



International Dairy Federation

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## 2007 IDF AWARD GOES TO DR PETER PARODI (AU)

Dublin, 1st October 2007 - The 2007 IDF Award has been granted to Dr Peter Parodi (AU). It has been presented at the IDF Opening Ceremony on 1st October, during the IDF World Dairy Summit in Dublin, 29th September - 4 October 2007.

This year's award winner is a highly praised scientist on dairy nutrition and in particular in milk lipids. On the world stage, Dr Parodi is a pioneer in CLA research. In the mid 1970s, his research into the trans fatty acids in milk fat led to him firstly elucidating the structure and composition of the series of isomeric monounsaturated trans fatty acids in milk fat, then isolating and unequivocally determining for the first time the structure of the conjugated octadecadienoic acids, which are now referred to as conjugated linoleic acid or CLA.

Dr Parodi was the first to propose that humans could convert vaccenic acid, the predominant trans monounsaturated acid in milk fat, to ruminic acid<sup>1</sup>, which had been shown to possess many health related benefits including antiatherogenic and anticancer properties.

During the past twenty years, Dr Parodi has set out to counter the view that dairy fat is unhealthy by publishing pioneering and comprehensive scientific reviews highlighting the benefits of dairy fat for the prevention of cancer<sup>2</sup>.

In more recent years, Dr Parodi has expanded his reviews so that they highlight the numerous benefits of milk fat and comprehensively examine the published evidence linking consumption of saturated fatty acids from dairy foods to risk of coronary heart disease.

By highlighting the scientific evidence demonstrating the benefits of dairy fat and exposing the limited nature of the evidence showing dairy fat is detrimental to human health, Dr Parodi has made an important contribution to contemporary understanding of the role of dairy foods within a healthy, balanced diet.

The IDF Award recognizes remarkable contributions to progress in dairying worldwide. It is attributed on the basis of submissions by IDF members, the IDF National Committees. The IDF Award has the form of a piece of art and a medallion with an inscription. By granting the Award to Dr Peter Parodi, the IDF wishes to pay tribute to his extensive contribution to dairy science, particularly in the area of human nutrition, adding to the scientific knowledge about the benefits of dairy foods.

<sup>1</sup> Australian Journal of Dairy Technology, 1994, 49; 93

<sup>2</sup> Journal of Nutrition, 1997, 127; 1055, and Journal of Dairy Science, 1999, 82; 1339

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### Note to editors:

Copy of CV and photograph can be obtained from the IDF Head Office.

### **About IDF**

"Founded in 1903, The International Dairy Federation represents the dairy sector worldwide by providing the best global source of scientific expertise and knowledge in support of the development and promotion of quality milk and dairy products to deliver consumers with nutrition, health and well-being."