CONCLUSIONES PONENCIAS NUTRICIÓN

UIBC SIMPOSIUM "BREAD FOR HEALTH" AT IUNS 21st ICN

With three speakers of the highest international relevance, Prof. Ángel Gil (Spain), Prof. Hugo Ribeira da Costa (Brazil) and Prof. Inge Fomsgaard (Denmark), the UIBC held a "Bread for Health" Symposium as part of the Official Program of the 21st International Congress of Nutrition which took place in Buenos Aires from 15th to 20th October 2017. The goal of the UIBC is for Bread to be represented at the world's largest nutrition event, which is held every four years and in which nearly 4,000 nutrition experts from around the world participate.

Prof. Dr. Ángel Gil spoke about "Bread and The Mediterranean Diet: A Duo for the Prevention of Chronic Diseases" and highlighted the importance of whole grains due to "their richness in nutrients and their phytochemical compounds, with recognised benefits for health." After a systematic review of a total of 38 epidemiological studies, Prof. Gil concluded that there is sufficient epidemiological evidence, as well as biological explanation to suggest inverse association between whole grain cereal products consumption and incidence of major chronic diseases such as obesity, diabetes mellitus, cardiovascular diseases, as well as various gastrointestinal pathologies and certain types of cancer", among which are colorectal cancer and polyps, other cancers of the digestive tract, cancers related to hormones and pancreatic cancer. Finally, Prof. Gil referred to the study that his group did on the occasion of the previous International Congress of Nutrition in Granada (Spain), stating that "all breads have significantly lower glycaemic load compared with glucose" and that "the lowest glycaemic loads were found for whole grain breads, followed by typical Spanish breads (specifically Alfacar bread) and Fresh breads, compared with the higher glycaemic loads of precooked bread and candeal breads". Dr. Gil pointed out that "the inclusion of appropriate ingredients such as fibre, proteins, legumes, seaweeds and acids into breads and the use of specific technologies may result in the development of healthier breads that increase satiety, which may aid in the control of weight gain and benefit postprandial glycaemia".

Dr. Ribeiro da Costa stated in his conference that Coeliac Disease (CD) affects only about 1% to 3% of the general population and that the only possible treatment for CD is a gluten-free diet (GFD) for life. He was conclusive confirming that there is no evidence of the convenience of applying gluten-free diets for the non-celiac population and that gluten can be introduced into the infant's diet starting at the age of 4 completed months. There is no reason to further delay the introduction of gluten, because the risk of inducing CD through a gluten-containing diet exclusively applies to persons carrying at least 1 of the coeliac risk alleles.

In the third conference, Dr. Fomsgaard explained that her department is conducting studies that initially suggest that the phytochemicals of the benzoxazinoid group (BXs) are very abundant in cereals and, potentially, very beneficial in their immuno-regulatory, antimicrobial, anti-carcinogenic and CNS-stimulatory effects (CNS=Central Nervous System). A separate issue is its potential aneugenic effects, on which we must also conduct more developed studies. Also, given that the composition and quantity of BXs in food products depends much more on the food preparation process than on the variety, he gave several tips for applying methods that increase the proliferation of BXs in the baking processes, such as Malting, fermentation and steam treatment. A separate issue is their potential aneugenic effect, on which more developed studies have to be conducted. Based on the fact that the composition and quantity of BXs in food products depends much more on the food preparation process than on the variety, she gave some recommendations for applying methods that increase the proliferation of BXs in the baking processes, such as malting, fermentation and vapor treatment.