

Resume Fred Brouns

Prof Dr. Fred Brouns obtained a PhD at Maastricht University in the Netherlands for his research “Food and Fluid Related Aspects in Highly Trained athletes”. For this he was awarded the Dutch Sports Medicine Award. Fred has >35 years experience in the field of nutrition sciences and health. He headed international R&D functions in at Wander Dietetics, Sandoz Nutrition, Novartis Nutrition, Eridania-Beghin-Say, Cerestar and Cargill Inc. He chaired various food and nutrition expert panels at the International Life Sciences Institute (ILSI) Europe, Brussels and at IDACE, Paris. Fred became invited member of the British Nutrition Society and is a registered Biomedical Researcher of the Dutch Academy of Nutritional Sciences. He obtained fellowships of the American College of Sports Medicine and the European College of Sports Sciences.

Fred published > 300 science papers and presented many key-note lectures worldwide. He was awarded several innovation prizes. From 2008 - 2015 he held a full chair “Health Food Innovation” at the Faculty of Health, Medicine and Life and Sciences, within School of Nutrition and Translational Research in Metabolism (NUTRIM), Maastricht University. His main research interests concern vitality and physical function in health and disease, related to aspects of carbohydrates, sugars, sweeteners, dietary fibers and starchy staple foods, in particular grains.

He initiated the international research consortium “Well on Wheat?” addressing adverse reactions to wheat and gluten. Fred was awarded the Fellowship of the ICC Academy in 2016.