

# Volunteer Newsletter

April 2018 | Newsletter #5

## Unit news

Find out below what has been happening in the last few months within the Hugh Sinclair Unit of Human Nutrition.

Please note, you are receiving this newsletter as your contact details are included on our volunteer database. Please let us know if you would like to be removed from the database or if any of your contact details have changed.

## Rowland Suite opening



January saw the official opening of our new clinical room, named the 'Rowland Suite' after Professor Ian Rowland, previous

Head of the Hugh Sinclair Unit of Human Nutrition (2006-2013).

Professor Rowland visited the Unit to cut the ribbon, before hosting a lecture for staff and students in the department.

## Fairbrother lecture



Computer Science PhD student, Rodrigo Zenun Franco delivered this year's Fairbrother lecture to over one hundred members of the University and general public. Rodrigo talked about his research in collaboration with the Hugh Sinclair Unit of Human Nutrition, developing an app that can deliver tailored dietary advice to your phone, tablet or computer.

Some of you may have been involved in testing this app during its early developmental phase.

You can watch the full lecture by following the link below:

<http://www.reading.ac.uk/gs-fairbrotherlecture.aspx>

## Research Symposium

On 15<sup>th</sup> February, staff and students alike attended the 5th annual Hugh Sinclair Nutrition Research Symposium, whereby PhD students presented posters and gave oral presentations to explain their individual research projects. There were also talks by Professors Christine Williams and Julie Lovegrove, as well as inspirational presentations from a panel of speakers working in different careers within the nutrition field.

Prizes were awarded for the best presentations, both oral and in poster form, so congratulations to those who received one. Well done also to the organising committee who put in a great deal of time and effort to ensure the event was a success.



## Current studies

Let us know if you would like to hear more about any of the studies below.

**BBF:** Investigating the effects of a single dose of flavonoid-rich berry beverage on cognition, glucose metabolism and the stress response. Looking for healthy non-smokers aged 55-75y.

**BODYCON:** Examining how gender and lifestyle factors influence our body composition and where we distribute fat around the body. Looking for healthy adults aged 18-70y.

**CABAIA:** Determining how foods that enhance the growth of friendly gut bacteria can influence heart health. Looking for non-smokers aged 25-70y.

**GI & Cognition:** Looking at whether foods that differ in their rate of glucose release affect the cognitive performance and mood in non-smoking non-insulin dependent type 2 diabetes aged 40-70y.

**HI-FIVE:** Investigating the effect of fish oil supplements on heart health. Looking for non-smoking adults aged 25-70y.

**METPLAR:** Determining how different factors within the blood affect platelet and blood vessel function in non-smokers aged 30-65y.

**RISSCI:** Investigating how dietary fat influences heart health. Looking for healthy non-smoking men aged 30-65y.

## Contact us

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