



**1st PAN International Symposium on
Health, Nutrition and Sustainability
Hong Kong , June 14, 2025**

Co-organised by:



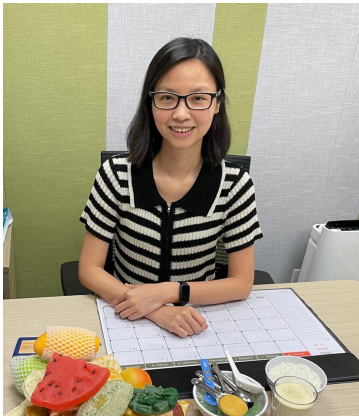
**Venue: ADC 204, 2/F Admiralty Centre, 18 Harcourt Road, Hong Kong
(Access via the shopping arcade escalators through Exit A, Admiralty
MTR Station)**



1st PAN International Symposium on Health, Nutrition and Sustainability Hong Kong (June 14th 2025)

	Program description	Speaker	Speaker Title
08:30	Registration Begins		
08:45-09:00	Introduction and Group photo, gift presentation		
	Morning session:		
09:00-09:05	Introduction	Moderator: Gigi So	Programme Director, HKU SPACE
09:05-09:25	Keynote Speech: Planetary Health and Food Transformation	Kerstin Plehwe	President and CEO, PAN International
09:25-10:00	Sustainable Food Systems in a Changing Climate: Solutions and Responsibility	Lam Chiu Ying	Chartered Meteorologist and the former Director of the Hong Kong Observatory
10:00-10:45	How to Build a Healthy Food System, from Farm to Table	Becky Ramsing, MPH, RD	Senior Program Officer, Food Communities and Public Health Program, Johns Hopkins Center for a Livable Future, USA
10:45-11:00	Coffee/tea break (with plant based snacks)		
11:00-11:30	Plant Based Nutrition: Gut Health & Longevity	Sharon Chan, MS, RD, AD, DiplBLM	RD, HKU SPACE
11:30-12:00	Plant Based Diet for Weight Management and Sports Nutrition	Katrin Lee, RD, MSC, CDN, CLT	RD, Entrepreneur and clinical nutrition consultant, China
12:00-12:30	Plant-Based Diet and Mental Health	Sylvia Lam, APD, AD	Consultant Dietitian
12:30-13:15	Plant-Based Diets and Long-term Health: Evidences from the Tzu Chi Health Study	Tina H. T. Chiu, PhD, RD.	Associate Investigator, National Health Research Institutes, Taiwan
13:15-14:15	Plant Based Lunch		
14:15-14:25	Afternoon session: Photo session, gift presentation		
14:25-14:30	Introduction	Moderator & Speaker: Clara Pi, MSC, RD, FFCSI	Senior advisor to PAN International Board, Adjunct Associate Professor, HKU SPACE
14:30-15:15	Hidden Ocean Treasures: Safe, Nutritional and Sustainable Solutions to Health of People and Planet	Sanjay Nagarkar, PhD	Founder & CEO, Globex Biotech (Hong Kong) Limited
15:15-15:35	Exploring Pathways to Sustainable and Healthy Diets in China	Melinda Hou	Executive Director, The Good Food Fund, China
15:35-16:00	Introduction to Plant-Based Nutrition Certificate Program for Healthcare Professionals (PAN-HKU SPACE)	Clara Pi, RD, MSC, FFCSI	Senior advisor to PAN International Board, Adjunct Associate Professor, HKU SPACE
16:00-16:15	Coffee/tea break (with plant based snacks)		
16:15-16:45	Food, Ethics and Sustainability: Rethinking Our Diet for Healthier Planet and Better Well-being	Wendy Chan	Director of Corporate Partnerships and Campaigns, Planet for All
16:45-17:25	Panel Discussion: Way forward	Moderator: Clara Pi Panel: Kerstin Plehwe, Becky Ramsing, Sharon Chan, Sanjay Nagarkar, Clara Pi, Katrin Lee, Wendy Chan, Melinda Hou, Lam Chiu Ying, Sylvia Lam	Senior advisor to PAN International Board, Adjunct Associate Professor, HKU SPACE
	Panel members to share experiences on implementation of plant-forward diets, current trendy diets and consumers believe system, meatless Monday programs... etc. Road blocks encountered, results and lessons learned, programs and implementation strategies... etc.		
17:25-17:40	Questions and discussion		
17:40-18:00	Conclusion: Plant Based Nutrition: Key to Health of People and Planet	Kerstin Plehwe	President and CEO, PAN International





