



# Turkish Flour Industrialists' Federation Celebration of 10<sup>th</sup> Foundation Anniversary International Congress and Exhibition

**“Wheat, Flour and Bread: Past, Present and Future”**

March 13-16, 2014, Titanic Deluxe  
Belek, Antalya, Turkey

## FINAL DECLARATION





**10th YEAR ANNIVERSARY OF THE TURKISH FLOUR INDUSTRIALISTS' FEDERATION AND INTERNATIONAL  
CONGRESS & EXHIBITION-FINAL DECLARATION  
"WHEAT, FLOUR AND BREAD: PAST PRESENT AND FUTURE"  
Titanic Deluxe Hotel, Antalya 13-16 March 2014**

**TURKISH FLOUR INDUSTRIALISTS' FEDERATION FINAL DECLARATION**

It was not so long ago, only a decade before that Turkey was exporting a mere 780 thousand tons of wheat flour. Turkey has come a long way from those days and is now a country successfully proceeding on its way with an average of 2 million tons and standing out among the numbered countries deemed as leaders in wheat exportation; a country prevailing in its struggle to reach the peak.

According to data provided by the Turkish Statistical Institute (TÜİK), our country has ended the year 2013 with wheat export exceeding 2,1 million tons and approximately an income of 950 million dollars. This is an all-time record. With this value Turkey has doubled its wheat exportation from levels of 425 million dollars of 5 years ago and in this way proves that it is further increasing its success by each year. In our 2014 targets, with the resolution of current problems, we aim to reach a higher level and wish to and are conscious of succeeding in obtaining another record.

Turkey, as a country getting ahead of its competitors by far and transforming its geographical positioning into an opportunity, currently exports to more than a hundred

countries and its export market is expanding to wide geographies ranging from Africa to

Asia. Consequently our country deserves praise and all kinds of support with its feature as a country with a most extensive exportation range and colourful structure.

Within this framework we, as the **Turkish Flour Industrialists' Federation (TUSAF)**, are continuing our activities both in terms of showing the way in the determination of the problems existing in the flour sector which is also the pride of the Turkish economy in the agriculture and food sector and in terms of preparing informative and constructive publications as well as by providing objective and guidance via congresses and meetings on a national and international platforms. All of our such activities are conducted through coordination and cooperation with other non-governmental organisations, beginning with the public sector, as well as with professional organisations and international institutions. This will continue to be our method of working henceforth.

Dating back to 1200 BC and endowed as a gift during those times the wheat grain is now revived as the beloved of our tables, our traditional value, as bread.

All our efforts are to understand the past of our bread and wheat, left to us from our ancestors and still of an immense value and importance on our tables, to appreciate its present and protect its future.

And we, as the trustees of our wheat with which our acquaintance dates back to ancient times, are sufficiently aware that the importance and value attributed to wheat and bread will crown our success. Hence we are honoured and proud to provide financial and moral support to this process through the International Congress and Exhibitions we organise as TUSAF on an annual basis.

Setting forth from this objective; we used images from **Göbekli Tepe** in the introduction film of the International Congress and Exhibition organised in 2013 in an effort to manifest this cultural heritage of ours via our visitors. On the other hand, in this year's International Congress and Exhibition we have brought to you the "Göbeklitepe Presentation Project Exhibition" sponsored by the Doğuş Group. The aim of this exhibition was to introduce and to promote on an international platform, Göbekli Tepe which is the address where evidence demonstrates that wheat was firstly cultivated and bread was made after this wheat was grinded. This location also encompasses a center known as Körliktepe, a location that best represents the cultural accumulation which continue to evoke admiration even as of today.

