



## Welcome to SATINews!

Welcome to the first issue of SATINews, the bi-annual newsletter of the FP7 funded project SATIN – SATiety INnovation. Obesity is a major public health issue facing the European Union and reducing it is a priority for all European governments. Satiety-enhanced foods can help with energy intake and weight control. The €6m funded SATIN project aims to produce new food products using the latest processing innovation techniques to accelerate satiation, enhance satiety and to reduce appetite.

Get informed about research progress, researchers' opinions, training seminars and upcoming events in this exciting five year project and subscribe to the online newsletter on [www.satin-satiety.eu](http://www.satin-satiety.eu). This issue provides a project overview and results of the kick-off meeting which took place in Liverpool at the end of March 2012.

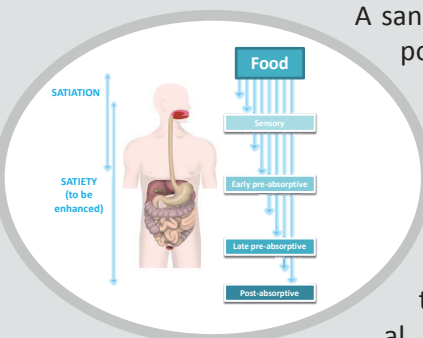
*Jason Halford*

Jason C. Halford

Project Coordinator and Director of the Human Ingestive Behaviour Laboratory at the University of Liverpool



## The Project – New Approaches to Tackle Obesity



A sandwich, a cereal snack, roast pork with dumplings or a bowl of spicy tapas? What foods accelerate satiation i.e. suppress hunger and extend satiety i.e. time until hunger sets in again. To what extent do flavour, texture and even the visual appeal of food contribute to the feeling of being “full”? How much can eating satisfaction be attributed from physiological properties and how much is perceptive?

European experts from food and beverage industry and academia were drawn together to exploit a better understanding of the biological processes in the gastrointestinal tract and the brain that underpin the feeling of satiety to tackle the challenges of weight management and obesity.

A research programme comprising food and appetite psychology, laboratory modeling of human digestion as well as human intervention trials will consider country specific diets, eating behaviour and taste. The overall objective of SATIN is to use novel food processing technologies to alter the structure of foods to accelerate satiation, enhance satiety and to reduce appetite.

Successful weight loss and maintenance is difficult. Obese and overweight people are less likely to feel full after eating, partly because of the energy-dense foods they prefer have a reduced impact on gastrointestinal hormone signals that help promote feelings of satisfaction and fullness. Satiety-enhanced foods can help with energy intake and weight control. The SATIN project aims to produce new food products using the latest processing innovation techniques and specific ingredients. The project will evaluate whether this approach is a viable weight management tool.

## The Kick-Off Meeting - Consensus over Research Approach

While each research work package contribution has its own unique selling point (USP), it is the combination of the different parts which defines SATIN's progress beyond the state of the art - Michele Kellerhals, Functional Ingredients Director from Coca Cola Europe underlines at the kick-off meeting in Liverpool (March 29-30). Sketching the Satiety Cascade on a flip chart in the kick-off meeting room, Kellerhals and Prof. John Blundell from the University of Leeds also express their confidence in the project's concepts and their satisfaction with progress in

the initial project months. This will be furthered by knowledge exchange events designed to bridge the gap between phase 1 and phase 2. To date research has concentrated on changes to structure likely to enhance within-meal-satiation, and produce transient rather than sustained post-meal satiety. SATIN will target key nutrient sensing mechanisms to develop food products through novel processing in differing categories to optimize consumer choice and produce enduring effects on appetite.



# The Consortium - Well-balanced but industry-driven

The SATIN project, coordinated by the University of Liverpool, is a multidisciplinary and well-balanced collaboration of researchers in food processing, nutrition, and consumer science with food producing enterprises. Driving forces such as Coca Cola, Cargill and others are crucial partners with high impact on the future commercialization of the research results. The strong SME participation in

the project will help contribute to the realisation of benefits to said SMEs by enhancing innovation capacity in the field of novel processing and ensuring the broad application of these relevant to the food industry thereby bringing improvements in the competitiveness of the European food industry.



## Partners:

### Research and Technology Institutions:

The University Court of the University of Aberdeen, UK (UNIABN); Kobenhavns Universitaet, DK (UCPH); University of Leeds, UK (UNILEEDS); University of Liverpool, UK (UNILIV); Universidad de Murcia, ES (UMUR); Universitat Rovira I Virgili, ES (URV); Karolinska Institutet, SE (KI)

### Industry:

Cargill Haubourdin SAS, FR (CARG); Coca-Cola Services S.A., BE (CC); Juver Alimentación S.L.U., ES (JUVER); Naturex, ES (NATRX)

### Small and Medium-Sized Enterprises:

Axxam S.p.A., IT (AXXAM); BioActor BV, BE (BIOACT); Asociación Empresarial de Investigación Centro Tecnológico Nacional Agroalimentario “Extremadura”, ES (CTAEX); Centro Tecnológico Nacional de la Conserva y Alimentación, ES (CTC); NIZO Food Research BV, NL (NIZO); RTD Services Vienna, AT (RTDS); ProDigest BVBA, BE (PRODI)

## Past and Upcoming Events

May 2012, 22-24

[Vitafoods](#), Geneva, Switzerland

September 2012, 4-7

[British Science Festival](#), Aberdeen UK

November 2012, 13-15

[Hi Europe, Ni & NuW](#), Frankfurt, Germany



## Satin in a Nutshell

Facts & figures at one glance.

Project Title	SATIN – SATiety Innovation
Call	KBBE.2011.2.3-04: Satiety control through food structures made by novel processing, Food, Agriculture and Fisheries, and Biotechnology
Short description and objective	SATIN – SATiety INnovation aims at the development of food products by novel food processing that control satiety through modification of food structure.
Grant agreement no.	289800
Coordinator	Prof. Jason C.G. Halford Ph.D. C. Psychol. (Health), Head of Department – Experimental Psychology, University of Liverpool
Project Manager	Caroline Devine, University of Liverpool
Work-packages and work-package leaders	WP1 – Selection of improved satiating food components by in vitro screening (Axxam, IT) WP2 – Sensory Factors & food structures in satiation & satiety (Nizo Food Research, NL) WP3 – Microbiota, gut function & biomarkers of appetite & related health claims (Univ. of Aberdeen, UK) WP4 – Satiety & consumer health (University of Leeds, UK) WP5 – Proof of Concept – lasting health benefits for consumers (University of Copenhagen, DK) WP6 – Dissemination & Exploitation (RTD Services, AT) WP7 – Project Management (University of Liverpool, UK)

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