

PI Seminar Series

Speaker: Dr Kirsten Brandt
Venue: Dental Lecture Theatre D
Date: Wednesday 24th October 2018
Time: 13:00 – 14:00

Dr Kirsten Brandt will present:

“Health Benefits of Vegetable Consumption”

It is well known and accepted that a high intake of vegetables throughout the lifespan is consistently correlated with longevity and other markers of good health. Low intake of vegetables is considered a major risk factor for each of the main non-communicable diseases. Official advice tends to be focused on the contents of fibre, vitamins (including the main dietary antioxidants) and minerals in vegetables as explanations for this correlation. However, vegetables are only major dietary sources of few of these recognised nutrients, and controlled intervention studies with each of those components in realistic doses have almost equally consistently failed to replicate the benefits observed.

So, the seminar will suggest other candidates for the observed benefits, including phytochemicals and nitrate. Most of these candidate components are (or have until recently been) considered harmful for health rather than beneficial. So, in order to explore this conundrum, it may be useful to reconsider our concepts of nutrients and toxins, and question how we should go about recognising a food component as being beneficial?

Chair: Dr Tom Hill