The Human Nutrition Research Centre (HNRC) was established in 1994 as a multi-disciplinary, cross-faculty research centre.

In 2014 the Human Nutrition Research Centre celebrated its 20th Anniversary. To mark the occasion a 20th Anniversary Symposium was held at Newcastle University on 15 October 2014.

Delegates were welcomed by Professor Nick Wright, Pro-Vice Chancellor for Research and Innovation.

The day included presentations from some of the HNRC’s Alumni, including Professor Sir Georg Alberti, Professor Andrew Rugg-Gunn and Dr Liz Williams. Presentations from the Research Theme Leaders, senior researchers, post docs and students.

Delegates had the chance to view the excellent poster display over the lunch break, which included posters from the HNRC’s younger researchers, students and the three competition finalists. The finalist gave a short poster presentation.

Simon Bowles won first prize with his poster on ‘Young adults are at risk of vitamin D deficiency due to low dietary intake and a shorter 25(OH)D3 half-life’.

Kay Mann took second prize with her poster on ‘Whole Grain Intake in the UK and the association with other foods, nutrients and markers of health’.

Sadat Abdulla Aziz took third prize with his poster on ‘Genistein promotes a gene expression profile characteristic of brown rather than white adipocytes and increases Sirt1 expression in mouse NIH3T3-L1 cells’ – congratulations to all three finalists.

The symposium closed with a presentation given by Professor John Mathers, Director of the HNRC, on ‘New frontiers in nutrition research’.

Celebrations continued into the evening with a drinks reception and buffet supper, followed by live music from the Newcastle Ceilidh band.

Feedback from the event...

“Thank you very much for inviting me and your kind welcome. A different perspective was stimulating and the day extremely enjoyable”

“The work going on across the HNRC is seriously impressive. I don’t know of anywhere else that could possibly showcase such a breadth of activity.”

“It was a pleasure to hear about the impressive range of work that has been undertaken at the HNRC”