
Good diet, good science

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Together examines moves by Belgium's new Scientific Institute for Intelligent Nutrition (SIIN) to promote health for all.

SIIIN aims to highlight the benefits of sound nutrition, via not only traditional messages on the need to eat plenty of fruit and vegetables as part of a balanced diet, but also with research programmes to encourage healthy food at affordable prices and by seeking the support of some of the country's top restaurants, to make a good diet a gourmand's delight as well.

HEALTH WEALTH

The institute's remit includes engaging with health professionals as well as nutritional experts such as politicians, and spokespeople for farming, the food industry and restaurateurs. It will also run educational programmes with schools to emphasize how diet can benefit health, assist scientists with research into innovations in food technologies, hold seminars to bring experts together to formulate new policies, conduct communication programmes with the Belgian media and implement a new 'healthy eating' diploma.

Inspired by France's Agence Française de Sécurité Sanitaires des Aliments and the Wealth Health Organization's cancer research fund, SIIN aims to place human health and that of the planet at the heart of the scientific, medical and political debate. In particular, the new institute intends to run campaigns to highlight the importance of Omega 3 and 6 oils that could improve brain function, and the role of sodium and potassium in protecting the body's cardiovascular system.

"We want to assist in a veritable revolution unique in the history of humankind's nutritional needs,"



explains Dr Olivier Coudron, co-founder of the institute and director of SIIN's research and science department.

A classification scheme to be used by everyone in the food-production business, from farmers to food manufacturers, shops and restaurant and café owners, is also planned. "This will make the scheme visible throughout Belgium and encourage people to eat more healthily," added SIIN's public relations expert, Gaëtane Ingels. 

www.siin-nutrition.com