

Volunteer Newsletter

December 2015 | Newsletter #2

Many thanks for your participation in our studies over the past year. In our Christmas newsletter, we include details of our 20th anniversary celebrations and highlights from our research studies.

2015 marks the 20th anniversary of the Hugh Sinclair Unit of Human Nutrition and a public event entitled 'Food for thought: a celebration of 20 years of nutrition research at Reading' was held in November to mark this. The event consisted of a series of short talks including an introduction highlighting Hugh Sinclair's contribution to nutritional science and a series of presentations that addressed key nutritional questions, a lively panel discussion and ended with a themed drinks and canapé reception. The evening was a great success and a wonderful opportunity to celebrate this milestone with our sponsors, collaborators, alumni and members of the local community, including some of our long standing volunteers.



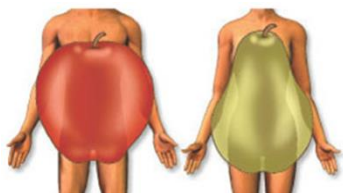
Sweet festive treats

Christmas is often a time of overindulgence of sweet treats. Sugar has received a lot of press attention in recent months following Government advice to reduce sugar intake to combat rising rates of obesity and diabetes. Findings from the REFORM study published in the *European Journal of Nutrition* indicated that replacing regular food and beverages with the reduced-sugar variety could be an effective approach to help lower sugar consumption in the population. Although subjects were blinded to the sugar content of the food products, body weight was similar 8 weeks after consumption of both the regular and sugar-reduced products. Professor Julie Lovegrove and Dr Oonagh Markey concluded that subjects subconsciously ate more fat and protein, called energy compensation, which led to limited weight change during the sugar-reduced diet.

Nutrition Study Bites

BODYCON study

Early findings have shown a relationship between the intake of dietary saturated



fat and increased fat accumulation in the abdomen, a type of fat distribution linked to diabetes. More volunteers will be recruited in the New Year to confirm these results.

SAIMES study

Eating corn fibre in combination with a probiotic might help to maintain a healthy immune system in the elderly.



Don't forget the orange for your Christmas Stocking

Two of our recent studies have highlighted some little known benefits of these festive fruits. The findings of the OJOC study revealed that consumption of orange juice rich in naturally occurring plant compounds called flavanones for 8 weeks was shown to prevent the decline in cognitive performance (such as memory) that was observed with the control drink. Also, during the FVS study, cognitive performance and alertness ratings improved within 6 hours after drinking the flavonoid-rich orange juice compared to a control drink in healthy middle-aged men.

These findings have recently been published by Professor Jeremy Spencer and his research group in the *American Journal of Clinical Nutrition* and *European Journal of Nutrition*.



Take Part

If you would like to take part in another of our exciting food and nutrition research studies, we will have plenty of new and varied opportunities in the New Year.

To keep up to date with new studies and volunteering opportunities, visit our Facebook page:

<https://www.facebook.com/HughSinclairNutritionUnit/>

Or contact Sarah Hargreaves by email:

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phone:

0118 378 7771

Merry Christmas!

Wishing you a merry Christmas and a very happy and prosperous new year.

We look forward to seeing many of you in the unit in the near future.

From everyone at the Hugh Sinclair Unit of Human Nutrition.

