requirements, Healthy hydration for children, Healthy hydration for adults

### Supporting food education in schools

- [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)
- 515,013 users (783,396 sessions)
- 3,000,550 page views
- 1,512,018 copies of our resources downloaded
- Top 5 information pages viewed: Recipes, Eatwell, Quizzes, Healthy Eating, Hygiene and Safety
- Top 5 most downloaded resources: Eatwell Guide, Eatwell Guide presentation, Eatwell Guide quiz, Eatwell Guide workshop, Nutrients
- 241,595 pupils analysed their diet or recipe using our nutritional analysis tool

### Communicating evidence-based nutrition

- 1,118 pieces of media coverage (representing a circulation of 142 million)
- 14,576 institutions globally have *Nutrition Bulletin* (450,000 paper downloads)
- 3.5 million impressions on Twitter (31,405 followers)
- 700,195 video views
- 211,076 e-newsletters sent out

### Delivering nutrition training

- 1,986 primary and secondary teachers registered for online training events
- 3,495 registered for three nutrition science webinars
- 185 registered for online training courses

### Championing nutrition

- 6,538 schools and workplaces registered for BNF Healthy Eating Week, representing 1.3 million participants
- 2,986 registered for BNF's virtual annual day on nutrition and COVID-19
- BNF championed nutrition through Awards (The BNF Prize, Pump Priming Award, Early Career Scientist Award, Education Awards), and stakeholder engagement activities

# Healthier people on a healthier planet - the perfect outcome for a transformed food system

## Morning programme

### Co-Chairs

Professor Judy Buttriss, British Nutrition Foundation  
Professor John Mathers, Newcastle University  
Professor Guy Poppy CB, University of Southampton

- 10:00 Welcome
- 10:10 Healthy sustainable diets – a global perspective  
*Judith Batchelar OBE, Independent Advisor*
- 10:30 Transforming the UK food system: why does driving change nationally inform the global challenge?  
*Prof Guy Poppy CB, University of Southampton*
- 10:50 What do we already know about healthier and more sustainable diets?  
*Dr Simon Steenson, British Nutrition Foundation*
- 11:10 Break
- 11:50 Work underway to reduce the environmental footprint of ruminants  
*Dr John Gilliland OBE, Director of Global Agriculture and Sustainability, Devenish Nutrition*
- 12:05 The FixOurFood project – regenerative farming, education in schools and harnessing local innovation  
*Prof Bob Doherty, Professor of Marketing, York University*
- 12:20 The role of the food industry in improving children's health. Challenging and supporting companies to deliver measurable change  
*Mr Matt Towner, Urban Health*
- 12:35 Roundtable discussion
- 12:55 Concluding remarks  
Professor Judy Buttriss  
HRH The Princess Royal  
Professor Colin Dennis
- 13:05 Close

*The afternoon session starts at 14:50 until 16:00 (see pages 11-13).*

## Conference Co-Chairs

### Professor Judy Buttriss

Director General of the British Nutrition Foundation since 2007; previously the Science Director (1998-2007). She is a public health nutritionist, specialising in nutrition science communication and provision of targeted advice on the application of science to underpin nutrition strategies. She originally trained as a dietitian. She has longstanding links with several universities and is a Visiting Professor at the University of Surrey. In 2018 she was awarded an Honorary Fellowship by the Nutrition Society and is a Fellow and past trustee of the Association for Nutrition. Since 2019 she has been a Trustee of the Academy of Nutrition Sciences and has recently been appointed the Academy's chair. She has contributed to the work of a number of UK government committees, most recently the Family Food Survey user group and committees concerning nutrient profiling, school food standards and the Eatwell guide. She has recently been appointed to the UK Nutrition and Health Claims Committee (UKNHCC), chairs BBSRC's DRINC Steering Group and is a member of the Medical Research Council's UK Nutrition Research Partnership committee and the Strategic Advisory Board of the UK's Global Food Security Programme. She has a particular interest in defining dietary habits that are both healthy for us and sustainable for the planet, and has first-hand experience of a number of food issues and their interaction with public health. She has written numerous reviews, articles and book chapters on a wide range of diet and health topics, as diverse as health claims, plant foods and health, child nutrition, healthy ageing, and environmentally sustainable diets. She is an editor of *Nutrition Bulletin*.



