



News from the chair

Almost a year has passed now and many of us are still working from home. We are all longing for the daily physical interaction and a return to a more active everyday life. The interaction between health, nutrition and physical activity is discussed in a new context and science on these topics are warranted. Currently, we are in the process of defining the strategic vision of the Food and Nutrition Network. Inputs are most welcome and can be sent to any member of the [steering committee](#). We still hope to be able to meet physically at our annual network meeting in May or at least have a hybrid meeting that will allow for some form of interaction. While we are waiting, we will encourage you to tweet and re-tweet news of relevance and interest to the network at Twitter and LinkedIn using the hashtag #AUFOOD. If you need tips and tricks for tweeting at Twitter, please take a look at the [Twitter Guide](#) developed by Health Communication.

Niels Jessen

Annual meeting | May 19, 2021



The next annual meeting for the Food and Nutrition Network will take place on 19 May at the Lakeside Lecture Theatres, Aarhus University. Check out our [website](#) for updates.

Invited international speakers include Mike Lean, who is Professor at School of Medicine, Dentistry & Nursing, University of Glasgow and involved in the so-called “[DIRECT](#)” study that investigates the effect of weight-loss and maintenance on type 2 Diabetes. The speaker list also includes Professor Thomas Hummel, who is a leading scientist within smell and taste research and head of the largest smell and taste research centre in the world at Technische Universität Dresden.

The new official Danish dietary guidelines

This January, the Danish Veterinary and Food Administration published the new national dietary recommendations. [The dietary recommendations](#) are still based scientifically on the Nordic Nutrition Recommendations.

The present recommendations have beside a general focus on a nutritionally healthy diet also an environmental perspective. One of the key new recommendations is to reduce the intake of meat even further, preferably down to 350 g per week. Of the 350 g, it is recommended to reduce the intake of processed meat and due to the environmental footprint, to reduce the intake of beef and lamb the most. Instead of meat, an increase in the intake of legumes is recommended, preferably at least 100 g per day in addition to the recommended 600 g of vegetables and fruit per day. Another source of protein is fish and it is recommended to have an intake of at least 350 g per week.

Finally, it is recommended to use the Keyhole Label and go for whole grain when shopping – and of course drink water instead of beverages and reduce the intake of sweet, salty, and fatty food items to a minimum.

Jens Meldgaard Bruun

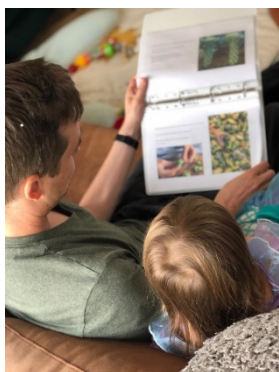
News in 2021 – food and nutrition research at AU Health

Clinical dietician [Caroline Bruun Abild](#) from Steno Diabetes Center Aarhus received 1.1 million DKK from the Danish Diabetes Academy. [Read more about the grant and her PhD project](#) that investigates eating disturbances among children and adolescents with type 1 diabetes.

Associate Professor [Alexander Wieck Fjældstad](#) from the Department of Clinical Medicine and colleagues showed in two international [studies published in *Chemical Senses*](#) that the majority of patients infected with COVID-19 experiences a loss of smell and that recent smell loss is probably the best predictor of COVID-19 among individuals with recent respiratory symptoms.

Associate professor [Lene Baad-Hansen](#) from the Department of Dentistry and Oral Health received a [NOVA-grant of 1.4 million DKK](#) from Aarhus University Research Foundation to study genetic, epigenetic and nutritional risk factors for painful temporomandibular disorders.

Ongoing food and nutrition research at other AU faculties



Researchers at BSS are currently conducting the intervention study “My daddy is a food explorer” that aims at making eating easier for families with young children and increasing father’s engagement. The project is part of the EU project [Eduelia: Bringing down barriers for healthy eating](#). As part of the same EU project, PhD student [Andreia Moura](#) and Professor [Jessica Aschemann-Witzel](#) from Department of Management showed in a [paper published in *Social Science and Medicine*](#) that parents attitudes towards nutrition advice vary according to their values, opinions and possibilities – some feeling overwhelmed by information. This has resulted in the production of an [infographic](#) with recommendations for communication with parents based on their interest in dietary guidance.

Assistant Professor [Mario Martinez](#) from Department of Food Science recently [published an invited opinion in *Current Opinion in Food Science*](#) that briefly reviews starch digestion and discusses starch nutritional quality.

Current funding opportunities for food and nutrition research

The Novo Nordisk Foundation has an open call within the Foundation's "Healthy Weight Initiative". Application deadline is 25 March 2021:

[Early Interventions to Prevent Childhood Overweight](#)

Innovation Fund Denmark Grand Solutions call. Application deadline is 8 April 2021:

[Grand Solutions: Life Science, Health, Welfare Technology and Clinical Research](#)

Upcoming events

May 19, 2021	Annual meeting for the Food and Nutrition Network
TBA, 2021	Site visits at research facilities within the network

Have an egg-cellent Easter...



The Food and Nutrition Network would like to share and promote all relevant news and activities within the network via our newsletter.

We therefore encourage you to submit any input and news of interest to the network (e.g. publications, grants, conferences, seminars, open positions) to Anja Einholm ape@au.dk. Deadline for input to the next newsletter: **22 May, 2021**
