

University of Turku, Faculty of Medicine, Nutrition and Food Research Center & Institute of Biomedicine together with Japan Society for Promotion of Science (JSPS) present:



Fermented Foods and Health in Japan and Europe: Current Concepts and Future Perspectives

12th December, 2024 at 10:00 AM - 3:00 PM
Aistikattila, Medisiina D, University of Turku and online

[Register here](#)

The aim of the seminar is to familiarize the audience with the multitude of the ways in which fermented foods and their exposures may impact on lifelong health. The underlying mechanisms of fermented food and the health outcomes are explored.

Program

10:00–10:05 AM

Welcome words. Seppo Salminen, Senior Advisor, University of Turku

10:05–10:15 AM

JSPS Introduction by Oscar Callenberg

10:15–11:30 AM

Importance of traditional fermented food for Japanese food culture and recent advances of fermented food with health benefits in Japan. Professor Akihito Endo, Tokyo University of Agriculture, Japan

Discussion (15 min)

11:45 AM – 12:00 PM

Intake of bacteria from Finnish lunch and the potential role of fermented foods. Dr Arkadiusz Zakrzewski, University of Turku, Finland

Lunch in the Flavoria Research Restaurant and taste testing of new fermented vegetables (at Sauce)

1:00–1:45 PM

Fermented foods and health benefits. Dr Guy Vergères, Agroscope, Bern, Switzerland



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OFFICE**

2:00–2:45 PM

The good, the bad and the ugly: commercial strategies of utilization of fermentation in Finnish food market. Dr Saska Tuomasjukka, University of Turku, Finland

Discussion chaired by Professor Kirsi Laitinen, University of Turku

End of the seminar

General information

Target groups of the seminar are researchers particularly in the fields of medicine, nutrition, dentistry, specializing medical doctor fields including pediatrics, obstetrics and gynecology, internal medicine, endocrinology and industry scientists.

The seminar is available for postgraduate students of the University of Turku, and also for other Finnish universities.

The lectures will be held in Aistikattila, Medisiina D Building, Kiinamyllynkatu 10, Turku. The seminar is also streamed.

Responsible Scientist: Seppo Salminen, seppo.salminen@utu.fi.

Registration

Please sign up for the seminar by December 2, 2024 through [this link](#).

The maximum number of onsite participants is 30, but the seminar will be streamed as well. Registered participants will receive further information about the seminar by email.