

September 9, 2008

Media Statement

**LUPINS AND DIABESITY: FOOD FOR THOUGHT**

A locally-grown, high-protein, low-carbohydrate legume could be the key to stemming the diabetes and obesity tide, and will be the hot topic at a free public symposium to coincide with the 12th International Lupin Conference 2008 (September 14 to 18), this year held in Fremantle.

'Lupins and Diabetes: Food for Thought' hosted by the Centre for Food and Genomic Medicine (CFGM), based at the Western Australian Institute for Medical Research (WAIMR), will see local experts from the international conference take time out to discuss the potential of lupin crops in health, agriculture, science and novel food products with the public.

Western Australia is the producer of 80 per cent of the world's supply of Australian sweet lupins.

CFGM Director Professor Peter Leedman said lupin crops were a significant agricultural and health investment in WA, so it was important the possibilities were discussed in an open public forum.

"WA is a major player in lupin production and we're also taking a global role in investigating its scientific potential in developing foods that can assist people to lose weight and fight the global diabetes and obesity epidemic," he said.

"Lupin kernel flour is high in protein and fibre with almost no carbohydrates, so it may help to reduce appetite and overall energy intake in a daily diet and help address problems that lead to conditions like type 2 diabetes and heart disease.

"The Centre has already been instrumental in getting lupin flour-based foods onto supermarket shelves including a bread that has already shown to help people reduce their meal sizes and curb hunger, and we're now looking into producing other novel foods like breakfast bars, snacks and pasta."

'Lupins and Diabetes: Food for Thought' will outline the opportunities for lupins use in nutrition and wellbeing, discuss the potential for use in producing alternative food products, allergies and explain the world-class research currently being undertaken by the Centre into lupins.

"This symposium is a great opportunity to hear about the latest lupin innovations and have a say in where our lupin crops might take us into the future," Professor Leedman said.

Keynote speakers include conference convener Dr Mark Sweetingham from the CFGM and Department of Agriculture and Food, WA; CFGM researcher Dr Jonathan Hodgson; and CFGM Researcher Sofie Sipsas from the Department of Agriculture and Food WA.

The free public symposium will be held on the evening of Monday September 15 at the Esplanade Hotel, Fremantle.

Refreshments will be provided.

Places are limited and bookings are essential. Please email [sarah.thoms@waimr.uwa.edu.au](mailto:sarah.thoms@waimr.uwa.edu.au) or call 9224 0333 to reserve your place.

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