### Professor John Mathers

John Mathers is Professor of Human Nutrition, Director of the Human Nutrition Research Centre and Director of the Centre for Healthier Lives in Newcastle University, UK. His major research interests are in understanding how eating patterns influence risks of age-related diseases including heart disease, diabetes, dementia and bowel cancer. John led the EU-funded Food4Me intervention study which used a web-based approach to deliver a personalised nutrition intervention across 7 European countries. He has a long-term interest in developing and implementing large scale human intervention studies to improve healthy ageing (The LIVEWELL Programme), and to reduce the risk of common age-related diseases including bowel cancer (The CAPP Studies) and dementia (MedEx-UK). Among his external roles, John is a past President of the Nutrition Society and serves/ served on numerous grants panels and other committees for the MRC, BBSRC, ESRC, World Cancer Research Fund and other research funders. He is a Trustee of the British Nutrition Foundation and of the Rank Prize Funds. John is Editor-in-Chief of the *British Journal of Nutrition*.



### Professor Guy Poppy

Professor Guy Poppy served as the FSA's Chief Scientific Adviser from 2014 to 2020. He also continues with his research in global food security at the University of Southampton, where he is Professor of Ecology and directs Interdisciplinary Research as the Associate Vice President. He was appointed Companion of the Order of Bath (CB) in the Queen's Birthday Honours 2021. Professor Poppy has significant research experience in food systems and food security and has advised governments around the world on these issues. He has published over 100 peer-reviewed papers including a number of highly cited articles on risk assessment, risk analysis and risk communication. He is currently a member of the Research Excellence Framework (REF2021) panel assessing the quality of agriculture, food and veterinary science in the UK, having previously served on the REF2014 panel.



A graduate of Imperial College and Oxford University, Professor Poppy previously worked at Rothamsted Research, becoming Principal Scientific Officer. He left in 2001 to join the University of Southampton where he has been Head of Biodiversity and Ecology and, more recently, Head of Biological Sciences. As the FSA's Chief Scientific Adviser, Professor Poppy provided expert scientific

advice to the UK government and played a critical role in helping to understand how scientific developments will shape the work of the FSA as well as the strategic implications of any possible changes. His series of CSA reports have reached a very wide audience and have had impact on issues ranging from AMR to Big data and Whole Genome Sequencing through to the Food Hygiene Rating Scheme (FHRS). He has focused on connecting science to those using it and has pushed for scientists to be intelligent providers to intelligent customers of science within the FSA and beyond.

After completing his term of 6 years at the FSA, Professor Poppy has become the Programme Director for the SPF Food systems programme. This will be part of a £47.5 million interdisciplinary research programme led by the Global Food Security Programme (GFS) and supported by UKRI's Strategic Priorities Fund (SPF).

## Conference speakers

### Judith Batchelar OBE

#### Biography

Judith has worked in the food and drink industry for over 35 years starting her life in manufacturing before moving into retail at Marks and Spencer. From 2004 to 2021 she worked for Sainsbury's as Director of Sainsbury's Brand with responsible for all aspects of Sainsbury's product offer, from Policy formation on aspects such as Ethical and Sustainable Sourcing, through to Product Technology, Development, Safety, and Packaging along with Corporate Responsibility and Public Affairs, driving the Quality and Innovation agendas whilst protecting and enhancing the reputation of Sainsbury's Brand.



She is a Biochemist, nutritionist, has an Honorary Doctorate in Agriculture from Harper Adams University, and is a Fellow of the Institute of Food Science and Technology (IFST), and the Royal Society of Arts and Manufactures (RSA). From 2013 to 2018 she was Chair of the Governments' AgriTech Council, and now sits on both the Food and Drink Sector, and Natural Environment Research Councils. Judith is a Non-Executive Director of the Environment Agency, Chair of the Rugby Players Association and is a Trustee of The Royal Botanic Gardens Kew, Accounting for Sustainability and The Matt Hampson Foundation. Judith is also an ambassador for the Woodland Trust. She was awarded an OBE in 2015 for services to Farming and the Food Industry, and is a Commissioner on the Food, Farming and Countryside Commission.

#### Abstract

In this presentation Judith will cover the shape of the global food system the structural and inherent challenges within the system and why it has to change if we are to remedy the climate and nature emergencies. It is not just about planetary health it is about human health too, so the session will also cover the difficulties in establishing what a healthy and sustainable diet actually is and then how to communicate that to customers to enable change, including how much of that change is achieved by stealth versus customers making active choices. Finally, the presentation will end with the challenges and opportunities in delivering the transition that the global food system needs to work through and the role of the UK scientific community in ensuring we have an evidenced based and measured approach to this that is transparent and best in class.

