



# Fruit-based Functional Foods for Health

The principle of maintaining wellness rather than treating disease has fuelled the popularity of functional foods and is providing opportunities to develop functional foods targeted towards different populations. New Zealand is one such country developing new ways to produce functional foods using its horticultural and dairy ingredients. Diets rich in fruits and vegetables are associated with lower incidences of cancer and heart disease, as well as other degenerative diseases. Dietary fibres and phytochemicals have long been recognized as the active nutrients that are mainly responsible for the health benefits of fruit and vegetables to human health.

HortResearch has a wealth of experience in technological and health synergies related to fruit and vegetable bioactives particularly fibres and antioxidants. Food science at HortResearch aims to integrate such synergies to produce prototype foods to carry compounds with demonstrated biological activity extracted from New Zealand's horticultural and dairy raw materials. The team has successfully integrated results from food research and biological studies (including *in vitro* cell-based assays and *in vivo* animal and clinical trials), and delivered concept prototypes for general wellness e.g. oxidative stress protection, brain, gut and immune health via Wellness Foods Programme, and for individuals based on genetic profile via Nutrigenomics Programme, as well as for commercial projects. Current research includes the interactions between fruit bioactives and other food components in different food systems, the changes in food physical, biological and chemical properties during food processing and storage, and use of the obtained knowledge to produce prototype products through advanced food formulations, food processing and delivery technologies. HortResearch welcomes collaborators both within and outside New Zealand especially with an interest in fruit and vegetable benefits.

**Speaker:**  
**Dr Dongxiao Sun-Waterhouse**

**Wednesday, 12 November 2008**

**6:30 pm**

**Tulip Room, Food Haven  
Singapore Polytechnic Staff Centre  
500 Dover Road, Singapore 139651**

**\* Enter by Gate 3, Dover Road**

## **REGISTRATION**

Fee is charged as follows. Registration is to be received by **Monday, 10 November 2008.**

**Member/Spouse - \$ 14**

**Student Member - \$ 8**

**Non-Member - \$ 18**

Limited to  
40 Places  
Only

For registration and enquiries, please contact Ms Yap Hanning / Ms Jessica Leong at Tel: 6326 5284 / 6321 4071 or Email: sifst@sgh.com.sg

**Dr Dongxiao Sun-Waterhouse** is the Food Science team leader of The Horticulture and Food Research Institute of New Zealand, and is currently the Objective leader of New Zealand's Wellness Food Programme.

Before joining HortResearch, Dongxiao has worked in both academia and industry. Dongxiao gained a Bachelor and a Masters degree in Food Engineering from The South China University of Technology, and then later a Masters and a PhD degree in Food Science from The University of Auckland. She is a Professional Member of New Zealand Institute of Food Science and Technology (NZIFST), and a member of New Zealand Oil and Fat Specialist Group.

Dongxiao's team focus on fruit-based functional food and ingredient research. The team has already delivered prototype functional foods for different science programmes (including New Zealand Wellness Food and Nutrigenomics) and commercial projects. Current research includes the interactions between fruit bioactives and other food components in different food systems, the changes in food physical, biological and chemical properties during food processing and storage, and use of the obtained knowledge to produce prototype concept products.