Fitting many accomplishments and praise to its ten years, the international congress and exhibition namely, "**Wheat, Flour and Bread: Past, Present and Future**" organized by the Turkish Flour Industrialists' Federation has gathered flour industrialists, traders and suppliers, mill mechanics and laboratory, bread and other bakery products manufacturers as well as many esteemed

academics and experts both from the public and private sector, received 780 national and international delegates and hosted its largest organisation yet with 45 exhibition areas with the International Congress and Exhibition the Federation organised between 13-16 March in Antalya Titanic Deluxe Hotel where it has been also be celebrating its 10th Year. As TUSAF we would like to extend our thanks and gratitude to the Ministry of Food, Agriculture and Livestock, Ministry of Health of the Turkish Republic, Turkish Grain Board, the Union of Chambers and Commodity Exchanges of Turkey which have all supported us and to all our sponsors; beginning with **Uğur Makine (Machinery), Meko, Altınbilek, BBKA Storex, Alapala, Mysilo, Gaziantep Commodity Exchange, Kızılar/Çukurova, Genç değirmen, Aybakar, Yükseliş, Altuntaş Obial, Buhler, Ana Değirmen, Alp Reyat, CNBC-e and Doğuş Group** as well as all our supporters participating in the exhibition area. We hope that we will have the opportunity to work together with all of you in the following year also.

We, as the TFIF family, think that this congress and exhibition, being a good example of our synergy and mutual interaction with our colleagues, is especially important since it was organized in the 10th anniversary of our federation.

With the objective to refresh our knowledge in the light of scientific data and market facts, to reinforce the existing and possible future business relationships, to establish new connections and to gathering all actors of the

industry together, the following sessions and meetings for the current issues were held:

a) Scientific Sessions:

- Session I: "Past, Present and Future of Wheat"
  - Session II: "Flour Industry and Future Vision"
  - Session III: "Role of Bread in Balanced Nutrition I"
  - Session IV: "Role of Bread in Balanced Nutrition II"
- as well as

b) Trade Sessions and bilateral discussions,

c) Presentations of 45 institutions and organizations in the exhibition area,

d) Promotional films, public spotlights, civilization of wheat, Göbeklitepe

e) Exhibitions

- Exhibition I: "Göbeklitepe Exhibition"
- Exhibition II: "TFIF 10<sup>th</sup> Anniversary Photograph Exhibition"

**Mr. Erhan ÖZMEN**, the Chairman of Executive Board, Turkish Flour Industrialists' Federation, stated in his opening speech that he was happy to note the increasing trend of Turkey's flour export, which peaked in 2013, and highlighted that it was not a coincidence but our products had spread to the market, serving a broad area.

He noted the important roles of the directors of the Federation and Association, the Ministry of Food, Agriculture and Livestock, Ministry of Economy, Ministry of Customs and Trade, TMO and Exporters Unions, and thanked all of the contributors. He also said that the current success was not sufficient, but the objective

was to improve the image and increase the brand value of Turkish flour further and to achieve the EU levels of prices.

Mr. ÖZMEN noted the latest data and predictions regarding wheat production in Turkey and all around the world, and pointed out that their mutual cooperation with the ministry and TMO would continue.

He stated that their position against the recent systematic smear campaigns targeting flour and bread would be to conduct studies within the scope of the project "Restoration of Bread's Reputation" working with their supporters.

The main sponsor, **Mr. Okçul BARLIK**, speaking on behalf of the sponsors of the congress, spoke highly of the current position of the sector.

**Mr. Faik YAVUZ**, the Executive Accountant Board Member, The Union of Chambers and Commodity Exchanges of Turkey, drew attention to the unutilized capacity in the sector, and mentioned the possible benefits of improvement of seed quality and enhancement of scope and quality of licensed warehousing applications for the sector.

**Mr. Gery SHARKEY**, the Chairman of Executive Board, European Flour Millers Association (EFM), summarized the existing condition in their own region, and pointed out that the unutilized capacity was also an issue in Europe and also gave information about their advertising activities in Kazakhstan and China.

**Mr. Mesut KÖSE**, the General Director, Administrative Board and General Directorate (TMO), pointed out that 840 million people were undernourished in the world and 10 million people had died of starvation, and the success of the campaign to prevent bread waste.

**Mr. Vedat MİRMAHMUTOĞULLARI**, an undersecretary of the Ministry of Food, Agriculture and Livestock, emphasized the importance of Wheat, Flour and Bread, which was the main theme of the meeting, and expressed his wishes for favorable consequences.

