



# Healthy Growth - PhD Scholarships

## Future talents in food

Under the auspices of the Healthy Growth project, Øresund Food has so far granted around 470,000 € to seven PhD projects. The Healthy Growth board has carefully selected the projects among the applicants to ensure that they support the general purpose of the program: increased collaboration and dissemination of knowledge between business and academia within food, nutrition, and health and development of tasty and healthy foods. The projects are required to have active industry participation. The projects currently supported are:

### **ProSat – effects of probiotics on satiety**

The increased prevalence of obesity worldwide makes it important to investigate new possible treatment methods to help overcome this major health problem. This project investigates the effect of probiotics in humans. The project has participation from Chr. Hansen A/S, while experimental work is being carried out at the Dept. of Human Nutrition, Faculty of Life Sciences, Uni. of Copenhagen.

### **Will vitamin D fortified food benefit the Danes?**

The vitamin D status of the Danish population is below optimal level, partly due to low intake of foods that naturally contain vitamin D, partly due to a low exposure to sunlight. This PhD project identifies food based strategies to improve vitamin D status in Denmark. The project has participation from Arla Foods and the Danish Dairy Foundation, while the experimental work is being carried out at the Dept. of Nutrition, DTU Food, Technical Uni. of Denmark.

### **Innovative applications of marine phospholipids for development of healthy foods**

This project investigates functional properties of marine phospholipids in emulsions, liposomes and real food systems. Phospholipids have a range of health beneficial effects which suggests that they may usefully be incorporated into selected food systems. The project has participation from Alfa Laval A/S and Triple Nine Fish Protein A/S, while the experimental work is being carried out at the Dept. of Fisheries Technology, DTU Aqua, Technical Uni. of Denmark.

### **Bacterial impact on the intestinal metabolome**

The ecosystem of microbes inhabiting the human gut plays an important role for our health, as it may affect a number of lifestyle-related diseases, such as obesity, cancer, and allergy and inflammatory reactions. Involved mechanisms are, however, poorly understood, and this PhD project aims to elucidate them. The industry partner is Danisco A/S and the experimental work is being carried out at DTU Food, Technical Uni. of Denmark.

### **Development of a healthy New Nordic Diet**

A popular form of the well-known New Nordic Cuisine will be evolved in this PhD. project. The project aims to bring high gastronomic levels into home cooking in order to facilitate health in children and adults. The project is being carried out at the Dept. of Human Nutrition at the Uni. of Copenhagen, and the project has company participation from Meyers Madhus.

### **Design of stable probiotic bacteria cultures for new functional foods**

Lactic acid bacteria possess a number of properties that make them excellent candidates as ingredients for novel health-improving foods. However the poor stability of these bacteria formulations limits the development of such food products. This PhD project targets the physical and chemical nature and mechanisms behind this instability. The project is being carried out by the Dept. of Food Science at the Uni. of Copenhagen in close company collaboration with Chr. Hansen A/S.

### **User oriented innovation and communication in development of healthy meal elements for kindergartens**

Dialogue and communication between food service producers, users and municipalities is important for implementing healthy and successful food service solutions in kindergartens. This PhD project develops and tests innovative methods, and it is a collaboration between Aalborg University and Boris Andersen Consult / Snitker & Co.

Further information: [www.oresund.org/food](http://www.oresund.org/food)