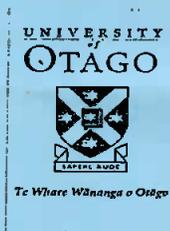


U3A

Dunedin Charitable Trust

A LEARNING OPTION FOR THE RETIRED

in association with



Series 1 2008

CURRENT RESEARCH IN HUMAN NUTRITION

Dates: Thursday, 13 March – Thursday, 17 April 2008

Time: 10 am – 12 noon

Venue: Lecture Room, Salmond College, Dunedin

Enrolments for this course will be limited to 50

Course Fee: \$30.00

Tea and Coffee provided

Course Organiser: Elizabeth Timms (467 2141)

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You may apply to enrol in more than one course in each series (subject to numbers). If you wish to do so, you must indicate your choice preference on the application form, and include payment of the appropriate fee(s).

All applications must be received by noon on Thursday, 7 February 2008, and you may expect to receive a response to your application on or about 15 February.

Any questions about courses after 15 February should be made to the Secretary, U3A Dunedin, telephone 471 9913 or on email at <graysinn@clear.net.nz>

Current Research in Human Nutrition

We all have questions concerning the food we eat and its relation to health and disease. Media reports bombard us but are often confusing. Do they really tell the full story?

In this course, we will hear directly from researchers in the Department of Human Nutrition who will speak on selected aspects of the current research programme of their Department.

Both academic staff and postgraduate students will present details of their own investigations. Their topics will include specific nutrition-related aspects of both cardio-vascular disease and diabetes; food eaten by older people when in hospital; the recovery of the body's nutritional balance following strenuous sport; dietary iron intake and iron status in young children; and why there is need for the adult nutrition survey planned for 2008.

As with the earlier course run by the Department in 2005, there will be adequate time for discussion and questions.

The Lecture Programme

- 13 March** **The FLASH Study: Nut consumption and cardiovascular disease risk**
Presenter: Agnes Tey (Masters student)
- 20 March** **Nutrition recovery in rowers**
Presenter: Sara Macdonald (Masters graduate)
- 27 March** **What do older people eat when they are in hospital?**
Presenter: Nicky Moore (academic staff member and MSc. student)
- 3 April** **Insulin resistance and diet**
Presenter: Lisa Te Morenga (PhD student)
- 10 April** **Adult Nutrition Survey 2008 - why is it necessary?**
Presenter: Associate Professor Winsome Parnell
- 17 April** **Food-based strategies to improve dietary iron intake and biochemical iron status in 12-24 month old New Zealand children**
Presenter: Ewa Szymlek-Gay (PhD student)