In the first session of the congress, the importance of "einkorn wheat/emmer wheat", which occupy an importance place in the historical development of wheat, as a source of genes, and "Göbeklitepe" was emphasized as well as the importance of the region for human civilization. The speech continued with screening of a video of archeological activities. This session also included discussions of the predictions concerning domestic and international wheat productions, and ended with presentations on the trends and expectations with regard to world wheat and flour trade.

First session was moderated by **Mr. Simon Arnold and Associated Prof.Dr. Ahmet Uhri, Mr. Çağatay Maraş, Mr. Alain Butler, Dr. Dmitri Rylko and Ms. Amy Reynolds** have made their presentations.

In the second session, presenters addressed the training issue in the sector and summarized the attempts for training of tomorrow's millers. In summary, it was emphasized that training was a process and required cooperation of the government, universities, private sector and non-governmental organizations. The importance of contribution of national and EU sources in the sectoral development was expressed. The session was closed with the speeches about the vision for the future of the flour industry which highlighted that the past, present and future should be assessed together.

The second session was moderated by **Mr. Tolga Saltık, Deputy Chariman of TUSAF and Dr. Taylan Kıymaz, Prof.Dr. Hamit Köksal, Ms. Melinda Farris and Ms. Sibel Güven** have made their presentations.

The third and fourth sessions were on the "Role of Bread in Balanced Nutrition". The presenters pointed out cereals had been the main source of human nutrition throughout the human history and that in spite of thousands of scientific studies on the issue, promotion of some "so-called" eating patterns, which were nowhere near scientific, might cause irreversible damage to human health. They warned that those misleading popular trends of the last 50 years should be avoided, a healthy and balanced nutrition was essential for human life, and for that purpose cereals, in particular whole-grains should be consumed and used.

They presented scientific evidences that people that were not involved in nutrition

science had been misleading the society with regard to losing weight, suggesting avoiding “bread and cereals”, but such type of eating patterns became clear threats for human health due to their metabolic disadvantages. They stated that whole-grain bread and cereals were unique sources to prevent ketosis and eliminate its intensity in a healthy weight-loss diet.

The presenters also expressed the important roles of some bioactive elements as the natural components of wheat and other cereals, especially in the bran, such as tocopherols, carotenoids, phytic acid, glutathione, ferulic acid, tocotrienols, phytoestrogens, isoflavones, lignans and glucose-fructose, in the metabolism. It was also highlighted that soluble and insoluble fibers, contained in wheat in large rates, were effective and important for finding solutions for especially cardiovascular diseases, diabetes and gastrointestinal system problems.

It was stated that the claim that sufficient consumption of whole grains and bread in diets causes obesity was not acceptable since a diet including such cereals had been shown scientifically to be easier to adapt. It was reported that cereal based nutrition in the world had been in a decreasing trend in the last 30 years while obesity rates were increasing, and such trend was manifested in the example of the United States where consumption of cereals was at lower levels compared to France and Italy but obesity rates were much higher than those of France and Italy.

The presenters emphasized that “Balance and Diversity” should be among main considerations for nutrition and that no food element could lead to miraculous consequences on its own.

#### **III-IV Session-Role of Bread in balance Nutrition: Summary Spotlights of Presentations**

**Prof.Dr. Ayşe Baysal** has opened this sessions and **Prof.Dr. Gülden Köksal** and **Doç.Dr. Sertaç Özer** has moderated the sessions.

#### **Dr. Bekir KESKİNKILIÇ / Vice President of Public Health Agency of Turkey - Turkish Ministry of Health**

In the period between 1990 and 2011, life expectancy in Turkey increased by 10 years while a 6-year increase has been announced for those countries which are classified in the income group of Turkey. The average life expectancy in Turkey has risen to 76 years.

The main causes of non-contagious preventable chronic diseases which among the major causes death are: Unhealthy nutrition, physical inactivity, tobacco use, excessive use of alcohol. Cardiovascular diseases, seizures, and Type II Diabetes can be prevented by up to 75% and cancer by up to 40% if recommendations are followed.

