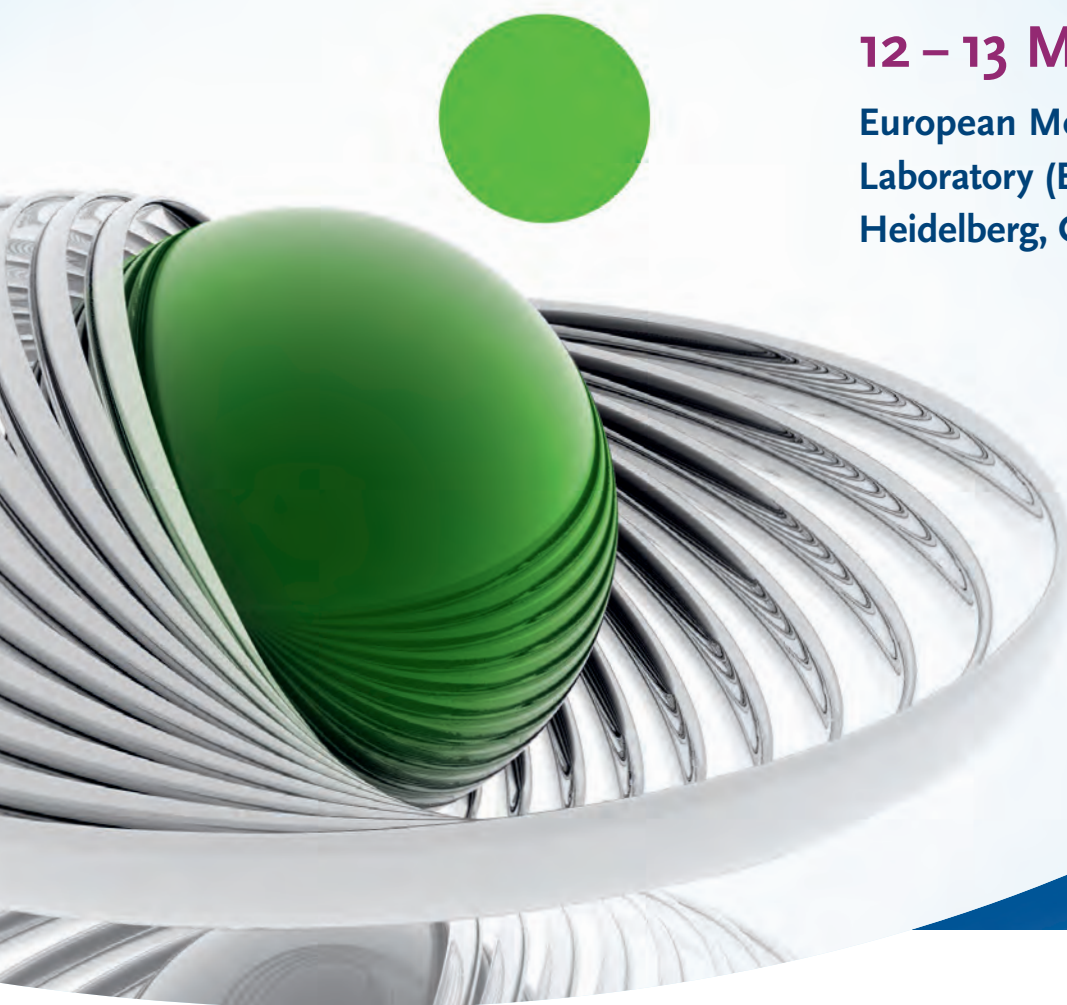


# Functional carbohydrates and prebiotic fibres in science and legislation

Chair: Daniel König, Nathalie Delzenne

**12 – 13 March 2012**

European Molecular Biology  
Laboratory (EMBL)  
Heidelberg, Germany



# WELCOME



The 2<sup>nd</sup> European BENE0 Scientific Symposium will bring together a panel of international experts in the fields of metabolism and health.

National and international authorities recommend that 50 - 60 percent of the daily energy intake should come from carbohydrates. In light of this guideline it is important to be aware of the physiological diversity of this nutrient category. For this reason it is a distinct advantage to understand the characteristics today's functional carbohydrates can have to support a healthy lifestyle.

Low glycaemic carbohydrates and dietary fibres in the context of a healthy diet will be addressed from various perspectives, e.g. overweight and weight management, physical activity in the general population and in diabetics, aspects of a healthy gut flora, and much more. Experts will present scientific reviews and latest research findings.

The BENE0-Institute aims to provide a forum of open exchange. We would like to explicitly thank all speakers for their time and expertise to bring this symposium to life. We look forward to interesting discussions and to welcoming you in Heidelberg!

