

CONFUSION REIGNS OVER QUALITY GRAINS AS CONSUMPTION OF CORE GRAIN FOODS SLUMPS ALMOST 30%



The Grains & Legumes Nutrition Council (GLNC) warns that Australians are at greater risk of increased weight gain and chronic disease as consumption of core grain foods slumps almost 30%.

GLNC invites you to join them for a half-day symposium to hear firsthand the latest grains and legumes consumption insights with the release of their 2014 Australian Grains and Legumes Consumption and Attitudinal Study.

The symposium will also discuss how Australians are tracking compared to the Australian Dietary Guidelines and compare this with the results of a secondary analysis of the Australian Health Survey along with the nutrition and health impacts of their behaviour.

DATE:

Thursday 30 April 2015

TIME:

8.30am for 9.00am start, concludes at 1.00pm

VENUE:

Wine Room at Centennial Parklands Dining, 1 Grand Drive, Centennial Park, Sydney, NSW, 2021

RSVP:

By Wednesday 22 April 2015 to Deidre Ryan

d.ryan@glnc.org.au or (02) 8877 7876

Please advise of any dietary requirements or allergies

COST:

\$75.00 per person – includes morning tea and a light lunch

PAYMENT:

Via EFT or cheque

Grains & Legumes Nutrition Council

BSB: 082 057 | Account: 85 884 8674

CHEQUES MADE PAYABLE TO:

Grains & Legumes Nutrition Council, 1 Rivett Road, North Ryde, NSW, 2113

PARKING:

There is free and unlimited parking on Grand Drive and throughout the Parklands

We look forward to seeing you there.

PROGRAM

CHAIR:

Georgie Aley, Managing Director

Grains & Legumes Nutrition Council

9.00am

2014 Grains and Legumes Consumption and Attitudinal Study: How are we tracking?

Michelle Broom APD, Grains & Legumes Nutrition Council

9.50am

Australian Health Survey – Secondary Analysis: Links between grain and legume consumption and health

Chris Cashman APD, Grains & Legumes Nutrition Council

11.00am

Trends & Drivers: 18-30 year old women

Sarah Hyland, Colmar Brunton

11.30am

Spotlight on Young Women: Australian Longitudinal Study on Women's Health

Danielle Schoenaker, University of Queensland

12.00pm

Sanitarium Case Study: How Gluten Free Weet-Bix were developed in response to changing consumer needs

Alex Garas, Senior Brand Manager – Weet-Bix

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