Obesity, which is caused by unhealthy nutrition and physical inactivity, threatens our future. According to the results of “Research on Health and Nutrition in Turkey” covering adults at an age of 19 or more in 2010, 30% of

Turkish population is obese. The strategies implemented to improve healthy eating habits and to decrease prevalence of obesity, as the main objectives within the scope of "Turkey's Healthy Nutrition and Active Life Program (2014-2017)" include reduction of salt content in food, further increase of fiber content in bread and popularization of whole-wheat bread. A recent communiqué of the Ministry of Food, Agriculture and Livestock, which reduces the salt content of bread while increasing the fiber content, is an important step for public health.

In Turkey, about 5 thousand babies are born with Spina Bifida every year due to the lack of folic acid. While the frequency of Spina Bifida is 3 per thousand in the Western part of the country, it is 8 per thousand in the Eastern and Middle Anatolia with an increasing number of patients. The cost of Spina Bifida from the birth to the age of 15 is approximately 500 thousand dollars per person. The "Health in Bread, Health with Bread" principle of our program intends to improve human health with some micronutrient supplements, in particular iron, folic acid and vitamin D, for the bread as such nutrients are critical but may be insufficient in daily meals.

#### **Dietitian Dilara Koçak / Mezura Sağlık**

We have a lot of sayings in Turkish including the Turkish word for bread which is "Ekmek": Ekmeğini çıkarmak, Ekmek Aslanın Ağzında, Kuru Ekmeğe Muhtaç Olmak, Ekmeğini Taştan Çıkarmak, Ekmek Kapısı, Ağacın Kökü Toprak, İnsanın Kökü Ekmek... In the Paleolithic Era, people hunted wild animals and collected roots, seeds and fruit to survive. The earliest

residues and history of bread and wheat-as the raw material of bread- date back to the Neolithic Era. Archeological evidence for the transition from hunting to agriculture have been found in Şanlıurfa-Göbeklitepe (BC 10000), Diyarbakır- Çayırönü (BC 7000), Konya-Çatalhöyük (BC 6800-5700), Burdur-Hacılar (BC 6750-6500) and Mersin-Yumruktepe (BC 6000). Since then human has evolved his way of living from hunting-gathering, which lasted for a very long time, and become a species that actively modifies the surroundings in order to meet his needs. This transition points out to very important milestone in 2.5-million year history of humanity.

The journey of flour started when cereals were first grinded with ground stones and then between two stones in stone mills. People have been cooking the mixtures of grinded cereals and water to produce unleavened breads with different names, such as Lavaş, Pita, Naan, Sengek, Tortilla, Roti, etc., throughout the world. Humanity waited for thousands of years for the bread, as we know today. Coincidental discovery of leavened bread also bestowed on the humanity its oldest industrial microorganism. First use of yeast by human was before the development of written language. At first, wheat, corn, rye and barley flour were usually used, and oat flour use in bread for the first time was much later.

The dishes with which bread is consumed the most are vegetable dishes, kebabs and soups. With the new regulation, the salt content has been reduced and fiber content has been

increased in the bread to make it healthier. Nutrition including whole grains enables taking the body weight and obesity under control, prevention of high blood pressure, decreasing cases of heart diseases, prevention of metabolic syndrome and diabetes, strengthening the immune system and preventing some types of cancer. Refined white flour include nutrients such as Thiamin, Riboflavin, Vitamin B6, Folate, Iron and Niacin in small amounts, while whole-wheat flour is more nutritious. Regarding the relationship between wheat and obesity, France and the United States can be compared; wheat consumption per person in France is 50% more than that in the United States, but the proportion of obese people is far less in France. Italian people consume wheat twice as much as Americans, but the percentage of obese people in Italy is one-fourth of that in the United States. Studies on flour include also enrichment attempts. It is possible to make wheat flour healthier and useful for human through enrichment with folic acid and iron.

**Elena Paravantes-Hargitt / President of American Overseas Dietetic Association**

A meal without bread is not complete. The Mediterranean diet has a long history. In the Mediterranean Diet Pyramid, whole grains, fruit and vegetables, olive oil and dairy products are at the bottom, and should be consumed every day. These are followed by fish, white meat, olive, legumes and nuts, potatoes, eggs and sweets, which should be

consumed a few times a week. Red meat is on the top of the pyramid and can be consumed several times a month.

