



Janine WIRTH

Technology centre: Food for Health Ireland (FHI), University College Dublin (UCD)

Academic Mentor: Lorraine Brennan

Commercial Partner: Kerry Group

Commercial Mentor: Maurice O' Sullivan

Janine's project aims to investigate the impact of protein ingestion on different health parameters in adults, especially in the elderly population. She will examine this research question using interdisciplinary approaches, including systematic literature reviews, analysis of observational studies and the conduction of a randomized controlled trial.

Janine received her PhD in Public Health at the Technical University in Berlin, Germany, and also has degrees in Nutritional Science and Home Economics (diploma), Food Science (MSc) and Epidemiology (MSc). She finished her doctoral thesis at the German Institute of Human Nutrition, where she continued to work on different lifestyle factors in cardiovascular research until she got awarded with a fellowship at the Harvard T.H. Chan School of Public Health in Boston, USA.

Janine published 15 articles in peer-reviewed journals (8 as first author), presented her work in several national and international conferences and authored a book chapter.

Food for Health Ireland (FHI) Technology Centre

The Institute of Food and Health is a multi-disciplinary, campus wide initiative with 36 Principal Investigators and their teams providing world-class expertise in food and health research. It is housed in the UCD's newly re-furbished Science South Centre. The biomedical and life sciences research facilities are the most advanced in the country, such as technology platforms, including ~omics techniques.

Lorraine Brennan

Lorraine Brennan is a Full Professor of Human Nutrition in University College Dublin, Ireland. Professor Brennan is at the forefront of nutrition and metabolomics research, running the Nutrition, Biomarkers, and Health research group, obtaining considerable National and European research funding and publishing high impact peer-reviewed articles. Prof Brennan's work has been published in more than 180 peer-reviewed journals. She has an active Outreach programme engaging with the local community in terms of Food and Nutrition. Professor Brennan is Editor in Chief of Nutrition and Metabolism and Associate Editor for the American Journal of Clinical Nutrition.

Maurice O' Sullivan

Maurice O' Sullivan holds a B.Sc. Food Chemistry & Nutrition (University College Cork) and M.Sc. Food Chemistry (University College Cork). He has significant research experience working in the Food & Beverage industry, specifically in areas such as New Product Development, Food Processing, Dairy processing, Dairy and Plant Protein Chemistry, Dairy and Plant Protein Hydrolysates, Protein functionality, Nutrition Science, Nutritional ingredients and has a broad Food & Beverage application knowledge. He is Global Director of Research & Development for Kerry Group's Protein Technology based at their Global Technology & Innovation Centre in Naas, Co. Kildare and is responsible for the research, development and commercialisation of protein-based ingredients for nutritional and techno-functional applications.

Kerry Group

Kerry Group is a global leader in the industry of food and beverages have annualised sales in excess of €6 billion and employ over 26,000 people globally. Kerry is the largest and most technologically advanced developer and provider of taste and nutrition solutions worldwide. Kerry is a leading supplier of added value brands and customer branded foods to Ireland, the UK and international markets and supplies over 15,000 food, food ingredients and flavour products to customers in all sectors of the food, beverage and pharmaceutical markets.

Janine's project

“Timing of protein intake and its impact on muscle function and health outcomes”

Resistance exercise training, in combination with dietary protein supplementation, has been promoted as an effective approach to attenuate the loss in muscle mass with age.

This project will be conducted in three stages: First, we will gather background information and the state-of-the-art evidence relevant for the project within systematic literature searches. Subsequently, we will analyse the association between protein intake and its relationship to metabolic health parameters, using data from prospective cohort studies in adults. Finally, a randomised controlled trial will be conducted to test the impact of protein supplementation on different health outcomes.

The results of the studies might have important implications for public health promotion, if our findings indicate an improvement of muscle function or other health outcomes.