### Professor Guy Poppy CB

Biography – see page 5

#### Abstract

The global food system needs transforming to improve human and planetary health. The costs to the environment (biodiversity loss, GHG emissions, and climate change etc.) are increasingly recognised and consumers, companies and governments are striving for more sustainable foods. Dietary related illnesses kill more people than communicable diseases across the world and even the Covid-19 pandemic was linked to food systems and health outcomes affected by dietary health with respect to for example BMI, immune status and wider health inequalities. The recently



published National Food Strategy report flagged the role of considering the food system and made recommendations across the system to improve the health of people and the environment in the UK. The increasing urgency to transform the food system led to the development and funding of a new UK-wide research programme linking researchers to the private, public and third sectors and I will outline progress in the research and impact, which can not only transform the UK food system but represent a case-study role-model for transforming food systems across the world.

#### Key points

- The current food system is making us and the planet sick.
- A large new research programme has been funded by the UK government to transform the UK food system for healthier people and a healthier environment.
- Researchers are collaborating with industry, consumer groups and local and national government to transform UK food systems and help train a new generation of food system leaders across the UK and allowing the UK to lead by example in addressing one of the biggest challenges facing humankind.

#### Dr Simon Steenson

##### Biography

Simon studied Nutritional Biochemistry at the University of Nottingham, earning a BSc, after which he spent 18 months as a researcher within the Medical Research Council's Human Nutrition Research unit in Cambridge, investigating the effects of vitamin D status on bone health. He completed a PhD in Nutritional Sciences at the University of Surrey in September 2018, investigating the effects of fructose sugar on cardiovascular disease risk, after which Simon joined the British Nutrition Foundation as a Nutrition Scientist. Simon recently co-authored a review of the evidence for how we can move towards a healthier and more sustainable diet, which he will talk about today.



##### Abstract

There is substantial debate about the dietary changes needed to help transform food systems to promote better human and planetary health. We will look at key findings from a recent review of 29 scientific studies from high-income countries using a range of approaches to identify healthier and more sustainable dietary patterns. Shifting to a diet in line with existing healthy eating advice, such as the UK's Eatwell Guide, is likely to deliver both health and environmental benefits. This type of diet is rich in plant-based foods, but can also include some meat, dairy, fish and eggs, and is based on dietary patterns already familiar in the UK. However, only about 30% of UK adults are currently achieving more than half of the Eatwell Guide recommendations (and less than 1% follow all the advice), and so there is room for improvement for almost all of us.

#### Key points

- Healthier diets with a lower environmental impact contain more plant-derived foods, including vegetables, fruit, wholegrains, beans and other pulses, nuts and seeds, and plant-based meat alternatives (that are not high in salt and saturated fat), but can also include some meat, dairy, fish and eggs.
- Following the UK's Eatwell Guide recommendations more closely would lower the greenhouse gas emissions of current adult diets by 30%, reduce water use by 4%, and reduce mortality risk by up to 7%.
- Increasing adherence to the Eatwell Guide requires clear and actionable advice for the public on a number of areas, including increasing fruit and vegetable intake; diversifying our choice of protein sources to include more plant-based options; reducing consumption of foods high in fat, salt and/or sugar; and cutting food and drink waste.

## Dr John Gilliland OBE

### Biography

John Gilliland is Director of Global Agriculture and Sustainability at Devenish, an innovative livestock nutrition company which creates complete solutions, improving animal, human and environmental health, simultaneously. For the last seven years, John has been Project Leader of the Devenish Lands at Dowth in Ireland, a ruminant and landscape research farm, situated totally within the UNESCO World Heritage Site, Bru na Boinne. In partnership with University College Dublin, the company is well on its way to delivering carbon neutral beef and lamb production by 2025, while enhancing its vital 6,000-year heritage in farming and landscape management. As a result, the farm has been selected as one of eleven international lighthouse farms for Wageningen University & Research (WUR) in the Netherlands. As an alumnus of the US International Visitor Leadership Program, John Gilliland is highly respected and recognised as an excellent leader and communicator across the breadth of the Agri Food and Sustainable Land Management Sectors. This has included presentations to the Joint EU Agriculture & Environment Council, Bratislava, and the Global Summit on Soil Security, Sydney, where he was awarded “Best Paper.” He has been an award-winning farmer in Ireland, President of the Ulster Farmers Union; a Non-Executive Director of the Scottish Rural College (SRUC), and an Energy Regulator in Northern Ireland; while at the same time, he has been a policy adviser for Devolved, National and European Governments on Biotechnology, Climate Change and Sustainability.



