
BIOGRAPHY

Name & Affiliation

Professor Chris Seal, Human Nutrition Research Centre, Newcastle University, UK

Biography

Chris has been a researcher and teacher of nutrition for more than 30 years. His research has focussed on the health benefits of cereal-based foods, especially whole grain. He works on behalf of the Healthgrain Forum to develop definitions of whole grain and whole-grain foods and is promoting strategies to establish whole grain dietary recommendations across Europe.