

International Symposium on Non-digestible Carbohydrate: Overview

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Summary

Here I briefly summarize the Vahouny-ILSI Japan Symposium on Non-digestible Carbohydrate (Tokyo, September 27th to 29th, 2004) that attracted nearly 200 participants from to countries.

There were five half-day sessions: (1) History of non-digestible carbohydrate research, (2) Physiology and immunology, (3) Nutrition, (4) Glycemic response, and (5) Pro- and Prebiotics.

ILSI Japan organized a session to introduce their project to establish an in vitro method to classify food according to their eagerness to release glucose during digestion (GR Project). There were two workshops: (1) Dietary fiber and intestinal bacterial ecosystem sponsored by Taiyo Kagaku Co., Ltd., and (2) Glycemic response: Current aspects sponsored by Matsutani Chemical Industry Co., Ltd.