In particular, for seven years, John chaired the UK's Rural Climate Change Forum, reporting directly to the Secretary of State of DEFRA, London, and supporting the UK at COP15 in Copenhagen. While Director of SRUC in Edinburgh he helped set up their very successful Carbon Management Centre. For the last six years John has been chairing the N. Ireland Expert Working Group on Sustainable Land Management, and on reducing Ammonia Emissions; and he currently is a member of the EU Commission's Mission Board Assembly on Soil Health & Food in Brussels and presented the Devenish Lands at Dowth as one of three exemplar international Lighthouse farms at the recent EIP-Agri workshop on the Soil Health & Food Mission Board roadmap. Most recently, John secured a farmer led EIPInnovation grant to support and accelerate seven N. Irish livestock farmers to Net Zero.

### Abstract

Ruminant livestock production is now in the daily media spotlight and most times, for the wrong reasons. People focus on the methane that ruminants belch, a by-product of their ability to eat roughage, grass, a hugely valuable food that you and I cannot digest, and something that ruminants can turn into highly nutritious meat and milk, which we can eat. There are many parts of our countryside which can't, nor shouldn't be cultivated to grow human edible, plant-based food and there are many of our soils which are biologically degraded and need the biological inoculation that only ruminant defecation can provide, when their faeces are recycled to drive the microbes in our soils.

In 2013, Devenish bought a grass and woodland farm to see and measure just how the environmental footprint of ruminants could be reduced transparently and authentically. With support from credible international research universities, soil health and fertility has been enhanced; all carbon stocks, soils, trees and hedges, have been measured; grass monocultures have been enhanced by herbs and legumes; and the ruminant livestock and the landscape they sit within have been transformed. Devenish's journey has inspired and leveraged others to follow. Whether it be the new N. Ireland Soil Health and Nutrient Scheme, or the farmer led innovation EIP Project, ARC Zero, work is well underway to deliver the reduction of the environmental footprint of ruminant food production, so that its products can justify their place within a balanced human diet, which does not only deliver better human health, but also better environmental health too."

### Key points

- Ruminant production is credibly changing and its products, meat and milk, do have a future role within a balanced human diet.
- You can't manage or communicate this journey of change unless you measure it.
- To deliver both improved human and environmental health, we need smarter metrics that measure both journeys together and simultaneously.



## Professor Bob Doherty

### Biography

Bob Doherty is Professor of Marketing and Chair of Agrifood at the University of York, and leads two large research programmes. First, a 4-year interdisciplinary research programme on food resilience titled '*IKnowFood*' (Global Food Security fund) funded in 2017. Second, a new 5-year programme called 'FixOurFood'- transformations to Regenerative Food Systems from the UK Strategic Priorities Fund, which will run from 2021-2026. Bob is also the research theme leader for food in the York Environmental Sustainability Research Institute (YESI) and the first Director of the N8 Food Systems Policy Hub. In addition, he was seconded in April 2019 into the UK Government Department, DEFRA (Department for Environment, Food and Rural Affairs) as a policy fellow to work on Food Systems policy development. Bob specializes in research on pro-social market mechanisms including hybrid organizations and certification bodies.



He is currently a trustee on the board of the Fairtrade Foundation and member of both the Grow Yorkshire Board and Fera science committee. He is Founding Editor Emeritus of the *Social Enterprise Journal* published by Emerald publishers (after 10-years as Editor in Chief.) Prior to moving into academia Bob spent 5-years as the Head of Sales and Marketing at the Fairtrade social enterprise pioneer Divine Chocolate Ltd.

### Abstract

This talk will provide an outline of a new interdisciplinary project called FixOurFood, funded through UKRI's 'Transforming UK food systems' programme. FixOurFood aims to transform the Yorkshire food system to a regenerative food system and will work to answer two main questions: (1) What do regenerative food systems look like? And (2) How can transformations be enabled so we can achieve a regenerative Food System? To answer these questions, FixOurFood will work with diverse stakeholders to change the Yorkshire food system and use the learning to inform change efforts in other parts of the UK and beyond. Our work will focus on shifting trajectories towards regenerative dynamics in three inter-related systems of: healthy eating for young children, hybrid food economies and regenerative farming. We do this by a set of action-orientated interventions in schools and the food economy, metrics, policies, and deliverables that can be applied in Yorkshire and across the UK.