Yours sincerely

A handwritten signature in black ink, appearing to read 'M Moser', written over a light blue circular stamp.

Matthias Moser, Member of the Executive Board

## REGISTRATION & INFO

- ▶ [www.beneo-institute.com](http://www.beneo-institute.com)
- ▶ +49 621 421-147
- ▶ [info@beneo-institute.com](mailto:info@beneo-institute.com)

## PROGRAMME HIGHLIGHTS

- | Physiological importance of carbohydrates
- | Slow release carbohydrates
- | Physical activity and low glycaemic carbohydrates
- | Prebiotics in infant nutrition
- | New perspectives on a healthy human gut microbiota
- | New approaches in colonic bacterial metabolism
- | Prebiotic fibres and weight management  
and more

## SPEAKERS

**Fernando Azpiroz** | Hospital Universitari Vall d'Hebron

**Richard Bracken** | Swansea University

**Ricardo Closa** | Hospital Universitari Joan XXIII  
de Tarragona

**Nathalie Delzenne** | Université catholique de Louvain

**Moritz Hagenmeyer** | KROHN Rechtsanwälte

**Jeyakumar Henry** | Singapore Institute for  
Clinical Sciences

**Julie M. Jones** | St. Catherine University

**Daniel König** | Medizinische Universitätsklinik Freiburg

**Bob Rastall** | University of Reading

**Raylene Reimer** | University of Calgary

**Kristin Verbeke** | Katholieke Universiteit Leuven

**EMBL ADVANCED TRAINING CENTRE** – where extraordinary architecture meets cutting-edge research. Balancing form and function: with distinctive architecture inspired by the DNA double helix, the EMBL Advanced Training Centre is a spectacular venue for our 2<sup>nd</sup> European BENE0 Scientific Symposium. The Centre is part of the campus of the EMBL, Europe's leading laboratory for research in molecular biology. Established in 1978, EMBL is one of the world's top research institutions in its field.

Meyerhofstraße 1 · 69117 Heidelberg  
[www.embl.de/training/eicat/atc](http://www.embl.de/training/eicat/atc)



# PROGRAMME



## DAY 1 – MONDAY, 12 MARCH 2012

10:00	Opening of registration incl. coffee	
11:00 – 11:15	Welcome and introduction	<i>Matthias Moser</i>
11:15 – 11:45	The EU Health Claims Regulation in practice – a brief impact assessment after 5 years	<i>Moritz Hagenmeyer</i>
11:45 – 12:15	BENEO ingredients in the context of the EU Health Claims Regulation and beyond: EU and global view	<i>Anke Sentko</i>
12:15 – 12:45	Carbohydrates and their physiological importance for the human body	<i>Jeyakumar Henry</i>
12:45 – 14:30	<i>Lunch Break</i>	
14:30 – 15:00	Slow release carbohydrates – human data compiled	<i>Stephan Theis</i>
15:00 – 15:30	Physical activity and substrate oxidation – impact of low glycaemic carbohydrates beyond performance	<i>Daniel König</i>
15:30 – 16:00	<i>Coffee break</i>	
16:00 – 16:30	Low glycaemic index carbohydrate for the physically active individual with diabetes	<i>Richard Bracken</i>
16:30 – 17:00	Thinking in consumer products – which options exist to reduce the glycaemic properties of foods.	<i>Antje Jungclaus</i>
17:00	<i>End of Day 1</i>	
19:30	<i>Dinner and evening event</i>	

## BENEO EVENING EVENT

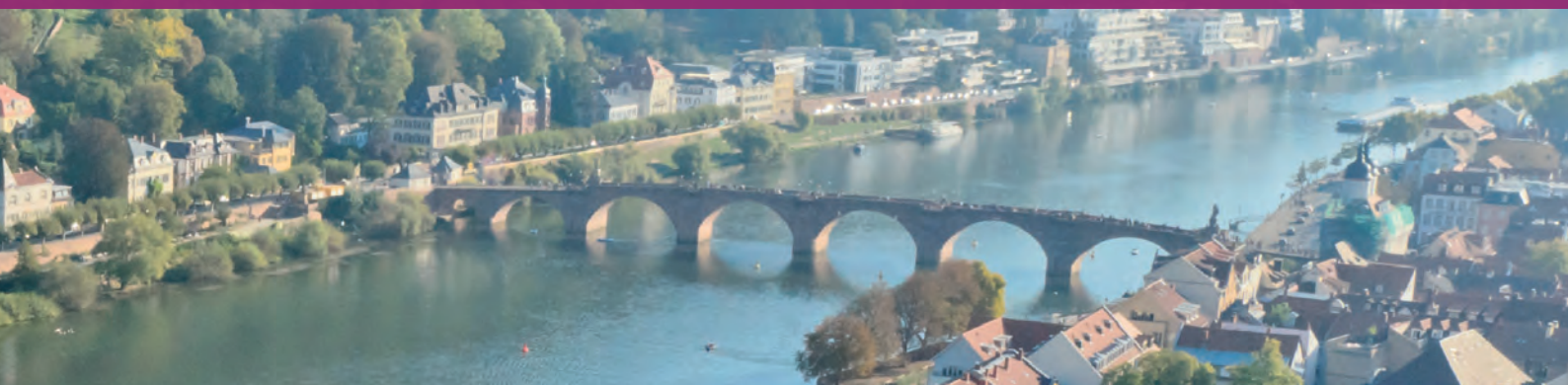
In the town of romance and science, we would like to round off the first day with an unforgettable, historical dinner in one of the oldest wine cellars of Heidelberg.