In ancient period, bread was included in every meal, provided satiety and increased enjoyment. Bread is a basis of the semi-vegetarian Mediterranean diet; bread + vegetables is a natural pairing; bread with olives or cheese becomes a meal on its own; the Mediterranean diet is a moderate carbohydrate diet. Most bread was made with unprocessed flours as those were cheaper; yet these were a source of fiber, source of vitamins and main source of energy.

In the Mediterranean diet, bread is always not presented as it is. It is also consumed in the form of Phyllo, a pastry flavored with herbs and cheese, Pita, Paximadi, Grissini and Pizza. The Mediterranean diet is a very valuable eating pattern in which bread contributes to the health benefits of the diet.

**Dietitian Elvan Odabaşı KANAR/Formeo**

Dietitians do not forbid bread, which is the most important component of a meal; they disapprove of forbidding bread and do not suggest popular diets that forbid bread. "Cut down on bread, lose weight": "Urban legend" diets advertized from time to time use this slogan very frequently, but it communicates a misleading message. Urban legend popular



diets have a long history: 1820- Apple cider vinegar diet, 1925- Reach for a Lucky Instead of a Sweet, 1930s: Hollywood diet-grapefruit diet, 1950s- Cabbage soup diet, 1972- Atkins diet, 1995- Zone diet, 1997-Blood type diet, 2000s- Dukan diet, 2010- Metabolic balance diet, 2010- Gluten-free diet model and finally 2011- Karatay diet in Turkey.

These diets are generally based on restriction of carbohydrate consumption, but allow foods containing higher percentage of fats and protein. Long term effects of large amounts of protein and fats on vital organs are not known. This type of diets cause quick weight loss, but a well organized diet would do the same in the long term. However, they differ in terms of the risks: A number of studies have found that low glycemic index and high-protein diets increase cardiovascular risk factors, besides weight loss. In practice, risk of cardiovascular disease increases by 5% for each 20 grams of decrease in carbohydrate consumption and 5 grams of increase in protein consumption. Excessive red meat consumption suggested by some diets increase risk of colorectal cancer.

Scientific findings, disagreeing with those diets forbidding bread, indicate that fiber content of whole grains regulate the digestion system and decrease the risk of obesity, some types of cancer, diabetes and cardiovascular system diseases. The findings repeated by the studies conducted in this field have shown that use of products with whole grain content in a diet decreases cardiovascular system diseases by 25-36%, Type 2 diabetes by 21-27%, digestion system cancers by 21-43% and obesity by 47%.

In an 8-year study on the relationship between consumption of whole grains and refined products, weight gain of individuals consuming 1.5 portions of whole grain was 0.5 kg less than that of individuals consuming 0.9 portions of whole grains. Therefore, it was determined that an eating pattern rich in whole grains is directly related to a low Body Mass Index, smaller waist and decrease of overweight risk.

**Prof. Dr. Funda ELMACIOĞLU / Head of the Department of Nutrition and Dietetic in Marmara University**

World Health Organization and American Academy of Pediatrics recommend exclusive breastfeeding for the baby's first 6 months of life, and after six months continued breastfeeding complemented with appropriate foods.

Adequate and balanced nutrition requires a diet with diversity. In this respect, the source of 55-60% of daily energy intake should be carbohydrates. Balanced diet should involve whole-wheat bread, rye bread, cracked wheat and legumes which contain complex carbohydrates with indigestible fibers.

20-24% of required total energy intake, 8-32% of iron, 26-28% of protein, 6-38% of calcium, 18-42% of vitamin B1, 8-20% of vitamin B2 and 10-18% of Niacin (according to the 2010 data of Research on Health and Nutrition in Turkey). The risk of some diseases decreases significantly for those individuals who consume whole grains. Consumption of whole-grain products should be increased in our country.

**Prof. Dr. Julie Miller Jones/St. Catherine University**

There are many claims about wheat and grain being disease causing in books published all over the world. They generally assert that wheat and grain are genetically changed, addictive and that they lead to obesity, allergies and celiac, diabetes, and dementias and brain disorders. It is fact that in the United States wheat consumption has decreased recently while obesity rates have been increasing; and this fact casts doubt on the claim that grain consumption would lead to increase in obesity rates. Obesity is not an issue in less developed countries where grain consumption is much more than that in developed countries.

