



SOFHT Breakfast Club



The Society of®
Food Hygiene
and Technology

Sugar - A Sweet Poison

10 July 2018

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: £50 + VAT (Members), £85 + VAT (Non-members), £15 +VAT (Students) per delegate

Time: 10:30am—1.30pm

Venue: SOFHT Office, The Granary, Middleton House Farm, Tamworth Road, Middleton. B78 2BD

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

SPEAKERS

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

Dr Roberta Re
Director General
World Sugar Research
Organisation

PROGRAMME

10.00 - 10.30
Arrival & Registration
(including Continental
Breakfast Buffet)

10.30 - 10.40
Introduction to SOFHT

10.40 - 11.25
Professor Julian Cooper
Sugars in Foods and the
Challenge of Reformulation

11.25 - 11.45
Q & A

11.45 - 12.15
Coffee Break

12.15 - 13.00
Dr Roberta Re
An Overview of the Role of
Sugar in Nutrition and
Health

13.00 - 13.20
Q & A

13.30
Close

The Society of Food Hygiene and Technology

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