Gigi So

College of Life Sciences and Technology, HKU SPACE
Programme Director

Synopsis

Dr Gigi So, Subject Group Leader and Programme Director of the Food, Nutrition, and Healthcare Subject Group at HKU SPACE, brings over a decade of expertise in advancing health and nutrition education. With a focus on sustainable and plant-based nutrition, she has pioneered innovative programmes, including the Foundation Certificate and Certificate in Plant-Based Nutrition and Food Therapy launched in 2021 for the public. In collaboration with the Physicians Association for Nutrition, she developed the Certificate for Module (The Science of Plant-Based Nutrition for Healthcare Professionals), set to launch in 2025.

Dr So's work empowers the public and healthcare professionals through accessible, evidence-based education on plant-based nutrition, promoting sustainable health practices. Her leadership in developing these programmes aligns with the 1st Pan-International Symposium on Health, Nutrition, and Sustainability, inspiring informed communities and professionals to drive positive change for global health and sustainability.





Kerstin Plehwe

President and CEO, PAN International

Planetary Health And Food Transformation

Abstract

This presentation will explore the crucial role of dietary shifts, particularly towards plant-based options, in improving human health and mitigating climate change. It will give an overview to the global approaches of PAN and emphasize the urgent need for action and the pivotal role of physicians and healthcare professionals in guiding this transformation. This presentation will conclude with an invite to collaborate and join forces in the much-needed fight against diet-related diseases like diabetes, coronary diseases and obesity.

Synopsis

Kerstin Plehwe (KP) is an award-winning entrepreneur, international board professional and visionary changemaker dedicated to better the lives of people and the planet. She is one of Europe's leading female keynote speakers and has delivered over 900 talks in more than 20 countries.

As President and CEO of PAN International (The Physicians Association for Nutrition), a fast-growing international medical organization focusing on health and nutrition, her vision is to help people and organizations to reduce diet-related deaths and transform the global healthcare system.

Kerstin holds a degree in Integrated Nutrition and Communication and is a well-received speaker at international conferences. She believes that food can truly change lives and that it is the most underestimated instrument in public health as of today. Kerstin lives happily married with her family and Dachshund Anton in Germany. She is passionate about healthy cooking, science-based nutrition and sustainable dietary change for a better future.





Lam Chiu Ying

Chartered Meteorologist and the former,
Director of the Hong Kong Observatory

Sustainable Food Systems In A Changing Climate: Solutions And Responsibility

Abstract

Climate change accelerated abruptly in 2023-2024. We must be prepared for potential disasters. This talk covers both how climate change impacts on food systems and how they might be transformed to slow the pace of climate change. An attempt will be made to discuss how plant-based food might contribute towards mitigating climate change, bearing in mind the conservation of nutrition.

By altering growing seasons and disrupting agricultural systems, the new climate regime poses a serious threat to global food security and will exacerbate resource scarcity. Rising temperatures, extreme events like droughts and floods and the emergent “climate whiplash” phenomenon are reducing crop yields, threatening livestock, etc. Key issues include reduced crop productivity, particularly in tropical regions; increased pest and disease pressure; and the loss of biodiversity essential for resilient ecosystems. It would lead to negative impacts on food availability, food affordability and nutritional quality. These impacts will disproportionately affect vulnerable communities. There is an urgent need for adaptation strategies that prioritize both sustainability and human health.

Synopsis

Lam Chiu Ying is a meteorologist by profession, naturalist by hobbies and conservationist by practice. He was the Director of the Hong Kong Observatory 2003-2009 and is the first Hong Kong person elected an Honorary Fellow of the UK Royal Meteorological Society.

He actively promotes public awareness about climate change and is active on social media to advocate a simple life-style. He is a veteran bird-watcher and is the Honorary President of the Hong Kong Bird Watching Society. His latest interest is the roadside flora of Hong Kong.

He is an outspoken advocate for the conservation of nature against the threat from large-scale engineering projects. He has a deep appreciation of the close relationship among climate, nature and human societies. He is active in promoting rural revitalization, with a focus on Lai Chi Wo Village. He is the chairman of the Hong Kong Countryside Foundation.