In a study on the relationship between grains and diabetes, it was found that an increase in consumption of whole grains decreased the risk of diabetes. It was shown that cereal fiber is more effective in decreasing the risk of diabetes compared to other fibers. Intake of 90 grams of whole grains per day decreases the risk of cancer by 20%.

There are a lot of studies conducted recently and concluding that gluten intolerance has increased. However, a study on children shows that the common allergens are milk (2.5%), eggs (1.5%), peanuts (1.4%), while the rate wheat allergy (celiac) is only 0.4%.

There many unfavorable claims about wheat, but they are only claims. Celiac and autoimmune diseases are increasing, but the

exact reason is not known yet. There is no data supporting claims that wheat or any other food cause addiction. Whole grains are associated with reduction in risk of diabetes, hearth disease and overweight. Eat whole-grains to help protect your health.

**Prof. Dr. Murat Baş/ Department of Nutrition and Dietetic in Faculty of Health Sciences of AcıBadem University**

Bread, as one of the main food source in Turkish society, is an important component of daily diet with its nutrient content, and also an essential source of carbohydrates, protein, iron, zinc and vitamin B1. Bread also contains significant levels of magnesium, potassium, niacin, vitamin B2, folic acid and vitamin B6. Approximately 44% of daily energy intake is provided by bread and 58% by bread and other cereal products. A study conducted in 2010 found that daily bread consumption per person has decreased to 200 grams from the 1974's value of 450 grams. The obesity rate, on the other hand, has increased from 15% in 1974 to 35% in 2010, which shows us that obesity and bread consumption are not directly related.

Whole-grain food products are rich in dietary fiber, essential fatty acids, antioxidants, phenolic compounds, phytoestrogens, vitamins and minerals. Food refining leads to a 50% decrease, or more, in the amount of Vitamin B1, (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6, Folate and Vitamin E.

In a study where 122 women over the age of 18 were divided in two subject groups,

experimental and control groups, the two groups were subject to a low calorie diet which included bread for the experimental group but not for the control group. At the end of 16 weeks, it was found that the anthropometric measurements of both groups had decreased significantly, and that the group consuming bread adapted to the diet well while in the other group there were individuals giving up the diet.

In another study, which involved 2213 subjects and lasted 4 years, the relationship between the change in bread consumption and increase in weight and waist circumference was evaluated, and increase in white bread and weight/waist circumference increase were found to have a dose-response relationship. In order to reduce weight increase and abdominal fat, white bread consumption should be decreased, not whole-wheat bread.

Whole-wheat bread holds hunger at bay, has favorable effects on appetite-control hormones, causes feeling of fullness in the abdomen and delays stomach emptying, improves feeling of satiety, and slows down insulin release due to slow absorption.

**Dietitian Selahattin DÖNMEZ / Farketmeden Diyet**

In an environment of high rates of overweight where weight loss and maintenance attempts fail, Individuals tend to find the ideal weight-loss diet. Moreover, consumers become interested in new approaches as long as the “experts cannot decide” on the best diet in the

market. That is why misleading popular diets focus on the amount of carbohydrates, proteins and fats in a nutritional element based on their contribution to the total energy intake because different claims using these amounts can make difference in attempts for healthy weight loss. Popular trends contradict to advices given by scientific institutions.

Although most of the popular diets do not directly provide any specific suggestion regarding bread, those who support restriction of carbohydrates propose strict restrictions of cereals, including bread, as well as starch vegetables and fruits; for those cereals are unadvisable nutrients. The most important complication of low-carbohydrate diets is ketosis. This is followed by increase of uric acid in blood. A number of studies indicate that carbohydrate restriction does not make a difference in appetite and satiety compared to low-fat or balanced low-calorie diets, and that ketosis does not suppress appetite. There is no scientific evidence to prove that low-carbohydrate ketogenic diets provide metabolic advantage over balanced low-calorie diets in terms of weight loss. Side effects of low carbohydrate diets include bad taste, gastrointestinal problems, decrease in blood sugar, dizziness, headaches, insomnia, nausea, thirst, tiredness, weakness and prostration. There is evidence that low carbohydrate diets cause bone loss associated with excessive consumption of meat and restricted consumption of vegetables-fruits, and trigger calciuria due to renal acid load associated with excessive protein intake.