### Key points

- FixOurFood is an interdisciplinary change programme underpinned by three powerful concepts - systems thinking, regenerative systems and transformation.
- FixOurFood focuses on examining how food systems can be transformed towards having regenerative rather than degenerative dynamics, with beneficial social and environmental outcomes
- FixOurFood is committed to learning, through a set of action-orientated interventions, how to transform the food system in Yorkshire to one which prioritises dietary health in young people and builds a more diversified hybrid food economy of purpose driven business models, which sources produce from farmers that promote increased soil health, carbon sequestration and biodiversity.

## Mr Matt Towner

### Biography

Matt Towner leads Impact on Urban Health's work to improve the healthiness of 'Street' food environments including those in retail and the out of home sector, as part of its ten-year, £40m childhood obesity programme. He has also led portfolios of work to invest in start-up and scale up healthier ventures, support healthier workplaces and influence business to reduce its impact on air quality. Prior to that, Matt spent 6 years with Spring Impact, supporting NGOs and social enterprises based across the world to replicate their work to new locations. Impact on Urban Health aims to make urban areas healthier places for everyone to live.



### Abstract

When children have enough nutritious food, they are more able to learn and thrive; to fulfil their potential and confront their challenges. But eating healthily has consistently been shown to be made more difficult by the high availability of unhealthy food, the cost of healthy food, and the power of marketing; all contributing to a widening gap in health outcomes for rich and poor. It is primarily the food industry that shapes food environments, and which needs to be supported and challenged to change. In a field where this change has often proven challenging, we - Impact on Urban Health - and our partners in and outside of industry are taking a range of approaches to increasing the accessibility of healthy food. And we are seeing tangible progress.

### Key points

- The food industry has a critical role to play in reshaping food environments and improving children's health.
- A range of approaches are needed that both support and challenge industry.
- Change is possible: our partnerships are yielding positive results, and point to wider action industry, Government and others can take to improve health.

# British Nutrition Foundation Annual Awards

14:50 – 16:00 Wolfson Theatre

Recognising excellence and outstanding performance. Funded through the Drummond Memorial Fund, which was originally established to mark the work of Sir Jack Drummond and is now managed by the British Nutrition Foundation.

## Education Awards

Usually, the British Nutrition Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. However, due to the Covid-19 pandemic, we are unable to present the usual GCSE/National 5 and A-level/Advanced Higher Awards. Instead, six awards are being presented to teachers nominated by their peers for demonstrating excellence in food and nutrition teaching.

The winners are:

- Rosalie Forde – Three Ways School, Bath
- Sarah Fletcher – The Portsmouth Academy, Portsmouth
- Alison Cavanagh – Willoughby Academy, Lincolnshire
- Lloyd Henry – Ysgol Gyfun Gŵyr, Swansea
- Haydn Bettles – Armitage CofE Primary School, Manchester
- Elizabeth Rothery – The Whitehaven Academy, Cumbria

## Early Career Scientist Awards

The BNF Drummond Early Career Scientist Award recognises early career excellence in nutrition science. Applicants are judged on their contributions to nutrition science to date, their potential to become future leaders in the field, and the scientific merit and clarity of communication of their work. Winners and runners-up are invited to submit a paper to *Nutrition Bulletin*, to showcase their research to date.

Winner

- Dr Fiona Lavelle – Institute for Global Food Security, Queen's University Belfast

Runners-up

- Dr Aoife Caffrey – Nutrition Innovation Centre for Food and Health (NICHE), Ulster University
- Dr Elena George – Institute for Physical Activity and Nutrition, Deakin University

## The BNF Prize 2021

The British Nutrition Foundation Prize is awarded annually to a person or group for their outstanding achievement in an area of nutrition. The Prize is awarded by our Trustees and Advisory Committee members, based on a ballot of potential candidates nominated by our advisory groups.

### BNF Prize 2021

- Dr Alison Tedstone, Office of Health Improvement and Disparities

Dr Alison Tedstone is the Office of Health Improvement and Disparities' (OHID) Chief Nutritionist and leads its nutrition programmes including the National Diet and Nutrition Survey, scientific advice (including the Scientific Advisory Committee on Nutrition) and actions to improve diet and promote physical activity. Her team lead work aimed at tackling obesity, including providing advice on Tier 2 obesity treatment services and by supporting marketing campaigns and whole systems approaches. Alison works closely with colleagues on obesity policy. Her team monitor food industry action to reduce the sugar, salt and calories in everyday foods and the soft drinks industry levy (SDIL).



