

How can we approach consensus on the healthiness of red meat?

A two day workshop at the Centre for Advanced Studies at The Norwegian Academy of Science and Letters

Date: 6th - 7th November 2013

NOVEMBER 6th

8.30 Mingling with morning coffee and tea

9.00 Opening remarks

Professor Øystein Lie, Executive Manager MarLife & Faculty Leader (from 1.1.2014) at University of Life Sciences

Introduction to meat and health

9.10 What is red meat? What is colon cancer?

Professor Anders Karlsson, Copenhagen University and
M.S. Mimmi Sødving, Norwegian School of Veterinary Sciences

9.30 Red meat in human health

Professor Anna Haug, Norwegian University of Life Science and
Professor Jana Pickova, Swedish university of Agricultural Sciences

9.45 Red meat gives you colon cancer!

Professor Denis E. Corpet, University of Toulouse/INRA, France

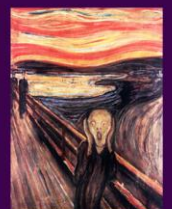
10.15 Red meat does not give you colon cancer!

Dr Douglas L. Weed, DLW Consulting Services, USA

10.45 A debate between the two previous speakers: What areas do we have consensus on?

Challenged by moderator Professor Stefaan De Smet, Ghent University, Belgium

11.10-11.30 Coffee break with snacks



Eating too much food versus eating the wrong food?

- 11.30** **Eating too much, obesity and the role of meat**
A.A. Professor Bård Kulseng, Norwegian University of Science and Technology
- 11.50** **Policy regarding incorrectly balanced eating and overeating: Norway's approach**
Professor Jan Alexander, Norwegian Institute of Public Health
- 12.10** **Measuring meat intake by biomarkers**
Professor Lars Dragsted, Exercise and Sports University of Copenhagen
- 12.30** **Does a healthy and smart brain prevent cancer? The role of the gut-brain axis**
Professor Duan Chen, Norwegian University of Science and Technology and
Dr Marije Oostindjer, Norwegian University of Life Sciences

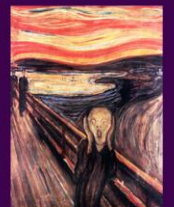
13.00-14.30 **Lunch** before strolling towards Oslo city: solving assignment as we walk

Meat composition

- 14.30** **Monitoring beef meat composition in different countries. Do we know the meat we eat?**
Managing consultant Grethe Andersen, Danish Agriculture and Food Council and
Professor Bjørg Egeland, Norwegian University of Life Sciences
- 14.55** **Regulatory and safety issues regarding nitrite and nitrate (US versus Europe)**
Professor Andrew Milkowski, University of Wisconsin, USA
- 15.20** **Why search for nitrite replacers?**
Professor Theo De Kok, Maastricht University, The Netherlands
- 15.45** **Why dietary nitrite and nitrate may be good for you?**
Professor Nathan Bryan, The University of Texas Graduate School of Biomedical Sciences at
Houston, USA
- 16.10** **Group activity related to the three topics of the day**
With coffee/tea. Plenary presentations afterwards

19.00 **Apéritif**

19.30 **Dinner at the Academy**



NOVEMBER 7th

9.00 Mingling with morning coffee and tea

Cancer hypothesis and the importance of having a healthy gut

9.30 Gut fermentation status and cancer

Professor Roy Martin, Western Human Nutrition Research Center, USA

9.50 The role of microbiota in gut health

Professor Knut Rudi, Norwegian University of Life Sciences

Models for rapid consensus of food (meats) healthiness

10.10 3D cell culture models - closing the gap between animal and cell culture studies?

Dr Anne-Maria Pajari, University of Helsinki, Finland

10.30 Coffee break

10.50 MIN mouse model

Professor Jan Erik Paulsen, Norwegian School of Veterinary Sciences

11.10 Carcinogen induced rodent models

Professor Denis E. Corpet, University of Toulouse/ INRA, France

11.30 The mousefight debate, what is the better rodent model?

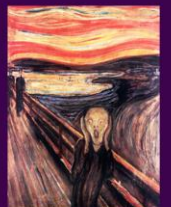
Challenged by moderator Professor Stefaan De Smet, Ghent University, Belgium

11.50 Whole-food safety testing: Past experiences and approaches applied to GM and other novel and processed foods

Senior scientist Gijs Kleter, RIKILT Wageningen UR, The Netherlands

12.20 Lunch plus assignments

Photos:
Food pictures: Animalia
The Opera House: Ellen Hovland
Center for Advanced Science: www.commonswikimedia.org
Munch's "The Scream": www.kongehuset.no/c26939/nyhet/vis.html?tid=103941



Meat healthiness evaluated in human studies

- 13.50** **Efficiency in smart intervention studies**
Professor Anna Haug, Norwegian University of Life Sciences
- 14.10** **Typical Norwegian – A cohort study on humans treated for colon cancer**
Dr Ingvild Paur, University of Oslo, Norway
- 14.40** **Coffee plus Yoga**
- 15.10** **Group activity** related to the three topics of the day.
Plenary presentation afterwards
- 16.10** **Discussions: What can we do better?**
Plenary discussions - come to consensus
- 16.50** **Closing remarks**
- 17.00** *Get together for those staying overnight*



Gro V. Amdam
Professor



Bjørg Egelandstal
Professor



Marije Oostindjer
Post doc

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