Studies show that excessive protein intake causes adaptive changes in renal size and function, but it is not irreversible. Low carbohydrate diets can lead to an increase of cancer risk in the long term due to unhealthy nutrition lacking fruits, vegetables and dietary fiber. Low carbohydrate diets are reported to include high levels of saturated fat and cholesterol, but vitamins E, A, B1, B6, folate, calcium, magnesium, iron, potassium and dietary fiber below the recommended levels. In the first days of a ketogenic diet, the weight loss is due to loss of water; however, it is reported that individuals continuing their low carbohydrate diets gain the water they have lost back. Weight loss should be adjusted to personal needs with balanced diets and such diets should be maintained for a lifetime.

**Sylvia A. Escott-Stump/ President, Academy of Nutrition and Dietetics**

Bread provides the largest source of carbohydrates in a day. The brain and red blood cells require carbohydrate in the form of Glucose to be available at all times for their functions. Our key goals for a healthy life should be to reduce overall calories, added sugars and avoid sodium. This can be achieved by consuming a more plant-based diet and more whole grains. Polyphenols, an important bioactive component of whole grains, are fundamental for human health. In order to reduce health risks, consumption of whole grains and cereal fibers with 25% bran is necessary. Consumption of whole grains can also decrease the risk of cardiovascular

diseases, Type 2 diabetes, fatty liver disease, metabolic syndrome and obesity.

Because of all those positive effects on health, 40 grams or more of whole grains should be consumed daily.

**T**he public opinion should know that;

- The importance and value of wheat which has strategic significance should be grasped as a nation. Our wheat production this year has broken an all-time record of the Republic period and the aim should be to increase this production on an annual basis and in the infrastructure activities conducted to serve this aim everybody, from the farmers to nongovernmental organisations should act conscious of their tasks and responsibilities.
- Incentives and assistance to wheat production should increasingly continue and the training and raising of awareness necessary for the producer to comply with the developing era should be rendered perpetual.
- On behalf of increasing Turkey's flour trade and success in the global market; the public institutions and nongovernmental organisations should be in cooperation with each other and attention should be paid to enable that the steps taken are constructive.
- Commercial relations should be developed in order to further expand Turkey's extensive exportation range and reports and studies

should be conducted and presented to discover new markets.

- Assessments and studies should be conducted regarding the future vision of our flour sector and potential problems and issues should be determined beforehand and resolved. Our 2014 target bar should be elevated via the solution of our current problems and thus we should find it in ourselves to and be conscious about undersigning another record.
- Especially during recent times the information pollution regarding flour and bread has reached severe dimensions. Struggling against this issue is a task that falls on everybody bearing professional and ethical responsibility. The ethical responsible of a scientist is to assess and analyse information primarily through their own filter and in light of scientific data before sharing the said information with the public. Confusion is caused among the society by so-called positive information emphasising negative or verbal features which have not been proven regarding both flour production and bread consumption. Unfortunately, some of the prominent figures of these individuals who are creating confusion among the society via the media are those with an undergraduate or graduate degree in certain fields. Beginning with the public authority all parties should work for continuous access of the society to genuine information on time regarding food

and food production and the consumers reaching reliable information should be guaranteed.

- Work should be undertaken to eradicate the negative effects created by the consumers being subject to statements made by people who are not experts in this field and with belief in science, measures should be taken and necessary procedures should be implemented about the people talking about issues which are not their field of expertise and thus misleading the public opinion.
- It will be beneficial to establish an independent scientific authority with the aim of reaching exact information and maintaining consumer trust and in this way it will be possible to regain the trust of the society through people expert in this field as well as blocking habits regarding malnutrition.
- "Bread" and "Balanced Nutrition" are two inseparable concepts. We must be aware of the value and significance of bread, a heritage left to us from our ancestors and, as the experts in this field state, it is important to underline at each opportunity that bread is an indispensable value in a balanced and healthy nourishment profile.



All presentations, films and photos can be reached via [www.tusaf.org](http://www.tusaf.org)



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