

Industry Liaison Office



Research at Work.

Building healthier snacks

Combatting obesity, diabetes and cardiovascular and other chronic diseases in children.

The Expertise

Based on recent estimates, the overweight-plus-obesity rate varies between 26-35% in Canadian children aged 2 to 17 years and is almost doubled since 1979. This pattern over the last thirty years is reflected in the escalation of type 2 diabetes (previously known as adult-onset diabetes) among children. Thus, about 95 % of children with type 2 diabetes are obese at diagnosis; their average age is 13.7 years and 8% of them are under 10 years old. Similarly, rates of both type 1 and type 2 diabetes are rapidly rising in the young population. With increasing obesity rates come a variety of health challenges.

Many commonly available and novel food products and ingredients have potential to reduce appetite and calorie intake, and normalize blood glucose and blood lipids.

Dr. Luhovyy is an expert in functional foods and food-derived bioactivities. His work combines several disciplines including food science, nutrition and physiology. He investigates practical dietary approaches for prevention/reduction of metabolic syndromes such as obesity, diabetes and cardiovascular and other chronic diseases.

Dr. Luhovyy designs and improves food products that aim to increase satiety, and stabilize glycemic response and metabolic parameters. They also taste great, and give a nutritional boost. His expertise includes performing nutritional randomized clinical trials with adults and school-age children, and the ability to analyze food intake, appetite, glycemic response, metabolic parameters and biomarkers for obesity, diabetes and cardiovascular disease.

Stage of Development

Dr. Luhovyy's team uses a variety of traditional commodities and crops (e.g. blueberries, milk, apples, pulses) and novel ingredients (e.g. proteins, fibres, starches) to create or improve a product.

Application

- Companies that produce small batches of specialized food products seeking advice on a new product line or how to improve nutritional value of existing products.
- Companies seeking ideas for new product development with high nutritional value, using existing equipment and core competencies

Advantages

- Effective dietary strategies to curb the rise of obesity, diabetes and cardiovascular disease.

Researcher

Dr. Bohdan Luhovyy, Ph.D., Assistant Professor Department of Applied Human Nutrition, Mount Saint Vincent University

Contact

Gina Funicelli, Director, Industry Liaison Office
t. 902.491-6297 e: gina.funicelli@msvu.ca