

Lantmännen is funding research project at Chalmers on whole grain and its effect

The Lantmännen Research Foundation, which continuously collaborates with academia, is co-financing a new dietary study conducted by Chalmers University of Technology.

Whole grains are part of a study on precision nutrition where the question of whether we are affected differently even if we eat the same food is investigated. A total of 4,500 people are included in the study, which looks at individual responses and effects after meals. The four meals included are high compared to low fat, and high compared to low whole grains.

"We are very pleased with the funding from the Lantmännen Research Foundation, which has given us the opportunity to participate in the follow-up of the SCAPIS study. The advanced and thorough studies that are carried out in the study on heart and lung health are unique in the world and give us unique opportunities to investigate how metabolic responses to the intake of different standardized meals affect the risk of disease," says Malin Barman, research coordinator for the Chalmers substudy, SCAPIS2-HOME.

The collaboration with Chalmers is an example of Lantmännen's continuous work to better understand the health consequences of food. In addition to Lantmännen Research Foundation co-financing the study, the company contributes with whole grain products to the research project.

"The study will contribute a lot of knowledge and hopefully pave the way for more understanding of how the food we eat plays a role in our health. We still have a lot to learn about the health effects of food, and the collaboration with Chalmers is a way to gain greater insights," says Lovisa Martin Marais, Nutrition Manager Lantmännen R&D, at Lantmännen.

The study can provide insights into the potential benefits of, for example, choosing whole grain products depending on the consumer's gut flora or other factors.

The study will run for two years, starting in 2024.

More information

- The study is a sub-study of the follow-up study currently being conducted on 15,000 individuals who joined the SCAPIS study 10 years ago. It is a unique study and knowledge bank for researchers in heart, vascular and lung diseases.
- The new study also examines diet thoroughly, which can provide important pieces of the puzzle for how we can best prevent and alleviate diseases in the future.
- 15,000 individuals will participate in the 10-year follow-up of SCAPIS. Of these, 4,500 will be invited to the dietary study, with 3,200 from Gothenburg and 1,200 from Umeå. The large amounts of data are unique to Sweden.

For more information, please contact us

Lantmännens pressavdelning

Tel: 010 556 88 00

E-post: press@lantmannen.com

About Lantmännen

Lantmännen is an agricultural cooperative and Northern Europe's leader in agriculture, machinery, bioenergy and food products. Owned by 18,000 Swedish farmers, we have 12,000 employees, operations in over 20 countries and an annual turnover of approximately SEK 70 billion. With grain at the heart of our operations, we refine arable land resources to make farming thrive. Some of our best-known food brands are AXA, Kungsörnen, Scan, GoGreen, FINN CRISP, Schulstad and Vaasan. Our company is founded on the knowledge and values acquired through generations of farmers. With research, development and operations throughout the value chain, together we take responsibility from field to fork. For more information: www.lantmannen.com