Over the years, Alison has contributed to UK actions on improving diet including salt reformulation, front of pack labelling, controls on TV advertising and numerous expert reports on, for example, folic acid, salt, carbohydrates, iron, and vitamin D. She also contributed to the development of the SDIL. Last year, Alison led assessment of the relationship between COVID-19 severity and excess weight.

Alison's team transferred from Public Health England (PHE) to the Department of Health and Social Care (DHSC), where OHID is based, in September 2021. Previously, she and nutrition colleagues were moved to PHE from DHSC in 2013 and from the Food Standards Agency (FSA) in 2010. Until 2001, she was lecturer at the London School of Hygiene and Tropical Medicine. She completed post doctorate research in Oxford and has a BSc and PhD in physiology. She is a registered public health nutritionist and a fellow of the Association for Nutrition. She has honorary fellowships from the Nutrition Society and Royal Colleges of Physicians and Paediatrics. She is a member of the WHO Nutrition Guidance Expert Advisory Group Subgroup on Policy Actions.

## BNF Honorary Member and Governor Emeritus

Mr Michael Collyer is being recognised as Honorary Member of the British Nutrition Foundation for his contributions over many years, especially as Honorary Treasurer, Trustee and Council Member, as well as his management, mentoring and HR support.

Professor Tom Sanders is being recognised as Governor Emeritus of the British Nutrition Foundation. He has supported the Foundation over many years; he is a former Task Force Chair, Trustee and Council Member. He gave the BNF Annual Lecture in 2009 and is currently a Scientific Committee member. He gives his time freely to support the Foundation's scientific integrity and evidence-base, as well as media communications.

# British Nutrition Foundation Annual Lecture

## From food to molecules and back again

### **Professor Gary Frost, Imperial College**

Professor Frost qualified as a dietitian in 1982 and has always maintained a clinical input throughout his career. In 1988 he joined Hammersmith Hospital as a research dietitian. Over his time at Hammersmith, he gained his PhD in Nutrition and was appointed Honorary Reader in Nutrition at Imperial College.

He then joined the University of Surrey as Professor of Nutrition and Dietetics in 2005. He was appointed to Professor of Nutrition and Dietetics at Imperial College Jan 2008 to set up the Nutrition and Dietetic Research Group. He is currently the head of the Section for Nutrition Research and the director of the Imperial College Centre for translational nutrition and Food research.

His research interests include the role of dietary carbohydrates in human metabolism, new methodologies for processing dietary intake and understanding how changes in the food chain affect nutritional intake.



# About us



The British Nutrition Foundation is a registered charity.

- We provide impartial, evidence-based information, resources and training on food and nutrition.
- BNF's vision is '*Everyone can access healthy, sustainable diets*' and it is contributing towards this through its Mission '*Translating evidence-based nutrition science in engaging and actionable ways*'.
- We do not lobby, endorse any products, engage in food advertising campaigns or allow commercial or political pressure to influence us when publishing or disseminating information.
- We are a founding member of The Academy of Nutrition Sciences - a joint initiative between the Association for Nutrition, the British Dietetic Association, the British Nutrition Foundation and the Nutrition Society - a collective voice for evidence-based nutrition science.
- Our Trustees ensure that we deliver our charitable aims, are impartial, transparent and act with integrity. The Foundation's governance structure (described in the Articles of Association), which comprises a Board of Trustees, Advisory Committee, Scientific Committee, Editorial Advisory Board, Education Working Groups and a Nominations Committee, on which serve senior/experienced individuals from many walks of life. The composition is deliberately weighted towards the scientific 'academic' community, based in universities and research institutes, and those from education, finance, media, communications and HR backgrounds.
- BNF's funding comes from: membership subscriptions; donations and project grants from food producers and manufacturers, retailers and food service companies; contracts with government departments; conferences, publications and training; overseas projects; funding from grant providing bodies, trusts and other charities.
- We have a robust procedure for the production of nutrition and health information and are in the process of assessment to become certified members of the Patient Information Forum PIF Tick, the only UK quality mark for trustworthy health information.
- We are proud of our long-established reputation for partnership working. What sets the British Nutrition Foundation apart is its ability to bring together those with an interest in food and nutrition from diverse sectors - academia, medicine, education, communication and the food chain.

For further information, go to: [www.nutrition.org.uk](http://www.nutrition.org.uk)





New Derwent House,  
69-73 Theobalds Road,  
London  
WC1X 8TA

020 7557 7930  
[postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)  
[nutrition.org.uk](http://nutrition.org.uk)

Registered Charity 251681  
A Charity Registered in Scotland SC040061