



# Scottish Food & Drink Innovation Network

## Healthier Food Workshop Fat and Saturated Fat – How Low Can You Go?

Murrayshall House Hotel, Perth  
29 March 2007

Health is a key driver of growth in today's food & drink industry. Consumers want tasty, healthier foods, with less fat or healthier fats. How can you meet those demands, without compromising on taste or quality and without ramping up production costs?

This workshop will bring together research groups, companies along the supply chain and retailers, all with a shared interest in exploring practical solutions to meet these real challenges. The aim of the Scottish Food & Drink Innovation Network is to build collaborative projects, involving all the players necessary, to develop the practical solutions which will give Scotland a competitive advantage in this market.

The morning session will set the scene, identifying the key consumer trends and the opportunities for healthier products in this market. We will also discuss the latest research on fat and health and the legislative drivers in this area. The morning session will conclude with some insights into the technical issues on fat reduction in foods and a view from the retail perspective on the market and future opportunities.

Armed with this background information and stimulated to apply it to your business and your sector, the afternoon will kick-off with a workshop session to explore the key challenges and problem areas for the industry in Scotland. Having mapped these out, the second session will look to identify where we can find solutions to address these challenges and who needs to be involved in projects to develop the solutions that can be applied in Scotland's food industry.

Going forward, the Scottish Food & Drink Innovation Network will provide practical, hands-on support to build these projects, including support to access the finance required to enable you to take these ideas through to a practical solution, which we hope will add value to your business.

**Attendance at this Workshop is free.**

For bookings and further information please contact:

**Andrew Cameron**, Scottish Food & Drink Innovation Network Manager  
Email [acameron@leatherheadfood.com](mailto:acameron@leatherheadfood.com) Telephone 01224 715751

*Alternatively, please complete the booking form overleaf*



# Programme

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29 March 2007

**Chairman:** Paul Berryman, Director of Research, Leatherhead Food International (LFI)

- 09.30 *Registration*
- 09.45 **Introduction**  
**Dr Paul Berryman**, Director of Research, LFI  
**Andrew Cameron**, Scottish Food & Drink Innovation Network Manager
- 10.00 **Consumer Trends and Opportunities**  
**Fiona Angus**, Business Manager - Nutrition, Market Intelligence and Sensory, LFI
- 10.30 **Fat and Health**  
**Dr Frank Thies**, Aberdeen University & Rowett Research Institute
- 10.55 **Policy View on Fat and Health**  
**Susan Pryde**, Food Standards Agency Scotland
- 11.15 *Refreshments*
- 11.40 **Fat Technology**  
**Geoff Talbot**, The Fat Consultant
- 12.10 **The Retailer Perspective**  
**Andrea Inchausti**, Assistant Director - Food Policy
- 12.30 **Questions and Answers**
- 12.45 *Lunch and Networking*
- 13.45 **Breakout Session 1 – What are the Challenges?**
- 14.25 **Feedback**
- 14.40 **Breakout Session 2 – What are the Solutions?**
- 15.20 **Feedback**
- 15.35 **Wrapping Up and Next Steps**
- 16.00 *Close*

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### Booking Form

Please register my place at the **Fat and Saturated Fat - How Low Can You Go?** workshop

### Company Details

Company Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Telephone \_\_\_\_\_  
Fax \_\_\_\_\_

### Delegate Details

Name of person completing form if different from delegate:

\_\_\_\_\_

Please register the following delegate

Surname (Mr/Mrs/Ms/Dr/Prof./Other) \_\_\_\_\_  
Forename \_\_\_\_\_  
Job Title \_\_\_\_\_  
**E-mail** \_\_\_\_\_  
Direct Dial/Mobile \_\_\_\_\_  
Special dietary requirements \_\_\_\_\_  
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