

Free British Nutrition Foundation webinar

Pulse Power – ingredients for a healthier and sustainable future



13.00-14.00 (GMT) Thurs 19th Jan 23



Register @ <https://bit.ly/3ulxi12>



@NutritionOrgUK



LiveStream@nutrition.org.uk



www.nutrition.org.uk



What's this webinar about?

To improve the population's diet we need to make it easier for everyone to eat healthily and more sustainably regardless of how much money or time people have, where they live or how health-conscious they are.

Eating more plant-based foods is a key message and pulses may well be part of the solution. Hailed by FAO with the potential for better production, better nutrition, and a better environment, yet our intake of pulses is low. Opportunities to raise awareness about pulses and the role they can have in a healthier and more sustainable diet is important.

In this British Nutrition Foundation webinar, joined by renowned experts, we will take a look at incorporating pulses in the diet from the public health perspective, looking at the research on health associations and innovative ways pulses can be incorporated into our diets.

Join us to learn more about how pulses may contribute to the adoption of healthier and more sustainable food choices in the future.

Programme

Gut health and diverse plant-rich diets – *Dr Megan Rossi, Registered Dietitian and Postdoctoral Research Fellow, Kings College London*

Pulses – a role in public health and sustainability solutions – *Helena Gibson-Moore, Nutrition Scientist, British Nutrition Foundation*

Exciting and emerging - the new pulse ingredients

- **Chickpeas** – *Dr Samara Joy Nielsen, Principal Scientist, Pepsico*
- **Fava beans** – *Prof Julie Lovegrove, Hugh Sinclair Chair in Human Nutrition, University of Reading*
- **Wrinkled peas** – *Prof Gary Frost, Chair in Nutrition & Dietetics, Department of Metabolism, Digestion and Reproduction, Imperial College*

Register today to join the webinar live on 19th January 2023 or to watch it at a later date that suits you.