

## ACD SESSION WRITE-UP

### Title: Enhancing Health Outcomes with Whole Grains and Oats

Countries throughout Asia are beginning to recognize the benefits of adding more whole grains to the diet. However, only a few official dietary guidelines in the region encourage consumption of more whole grains. For those countries with recommended levels, actual consumption is falling short of the recommendation. Increased intake of oats will address this critical gap and deliver nutrient-rich food to improve the health of the population. Oats are one of the most beneficial whole grains. Oats contain a unique fiber, beta-glucan, which has been associated with cardiovascular health. They also have a higher protein and healthy fat content compared to many other whole grains and contain unique antioxidants called avenanthramides that may provide additional benefits. On macroeconomic level, incorporating oats and other high fiber foods into the diet may also help governments to reduce healthcare costs. This session will address the role of whole grains in a balanced diet and the value of promoting whole grain consumption in Asian countries. The session will also address the nutritional value and health benefits of whole grain oats and provide practical tips for incorporating oats into the diet.

#### **Speakers:**

Professor Yang Yuexin

President of Chinese Nutritional Society and Researcher

Doctoral Supervisor in National Institute of Nutrition and Health, China CDC

Title of presentation: The Role of Whole Grains in the Asian Diet

Chu YiFang, PhD, MBA, FACN

Director of Global R&D Nutrition Sciences, PepsiCo

Title of presentation: The Value of Whole Grain Oat Consumption

Tee E Siong, PhD

President of the Nutrition Society of Malaysia

Nutrition Consultant, TES Nutrihealth Strategic Consultancy

Title of presentation: Incorporating Whole Grain Oats in Traditional Southeast Asian Diets: a Public – Private Partnership Approach

#### **Speaker Bios and CVs**

Professor Yang Yuexin

Professor Yang currently serves as the president of Chinese Nutrition Society and as a professor at the National Institute for Nutrition and Health of the Chinese Center for Disease Control and Prevention. Professor Yang is generally recognized as an active academic leader in nutrition science. She is responsible for hosting a series of important national research projects and for

establishing dietary standards, developing national plans and advocating policy in the field of nutrition in China.

Professor Yang is the coordinator director of FAO-NEASIA FOODS since 2002, vice president of Global Phytonutrients Society, council member of the Federation of Asian Nutrition Societies (2015-2019) and fellow of the International Union of Nutrition Sciences. She is the director of the Committee for the Chinese Dietary Guidelines (2014-2016), council member of the National Food and Nutrition Committee (2015-2020), director of the Working Group on National Food Nutrition Labeling (2002-2012, 2017-2019) member of the National Food Safety Standards Committee since 2010, vice director of the Committee for Chinese Dietary Reference Intakes (DRIs) (2009-2013), and council member of the Health Food Evaluation Committee of China Food and Drug Administration (CFDA) since 2000.

Professor Yang's research interest is primarily on the study of maternal and child nutrition (1988-1995) and food and nutrition (since 1996). Professor Yang has written more than 20 major scientific books and published more than 200 papers. Professor Yang obtained more than 25 national patents and technological awards, mainly in the field of food, nutrition and diabetes. Professor Yang was awarded the title of National Advanced Science and Technology Expert with Remarkable Contributions by the China Association of Science and Technology.

YiFang Chu, PhD, MBA, FACN

Dr. YiFang Chu is Director of Nutrition Sciences at PepsiCo where he is responsible for all grain research across PepsiCo's portfolio worldwide. YiFang is an elected fellow at the American College of Nutrition and serves on the Board of Directors of the Grain for Health Foundation and Advisory Board of University of Illinois, Division of Nutritional Sciences. YiFang is also on the editorial boards of peer-reviewed journals including *Frontier in Nutritional Immunology*, *Food Chemistry*, and *Food Science and Nutrition*. He the editor of two books: *Oats Nutrition and Technology* and *Coffee: Emerging Health Effects and Disease Prevention* and is a member of the IFT Press Advisory Board. YiFang has co-authored 50+ journal articles, reviews, patents, and book chapters. YiFang received his PhD from Cornell University and MBA from the Kellogg School of Management at Northwestern University.

#### EDUCATION

MBA Northwestern University, Managerial Economics  
Ph.D. Cornell University, Nutritional Biochemistry  
M.S. University of Delaware, Food Science  
B.S. National Taiwan University, Biochemistry

#### HONORS

1. Elected Fellow, American College of Nutrition (FACN), 2014-present
2. Elected 'Leaders of the Future', American Association of Cereal Chemists Intl (AACCI), 2015
3. Distinguished Service Award, Chinese American Food Society (CAFS), 2008

#### NONPROFIT BOARDS

1. Board of Directors, Grain for Health Foundation, 2014-2016
2. Executive Director, Chinese American Food Society, 2011-2013

#### ACADEMIC ADVISORY BOARDS

1. External Advisory Committee, Division of Nutritional Sciences, Univ. of Illinois, 2015-present
2. Industry Advisory Board, Dept. of Food Science, Univ. of Wisconsin, 2010-2013

#### JOURNAL/BOOK REVIEW BOARDS

1. Review Editor, Journal of Nutritional Immunology, 2013-present
2. IFT-Wiley Press Advisory Board, 2013-present
3. Editorial Board, Food Science & Nutrition, 2010-present
4. Editorial Board, Food Chemistry, 2006-2011

#### CONFERENCE STEERING COMMITTEE

1. Scientific Program Planning Committee, Whole Grain Summit, 2017
2. Chair, Technical Program Planning Committee, AACCi annual meeting, 2016

#### **E-Siong Tee, PhD**

E-Siong Tee PhD, is Chairman of the Southeast Asia Public Health Nutrition (SEA-PHN) Network, a network of five nutrition societies in Southeast Asia that he spearheaded the formation in 2014. Dr Tee is also President of the Nutrition Society of Malaysia (NSM). In this capacity, he has led the implementation of various community promotion programs for over 20 years. He is also Chair of the National Steering Committee for Nutrition Month Malaysia. He represents NSM in several Technical Working Groups in the Ministry of Health Malaysia, including the National Coordinating Committee for Food and Nutrition (NCCFN), the Technical Working Group for Nutritional Guidelines and committees related to Malaysian Food Regulations and Codex Alimentarius. Dr Tee is also a member of the Board of Scientific Directors of the International Life Sciences Institute (ILSI) (Southeast Asia Region) and

#### **EDUCATION:**

BSc (Hons)(Biochem), Universiti Malaya  
Dip Applied Nutr Universitas Indonesia  
MSc (App Nutr), Universitas Indonesia  
PhD (Universiti Sains Malaysia)

#### **PROFESSIONAL EXPERIENCE:**

Nutritionist in the Institute for Medical Research, Kuala Lumpur, August 1972 till September 1984

Head, Division of Human Nutrition, Institute for Medical Research, from October 1984 till May 2001

Head, Cardiovascular, Diabetes and Nutrition Research Centre, from June 2001 till February 2002

**INTERESTS AND EXPERIENCES**

Public health nutrition, nutritional /functional value of foods, food regulatory affairs