



Prof Dr. Fred Brouns

Prof Dr. Fred Brouns obtained a PhD at Maastricht University in the Netherlands for his nutrition physiology research “Food and Fluid Related Aspects in Highly Trained athletes” For this work, which included aspects of food and drink consumption, carbohydrate, protein and lipid metabolism during intense physical performance, he was awarded the Dutch Sports Medicine Award.

Fred has >25 years experience in the field of life sciences and health nutrition, headed international R&D functions in the area of Nutrition and Health/Nourishing the World, at Wander Dietetics, NL, Sandoz Nutrition, NL, Novartis Nutrition, CH, Eridania Beghin Say, BE, Cerestar, BE and Cargill Inc, BE and USA.

At the International Life Sciences Institute (ILSI) Europe he acted as chair of the Carbohydrates Committee and in various expert panels (o.a. glycemic index, postprandial glycemia, satiety regulation). At IDACE, Paris, he chaired the expert panels Infant Nutrition; Sports Nutrition; Functional Foods and Food Supplements.

Fred became invited member of the British Nutrition Society and is a registered Biomedical Researcher as well as board member (2008-2012) of the Dutch Academy of Nutritional Sciences. He obtained fellowships of the American College of Sports Medicine and the European College of Sports Sciences, published extensively and is a frequent global educator and speaker in the field of Life Sciences and Nutrition.

Since 2008 he holds a full chair in Health Food Innovation at the Faculty of Health, Medicine and Life and Sciences within the research school NUTRIM School of Nutrition and Translational Research in Metabolism, Maastricht University. His current main focus is on research related to health and disease aspects of plant bioactives from mushrooms, sugars, carbohydrates and dietary fibers as well as whole grain, cereals and gluten. Jan 2015 he founded his own consultancy firm “Brouns Health Food Consulting-FOOD MATTERS.