

*1-day international conference*

# Healthy Ingredients in Fruit & Vegetables

On this one-day conference, research and industry will shed light on healthy ingredients in fruit and vegetables. The topics will cover health effects, mode of action and various applications in the food industry.

The preventive effects of fruit and vegetables against lifestyle diseases such as, e.g., obesity and cancer are well known. To exploit the nutritional effects of fruit and vegetables that are processed by the food industry, it is important to understand the mode of action in order to retain bioactivity.

The mode of action of bioactivity has still not been fully elucidated, but new research suggests that especially the secondary metabolites found in fruit and vegetables play an important part.



**When:** Thursday, 7 April, 2016  
**Where:** Danish Technological Institute,  
Gregersensvej,  
2630 Hoeje Taastrup

**Registration:**  
<http://www.teknologisk.dk/k33090>

**Admission:** DKK 550

Supported by:



Uddannelses- og  
Forskningsministeriet  
Styrelsen for Forskning og Innovation

Media partner:



# Programme

---

9.30 Registration and coffee

## ***Morning session***

### **Introduction to fruit and vegetables, content of bioactives and Health effects**

10.00 Welcome and introduction to the programme  
Anne Maria Hansen, Danish Technological Institute (Chairman)

10.15 Fruit, vegetables and health – Evidence and mechanisms  
Lars Ove Dragsted, University of Copenhagen

11.00 Health promoting ingredients in fruit and vegetables: a case study on carrots  
Lars Porskjær Christensen, University of Southern Denmark

11.45 Coffee and networking

12.00 The effect of plant bioactives on human gut microbiota –The VTT perspective  
Johanna Maukonen, VTT, Finland

12.45 Lunch

## ***Afternoon session I***

### **Health effects**

13.30 Health effects of C-Vitamins  
Camilla Jannie Kobylecki, Herlev Hospital

14.00 Biological effects and bioavailability of anthocyanins  
Elke Richling, University of Kiel, Germany

14.30 Coffee and networking

## ***Afternoon session II***

### **Utilization of healthy ingredients products of fruit and vegetables**

15.00 Valorisation of lingonberry for cosmetic compositions  
Mari Jaakkola, University of Oulu, Finland

15.30 Biological properties and effects of omega-3 fatty acid from vegetable sources  
Martin Jackeschky, Easyhealth, Germany

16.00 WasteTaste - Sustainable, flavourful and healthy vacuum dried products from food waste  
Karsten Olsen, University of Copenhagen

16.30 Antioxidants from Unripened Apples – and applications  
Karin Loft Eybye, Danish Technological Institute

16.50-  
17.15 Summing up - Snacks and networking