Becky Ramsing, MPH, RD

Senior Program Officer,
Johns Hopkins Center for a Livable Future, USA

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How to Build a Healthy Food System, from Farm to Table

Abstract

Sustainable food systems provide good nutrition for all in ways that are ecologically and economically beneficial; yet our current food systems have outsized impacts on planetary and public health.

In this session we will explore how the foods we eat and the methods we use to produce them often have severe and unintended consequences on the world around us. From the pollution of our soils and waterways to the destruction of ecosystems, the footprint of global agriculture— food animal production, in particular—places a tremendous strain on the natural resources we rely on every day for food, water and habitat. Fortunately, solutions do exist. Transitioning toward more sustainable, plant-forward diets, particularly in settings where meat consumption is disproportionately high, is the single most effective action individuals can take to reduce the world's ecological footprint and would also carry tremendous benefits for soil health and biodiversity alike. Furthermore, dietary patterns that prioritize legumes, vegetables, fruits, whole grains, nuts and seeds over red and processed meat contribute to overall health and a reduced risk of chronic diseases, the leading cause of death globally.

In this session we will explore how nutrition and healthcare providers can be leaders for change by promoting food choices, policies and practices that protect our health and the environment now and in the future.

Synopsis

Becky is a senior program officer at the Johns Hopkins Center for a Livable Future, where she oversees research, communication, evaluation and practice to facilitate a shift toward sustainable, healthy diets globally. She is responsible for leading the Center's science advisory role with the Meatless Monday campaign.

Prior, Becky worked as a Technical Advisor for Nutrition and Food Security to Women in Agriculture programs in Afghanistan and Ethiopia helping women produce and utilize food for family consumption and income generation. She also consulted for community, worksite, and school-based organizations developing and implementing health and nutrition programs. Her career spans clinical, community, academic and international work. She has continued to focus on helping individuals and organizations make healthful, lifestyle choices that are evidence based, relevant, and sustainable.

Becky studied nutrition at the University of California, Davis and earned her Master in Public Health from Johns Hopkins Bloomberg School of Public Health.





Sharon Chan, MS, RD, AD, DipIBLM

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Plant Based Nutrition: Gut Health & Longevity

Abstract

In exploring how daily lifestyle changes, including whole food plant-based eating, may improve our health span and lifespan, this sharing will reveal the way of eating to connect the dots, from gut health to longevity.

Are we bringing awareness when choosing the food building blocks in becoming ourselves? Hippocrates, the father of western medicine, mentioned that "all disease begins in the gut." We only have one thin layer of intestinal wall between external environment and internal organs of body. The fact is that we have more microbial cells number than human cells number. Our guts send more messages (information) to our brains than the other direction. What we eat, and how we eat directly affect the gut's, the second brain's, health, which is then related to immunity, sleep, emotion, inflammation, disease and lifespan. We are what we eat.

Analysis of three major observational studies from 1999 to 2022 indicate that people with cardiometabolic conditions could potentially extend their life span by embracing a healthy, plant-based diet. Closely following a healthy plant-based diet was associated with a 17% to 24% lower risk of death from any cause, cardiovascular disease, or cancer. Whereas, adhering to an unhealthy plant-based diet was linked to increases in the risk of death from these causes. Growing evidence shows that beneficial effects of nutrients in healthy plant-based foods are significantly associated with lower risk of cardiometabolic diseases, therefore, reducing risk of early deaths.

Review a bigger picture of healthy plant-based choices, and its impact on human health and the environment. Let's build a healthier, cleaner, harmonize internal and external environment for ourselves, our families and our world. Start eating our way to happiness!



Synopsis

Sharon Chan was born as a plant-based baby thanks to her parents. She completed her study on Nutritional Sciences- Dietetics at University of California, Berkeley, Master of Sciences in Nutrition and Integrative Health at Maryland University of Integrative Health. Sharon is honored to be International Board of Lifestyle Medicine certified professional, and Hong Kong Dietitian Association spokesperson in 2025-2019 and 2023-2025.

Sharon is author of plant-based nutrition & cookbook <素食內外美Beauty Inside Out > published 2019 in Hong Kong; upgraded to vegan version in 2021 in Beijing; last summer published < 素食內外美2——營養樂廚，醫食住行 > with Dr. Irene Lo, and chef Ken Kwong.

