



# SOFHT Breakfast Club



The Society of®  
Food Hygiene  
and Technology

## Sugar - A Sweet Poison

28th February 2018

Milton Keynes  
Venue

An excellent opportunity to hear representatives from the World Sugar Research Organisation and Head of Food Science from British Sugar, on the obvious and hidden risks of sugar intake and the role of the food industry to it.

### Professor Julian Cooper – Retired from British Sugar as Head of Food Science

An overview, description and analysis of the following points:

- What are sugars?
- What do sugars do in products? i.e. sugars functionality
- Hidden sugars - what is on the label?
- Reformulation of products containing sugars - the challenges
- High intensity sweeteners e.g. Aspartame and steviol glycosides
- Compare and contrast 'artificial' vs 'natural' sweeteners and compare and contrast these in the context of reformulation taking into account the differing requirements in different products including soft drinks

### Dr Roberta Re – Director General of World Sugar Research Organisation

An overview, description and analysis of the following points:

- The role of sugar in nutrition and health and how is dietary sugar used by the body
- Global sugar policies and guidelines
- Sugar sweetened beverages and the taxation policy
- Sweeteners (with or without calories).

This is an ideal forum for Technical Managers, students and scientific people to gain a greater understanding of sugar, its usage and effect on health and the role of the food industry within it. It will provide opportunities for delegates to discuss in detail their requirements, concerns and also to raise questions on the subject matter.

**Places are limited to 25 delegates to ensure that this remains an intimate and informative 1/2 day programme for all.**

**Cost:** £35 + VAT (Members), £70 + VAT (Non-members), £15 +VAT (Students) per delegate

**Time:** 9.00am—12.30pm

**Venue:** SAI Global , Heron House, Davy Avenue, Knowhill, Milton Keynes. MK5 8JH

Continental Breakfast Buffet and certificate of attendance are included in the price.

Kindly hosted by



*The Society of Food Hygiene and Technology are grateful to SAI Global for their support and the use of their training facilities*

#### The Society of Food Hygiene and Technology

The Granary, Middleton House Farm, Tamworth Road, Middleton, Staffs B78 2BD  
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## SPEAKERS

**Professor Julian Cooper**  
Retired from British Sugar  
as Head of Food Science

**Dr Roberta Re**  
Director General  
World Sugar Research  
Organisation

## PROGRAMME

**09.00 - 9.30**  
Arrival & Registration  
(including Continental  
Breakfast Buffet)

**09.30 - 9.40**  
Introduction to SOFHT

**09.40 - 10.25**  
**Professor Julian Cooper**  
**Sugars in Foods and the**  
**Challenge of Reformulation**

**10.25 - 10.45**  
Q & A

**10.45 - 11.15**  
Coffee Break

**11.15 - 12.00**  
**Dr Roberta Re**  
**An Overview of the Role of**  
**Sugar in Nutrition and**  
**Health**

**12.00 - 12.20**  
Q & A

**12.30**  
Close





# SOFHT Breakfast Club Booking Form

Course Title:	Course Date:
Name: <i>(please give title, first name and surname)</i>	Position:
How did you hear about this event? Email <input type="checkbox"/> Website <input type="checkbox"/> Mailer <input type="checkbox"/> Advert <input type="checkbox"/> Other <input type="checkbox"/>	
Company:	
Address:	
Postcode:	Tel:
Email:	Fax:
PO Number: <i>(please include if required on invoice)</i>	
Signed:	

**Fees: Member of SOFHT £35 +VAT Non member\* £70 + VAT Student £15 + VAT**

Cheques should accompany reservations and be made payable to The Society of Food Hygiene and Technology

Alternatively charge the following credit card for £\_\_\_\_\_

Name	Signed	Date
Position	<b>ADMINISTRATION DETAILS</b> <ul style="list-style-type: none"> <li>All bookings will be acknowledged and confirmation will be sent on receipt of payment.</li> <li>Cheques to be made payable to The Society of Food Hygiene and Technology or charge credit card.</li> </ul>	
Company	<ul style="list-style-type: none"> <li>Cancellations/Substitutions: Cancellations must be received by letter, fax or email by no less than 4 weeks prior to the event and will be subject to an administration charge of £30.00 + VAT. Thereafter no refunds will be given. Substitutions may be made and the correct delegate rate will be applied.</li> </ul>	
Address	MasterCard <input type="checkbox"/> or Visa <input type="checkbox"/>	
	Cardholder's name	Total amount £
Postcode	Expiry date <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Card Security No <input type="text"/> <input type="text"/> <input type="text"/>
Telephone	Cardholder's Statement address (if different from left)	
Email		Postcode

\* **Non Members** should consider joining the Society. Join today and enjoy reduced price registration at this event. A range of categories of membership are available and many additional benefits; please contact the Society's office for more details.

Reservations and directions—An acknowledgement of booking will be sent together with directions to the venue on receipt of the registration form. A receipted VAT invoice will be issued for all monies received. Payment of fees is required by the date of the meeting.

Continuing Professional Development: **Certificates of attendance will be available after the session.**



**The Society of Food Hygiene and Technology, The Granary, Middleton House Farm, Tamworth Road, Middleton, Staffordshire, B78 2BD**  
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**Data Protection:** The personal information provided by you will be held on a database. The Society sends out promotional material about its activities. Please inform the Society's office if you do not wish to receive this information. Please note the organisers reserve the right to modify the programme or speakers without prior notice.