

HNR Scientist Interviewed at WRCF conference

MRC-HNR Scientist Dr Gina Ambrosini was recently interviewed at the WCRF International conference 'Nutrition, Physical Activity & Cancer Prevention: Current Challenges, New Horizons' about her work on dietary patterns in children and this interview is now available online. [Click here to listen](#)

Dr Ambrosini's work has shown that a dietary pattern that is specifically, high in energy density and fat and low in fibre, is associated with greater levels of objectively measured fatness in adolescents, particularly girls.

This finding was a result of an investigation that looked at dietary intake and body composition in children between the ages of 10 and 15 years, using participants from the Avon Longitudinal Study of Parents and Children (ALSPAC) based at Bristol University, UK.