

FOOD BIOCHEMISTRY

Enhancing the nutritional value of plant-based foods and grains.



Research Areas

- Dietary fibres and associated minor phytochemicals in cereal grains;
- Molecular interactions between soluble fibres and small, nutritionally relevant ligands;
- Development of analytical methods to study weak interactions between polysaccharides and small molecules;
- Natural variability of health promoting substances and stability affecting factors in cereal grains.

Regions

Switzerland and Europe.

Partners

Various academic groups; Agroscope; ZHAW; and some companies.

Contact

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www.foodbiochem.ethz.ch ightarrow

Contribution to the WFSC

The group of Food Biochemistry conducts research on plant-based foods, with a special focus on dietary fibres and associated health-promoting phytochemicals, thereby helping in optimizing the nutritional quality, processability and stability of staple foods. By optimizing the nutritional value of grain-based foods and other edible plants and seeds through selection of right varieties, health benefits can be achieved once consumed. The focus is mostly on plant based raw materials and ways to optimize their processing parameters to maximize nutritional quality and stability, through a detailed molecular-level understanding of mechanisms of action and biomolecular interactions between various food constituents.



Prof. Laura Nyström

