

THE DAIRY MATRIX EFFECT

Food science, nutrition and health perspectives

23RD March 2021
ONLINE 11am-12:15pm

PROGRAMME

11.00am > Seminar live

DCNI WELCOME AND INTRODUCTION

Dr Carole Lewis

Nutritionist, Dairy Council for Northern Ireland

CHAIRPERSON'S INTRODUCTION

Professor Michelle McKinley

Queen's University, Belfast

THE DAIRY FOOD MATRIX:

A FOOD SCIENCE PERSPECTIVE

Composition, properties and implications of processing

Professor Alan Kelly

University College Cork

A NUTRITION PERSPECTIVE

Health impacts beyond individual nutrients

Dr Aileen O'Connor

Food for Health Ireland at University College Dublin

Live Q&A

12.15pm > Close

Professor Alan Kelly

Alan Kelly is a Professor in the School of Food and Nutritional Sciences at University College Cork, Ireland. His teaching responsibilities include food processing and preservation, dairy product technology and new food product development, and he also regularly delivers courses in research practice and scientific communication. He leads an active research group on the chemistry and processing of milk and dairy products, and has published over 250 research papers, review articles and book chapters. He has been an Editor of the International Dairy Journal since 2005 and is author or editor of several books including *Molecules, Microbes and Meals* and *How Scientists Communicate: Dispatches from the Frontiers of Knowledge*, as well as currently co-editing major reference works on *Molecular Gastronomy* and *Dairy Chemistry*.

Dr Aileen O'Connor

Aileen O'Connor graduated from Ulster University with an MSc in Human Nutrition. She then worked as a research assistant at University College Dublin (UCD) Institute of Food and Health on the IUNA food consumption surveys. Her PhD at UCD investigated the patterns and determinants of dietary fat intake in Irish children, with particular focus on saturated fat intake. Aileen now oversees Food for Health Ireland's human-intervention trials. Her research interests include dietary fat consumption patterns, and the role of the dairy matrix and its effect on markers of metabolic health and cardiovascular disease risk.

Professor Michelle McKinley

Michelle McKinley is Professor of Public Health Nutrition at the Centre for Public Health, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast. Michelle's research investigates the ability of dietary interventions to modify nutritional status and risk of chronic disease, particularly diabetes and cardiovascular disease. Her expertise in dietary interventions includes examining the effect of individual nutrients through to studies exploring interventions with whole foods, food groups and whole dietary patterns. Michelle's research also explores novel approaches to encouraging and supporting diet and lifestyle behaviour change and weight management throughout the life course including in the school-setting; before, during and after pregnancy; and for people with type 2 diabetes.

BOOKING

To register for the seminar, please fill out our online booking form by 19th March at:

www.dairycouncil.co.uk

or respond with your details to:

nutrition@dairycouncil.co.uk

Once registered, we will be in touch with further details of how to view the seminar including the URL link for the livestream.

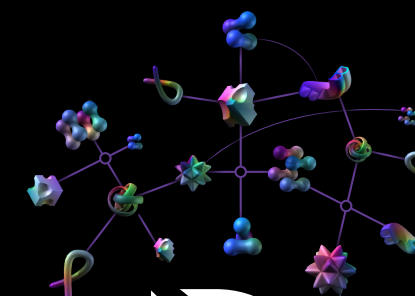
For further information please contact:

Dr Carole Lewis on

01751 430 158 or

Dairy Council for Northern Ireland

on 028 9077 0113



TWITTER @DairyCouncilNI #MilkItNI