Since 1749, the restaurant “ZUM GÜLDENEN SCHAF” has been a symbol of Heidelberg hospitality offering a tradition of fine cuisine. We invite you to savour this together with local wines from the well-stocked cellars, served by the historical dressed staff, within the surroundings of the old riflemen’s cellar (“Schützenkeller”).

In an amusing yet informative setting you will experience Heidelberg’s long history.

**Zum guldeneu Schaf · Hauptstr. 115 · 69117 Heidelberg**



## DAY 2 – TUESDAY, 13 MARCH 2012

09:00 – 09:30	Dietary fibre – an introduction	<i>Julie M. Jones</i>
09:30 – 10:00	Potential effects of fructans on functional gut symptoms: biological markers	<i>Fernando Azpiroz</i>
10:00 – 10:30	Healthy human gut microbiota – Scientific perspectives	<i>Bob Rastall</i>
10:30 – 10:50	Prebiotics in infant nutrition	<i>Ricardo Closa</i>
10:50 – 11:20	<i>Coffee break</i>	
11:20 – 11:40	Colonic bacterial metabolism in health and diseases – new approaches and techniques	<i>Kristin Verbeke</i>
11:40 – 12:10	Prebiotic fibres and weight management	<i>Raylene Reimer</i>
12:10 – 12:40	Gut flora impact on metabolic disorders associated with obesity	<i>Nathalie Delzenne</i>
12:40 – 12:50	Summary and outlook for research	<i>Gunhild Koziánowski</i>
12:50 – 13:00	Closing remarks	<i>Matthias Moser</i>
13:00	<i>Lunch</i>	

### HEIDELBERG is considered to be one of the most beautiful cities in Germany.

The harmonious ensemble of castle, Old Town and river nestled in the hills of the Odenwald inspired poets and painters of Romanticism in the past and still fascinates millions of visitors from all over the world. The city of the oldest university in Germany (established in 1386) looks back on a history of over 800 years. The bicycle was invented in Heidelberg by Karl Drais. The region of Heidelberg is prominently featured in various poems by Johann Wolfgang von Goethe, Heinrich Heine and Mark Twain.

Modern Heidelberg captivates by future-oriented science and research, it is a business location strong in development, and the lively centre of the Rhine Neckar Triangle. Heidelberg certainly does not rate as one of the bigger cities in the world. The Old Town (Altstadt), at less than two kilometers (one and a quarter miles) in size, is pretty small and for this reason it is ideal to discover the town on foot.



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## ROOMS AT REDUCED RATES

An allocation of rooms at reduced rates is available for delegates attending the 2<sup>nd</sup> European BENEIO Scientific Symposium. To book accommodation, please contact: [info@beneo-institute.com](mailto:info@beneo-institute.com)

**HEIDELBERG MARRIOTT** is a convenient location directly on the Neckar river offering a fantastic view of the castle of Heidelberg. Enjoy high speed internet, flat screen TVs in all guest rooms, spa, indoor pool and fitness centre. The old town is easy to reach by public transport or it is a 20 minute walk. University of Heidelberg is nearby. Walking distance to the main train station, easy access by car (on site parking).

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**DER EUROPÄISCHE HOF** has been a privately run hotel since 1865. Rooms are individually appointed and decorated, with adjustable air-conditioning, radio and cable TV, fax, wireless LAN, room safe, trouser-press, minibar. Bathrooms have telephone and in many cases whirlpool/jacuzzi.

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**CROWN PLAZA HEIDELBERG** with clean-lined, retro-styled lobby is located in the heart of the historic city. Close to the Neckar River, where you can cross medieval bridges to reach the centre of this Renaissance university city. Wellness area with massage, sauna and swimming pool.

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**For your convenience shuttle transfers from the EMBL to your hotel (1<sup>st</sup> day) and from hotel to the EMBL (2<sup>nd</sup> day) are organised.**