

## 2025 臺加機能性農產品應用於銀髮營養需求雙邊研討會

### 2025 Canada – Taiwan Bilateral Conference on the Application of Functional Agricultural Products for Elderly Nutrition

#### 目標：

隨著我國即將邁入超高齡社會，銀髮族的健康與生活品質成為國家及社會的重要議題。老年人口因生理機能退化，常見肌少症、認知障礙、代謝症候群等健康問題，不僅加重個人和家庭的負擔，也使醫療體系面臨沉重壓力。在此背景下，如何為銀髮族提供適合的營養支持，已成為迫切待解決的課題。農產品除可提供醣類、蛋白質、脂質等三大營養素，並可提供維他命、膳食纖維及抗氧化物等營養成分，能為銀髮族在日常飲食中提供重要的健康支持，本研討會旨在探討如何運用農產品的機能與保健價值，融入銀髮族食品的設計與開發，推動農業與預防保健產業的跨域合作，為銀髮族提供更全面的健康支持，實現健康老化的目標。

As Taiwan is on the verge of becoming a super-aged society, the health and quality of life of the elderly have become crucial issues for both the nation and society. Due to the decline in physiological functions, the aging population commonly faces health challenges such as sarcopenia, cognitive impairment, and metabolic syndrome. These issues not only increase the burden on individuals and families but also place immense pressure on the healthcare system. Against this backdrop, providing appropriate nutritional support for the elderly has become an urgent issue that needs to be addressed. Agricultural products, in addition to supplying the three major nutrients—carbohydrates, proteins, and lipids—also provide essential vitamins, dietary fiber, and antioxidants, playing a vital role in supporting the health of the elderly through daily diets. This seminar aims to explore how the functional and health benefits of agricultural products can be integrated into the design and development of food products for the elderly. By promoting cross-sector collaboration between the agricultural and preventive healthcare industries, we seek to provide more comprehensive health support for the elderly and achieve the goal of healthy aging.

指導單位：農業部 (MOA)。

主辦單位：農業部臺中區農業改良場(TDARES)、加拿大駐臺北貿易辦事處 (CTOT)、行政院人事行政總處公務人力發展學院 (CSDI)。

協辦單位：臺灣穀物產業發展協會(TGIA)。

會議時間：114 年 9 月 23 日 (星期二)。

會議地點：公務人力發展學院福華國際文教會館前瞻廳。

報名對象：營養師、食品產業從業人員、政府機構辦理長照、營養、食品業務之承辦人員、國內農業、營養與食品相關科系師生。

聯絡窗口：臺中區農業改良場 蘇小姐：04-8523101#205; [chihjou@tcdares.gov.tw](mailto:chihjou@tcdares.gov.tw)

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### 議程 Agenda

09:00~09:30	報到 Registration	
09:30~10:00	開幕式及長官致詞 Opening and Welcome remarks	
Section1 銀髮族健康飲食		
主持人/Chair: 農業部國際司司長 Director General, Department of International Affairs, MOA		
10:00~10:30	我國銀髮族健康飲食現況與推動策略 The Current Status and Promotion Strategies of Healthy Diets for the Elderly in Taiwan	衛福部國健署賈淑麗副署長 Mrs. Shu Li Jia, Deputy Director General, Health Promotion Administration, Ministry of Health and Welfare
10:30~11:00	針對銀髮族及糖尿病患之創新食品開發 Development of novel foods for elderly people and diabetics	Dr. Steve Cui 加拿大農業部貴湖研究中心研究員 Dr. Steve Cui, Research Scientist, Guelph Research and Development Centre, AAFC
11:00~11:30	銀髮友善食品之發展 Current Development in Age Friendly Food	食品工業發展研究所王怡晶資深研究員 Dr. I-Chin Wang, Food Industry Research and Development Institute
11:30~12:00	銀髮族健康照護與營養需求 Health Care and Nutritional Needs of the Elderly	臺北市立關渡醫院 陳亮恭院長 Prof. Liang-Kung Chen, Superintendent, Taipei Municipal Gandau Hospital
12:00~13:30	中午休息及產品展示 Lunch break and food industry exhibition on whole grain and pulses	
Section2 銀髮健康食品研究		
主持人/Chair: 農業部科技司司長 Director General, Department of International Affairs, MOA		
13:30~14:00	餐桌上的健康之選：麵包和烘焙食品對健康老化的潛在益處 Bringing Wellness to the Table: The Potential of Bread and Bakery Foods in Supporting Healthy Aging	Cristina M. Rosell 加拿大 Manitoba 大學食品營養系主任 Cristina M. Rosell, Professor and Head, Department of Food and Human Nutritional Sciences, University of Manitoba

14:00~14:30	<p>加拿大豆類、油籽和穀物：可持續且未充分利用的優質植物蛋白和生物活性物質來源</p> <p>Canadian Pulses, Oilseeds, and Grains: A Sustainable and Underutilized Source of High-Quality Plant Proteins and Bioactives</p>	<p>Dr. Matthew Nosworthy 加拿大農業部貴湖研究中心研究員</p> <p>Dr. Matthew Nosworthy, Research Scientist, Guelph Research and Development Centre, AAFC</p>
14:30~15:00	<p>全穀於銀髮健康產品之開發與應用</p> <p>Development and Application of Whole Grains in Health Products for the Elderly</p>	<p>臺灣大學農業化學系 賴喜美教授</p> <p>Prof. Hsi-Mei Lai, Department of Agricultural Chemistry, National Taiwan University</p>
15:00~15:30	<p>蕎麥、黑米與全穀薏仁於血糖與血脂代謝調節之作用機制與人體功效評估 Effects of Buckwheat, Black Rice, and Whole-Grain Adlay on Glycemic and Lipid Regulation: Mechanistic Insights and Human Trial Findings</p>	<p>臺中區農業改良場研究員 陳裕星研究員</p> <p>Dr. Yuhsin Chen, Researcher, Taichung District Agricultural Research and Development Station, MOA</p>
15:30~16:00	<p>綜合討論 Panel discussion &amp; 閉幕 Closing ceremony</p>	