



University of the Third Age

U3A Dunedin Charitable Trust

A LEARNING OPTION FOR THE RETIRED

Series 3 2015

**A BETTER START TO AGING WELL
Are we what we eat?**

Dates: Wednesday 2 September to 7 October

Time: 10:00am to 12 noon

Venue: Leith Bowling Club, 2 Duke St, Dunedin North

Enrolments for this course will be limited to 110

Course Fee: \$45.00

Tea and Coffee provided

Course Organiser: Norma Restieaux (477 4607)

Email: norma.restieaux@xtra.co.nz

Course Assistants: Marion Potter (453 4721)

Gil Barbezat (474 1315)

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

All applications must be received by noon on Wednesday 12 August and you may expect to receive a response to your application on or about 21 August.

Any questions about this course after 24 August should be referred to Marion Potter, telephone 453 4721 or on email mw.potter42@gmail.com

Please note, that from the beginning of 2015, there is to be no recording, photographing or videoing at any session in any of the courses.

Please keep this brochure as a reminder of venue, dates, and times for the courses for which you apply.

A Better Start to Aging Well

Are we what we eat?

This course presents a range of topics including current views and recent research that relates to the maintenance of good health.

The sessions are presented by specialists in their field

2 September How does the Body handle Food?

An overview of the gastrointestinal system will provide an introduction to how food is handled with particular reference to recent research.

Professor Grant Butt, Department of Physiology

9 September Epidemics of the 21st Century

New understanding of the Neuroendocrine Regulation of Appetite will be presented followed by an update on the management and consequences of obesity and Type 2 Diabetes.

**Professor Dave Grattan, Department of Anatomy and
Professor Jim Mann, Department of Human Nutrition
and Medicine**

16 September A Better Start

A presentation by child health researchers highlights results of current research into factors contributing to obesity in childhood and how this might be controlled

**Professor Barry Taylor, Associate Professor Rachael
Taylor, Dr Sonya Cameron of the Departments
of Women's and Children's Health and Human Nutrition**

23 September Diets - Science and Fantasy

This session explores healthy eating, the science, and pros and cons behind some of today's current diets and the role of carbohydrate, fibre and sugar.

**Professor Jim Mann and Dr Lisa Te Morenga of
the Department of Human Nutrition**

30 September The Gluten Challenge

What is the role of Gluten in the diet? Gluten intolerance (Coeliac Disease) vs gluten sensitivity will be discussed as well as how to achieve a gluten free diet.

**Associate Professor Michael Schultz of the Departments
of Gastroenterology and Medicine;
Ms Silke Morrison - Dietitian;
Mr Kevin Gilbert - Master Baker**

7 October What is new in Nutrition?

Current issues in **labelling** what we consume will be discussed both for food as well as supplements. This is followed by an update on the reemergence of Iodine deficiency.

**Associate Professors Winsome Parnell and Sheila Skeaff,
of the Department of Human Nutrition.**