



# Improving metabolism and health

## What role can prebiotic fibres and slow-release carbohydrates play?

There has been considerable debate about how carbohydrates affect metabolic health, particularly since they are one of the major sources of nutrients in the human diet and directly influence blood glucose levels and insulin. What role can different carbohydrates play in metabolic health? And which ones to look for?

This symposium gives an overview and update on the latest science on how prebiotic chicory root fibres (inulin and oligofructose) and the slow-release carbohydrate Palatinose™ can improve blood glucose levels, metabolism and health, with a focus on major public health concerns in Southeast-Asia. The beneficial effects of chicory root fibres and their prebiotic fermentation on colon health and beyond will be addressed as well as the outreach to bone health, digestive health, weight management and satiety regulation via the gut-brain axis. The relevance of providing carbohydrate energy more steadily for blood glucose control and metabolic health will be discussed along with the physiological properties and benefits of Palatinose™.

### Professor Bob Rastall

Professor of Food Biotechnology and Head of Outreach and Enterprise,  
Department of Food and Nutritional Sciences, The University of Reading, UK

**Prebiotic chicory root fibres – their benefits for blood glucose management and beyond**

### Ms Goh Peen Ern

Manager Nutrition Communication Asia Pacific,  
BENEO-Institute c/o BENEO Asia Pacific Pte Ltd, Singapore

**Slow-release Palatinose™: A low glycaemic carbohydrate to steer metabolic health**

### Chair: Ms Anke Sentko

Vice President Regulatory Affairs and Nutrition Communication,  
BENEO-Institute c/o BENEO GmbH, Germany

## Lunch Symposium 1

### When:

Monday, 15<sup>th</sup> May 2017

01:00 pm – 02:00 pm

### Where:

Hotel Istana, Kuala Lumpur, Malaysia

Venue: Mahkota I

### For more information please contact:

#### Goh Peen Ern

Manager Nutrition Communication  
BENEO-Institute c/o BENEO Asia Pacific  
Pte Ltd, Singapore

PeenErn.Goh@beneo.com

Phone: +65 6778 8202

[www.beneo-institute.com](http://www.beneo-institute.com)

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