Recent years Sharon is glad to have the opportunity take part in educating in two certificate courses on Plant based Nutrition & Therapy at HKUSPACE. Currently, Sharon is building with team members, a platform in Hong Kong Science & Technology Parks name ToLo Club as Nutrition Instructor. Teaching and learning go hand in hand, she is grateful to be a lifelong learner on sustainable lifestyle for human well-being and harmonious world.





Katrin Lee, MS RD CDN

RD, Entrepreneur and clinical nutrition
consultant, China

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**Plant Based Diet for Weight Management and
Sports Nutrition**

Abstract

As plant-based nutrition gains traction in clinical and athletic settings, understanding its role in weight management and sports performance is essential for healthcare professionals. This presentation will explore evidence-based strategies for implementing plant-based diets to optimize body composition, metabolic health, and exercise recovery.

Plant-based diets have been associated with improved weight management due to their high fiber content, lower energy density, and favorable effects on metabolism. Research indicates that individuals following plant-based diets tend to have lower body mass index (BMI) and reduced risk of obesity compared to omnivores. The high fiber and water content of whole plant foods contribute to increased satiety, reduced overall calorie intake, and improved glycemic control, all of which support sustainable weight loss and maintenance. Furthermore, studies have shown that plant-based eating can enhance insulin sensitivity and gut microbiome diversity, both of which play a role in long-term weight regulation.

For sports nutrition, plant-based diets can support athletic performance and recovery when properly planned. Research demonstrates that well-balanced plant-based diets can provide adequate protein for muscle synthesis, particularly when incorporating a variety of plant protein sources such as legumes, soy, quinoa, and nuts. Additionally, plant-based diets are rich in antioxidants and polyphenols, which can help reduce exercise-induced inflammation and improve recovery. Emerging evidence suggests that endurance athletes following plant-based diets may experience enhanced blood flow and improved VO2 max due to the nitric oxide-boosting effects of dietary nitrates from vegetables like beets and leafy greens.

Considerations for plant-based athletes include ensuring adequate intake of vitamin B12, iron, omega-3 fatty acids, and leucine-rich protein sources to optimize muscle maintenance and performance. This session will provide practical guidance on meal planning, nutrient timing, and overcoming common challenges in plant-based weight management and sports nutrition. Attendees will gain actionable insights to support patients and athletes in achieving their health and performance goals through plant-focused dietary interventions.



Synopsis

Graduated with Master degree in Clinical Nutrition and Bachelor degree in Nutrition & Food Studies at New York University, Katrin has been in the clinical nutrition field for more than 15 years, managed and provided clinical nutrition consulting services in high-end medical institutions in Shanghai and hospitals as well as clinics in New York, USA. She has rich experience in medical nutrition therapy and diet planning with a particular focus on cardiovascular disease, diabetes, gastrointestinal disease, weight management, prenatal and postpartum nutrition, oncology, eating disorders, and food allergies.

Katrin is also a professional trained natural food chef in NYC and has attended Ayurveda diet lifestyle natural therapy training in India. With all her patient experiences and updated scientific evidence, Katrin believes in plant-based eating and its health benefit on many diseases and conditions. Not only do patients deserve the need from health professional, but also the public and sub-healthy people would need nutrition education in preventing diseases. She provides evidence-based, professional advice on eating through a combination of Western and Oriental food therapy to help clients optimize their nutritional wellbeing and quality of life. Katrin currently provides personalized nutrition consultations to individuals, health talks and nutrition workshops to public and corporates, as well as product development consulting for food and nutrition companies.





Sylvia Lam, APD, AD

Consultant Dietitian

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Plant-Based Diet and Mental Health

Abstract

The role of diet in influencing mental health has gained significant interest, with plant-based diets showing potential as a pathway to improved mental wellness. This presentation explores the link between specific plant-based diets and their benefits for mental health, highlighting the nutritional and psychosocial mechanisms that may drive these effects.

Plant-based diets encompass a rich spectrum of dietary patterns, each with unique potential mental health benefits: Whole-food plant-based diets emphasize minimally processed foods such as fruits, vegetables, whole grains, legumes, nuts, and seeds, which are rich in antioxidants, fiber, and phytochemicals. These components reduce inflammation, enhance gut microbiota diversity, and support neurotransmitter function.

Mediterranean diets are predominantly plant-based but include moderate amounts of fish, dairy, and poultry. Due to their omega-3 fatty acids and polyphenol-rich foods like olive oil, they are associated with improved mood and reduced risk of depression.

Flexitarian diets, which primarily focus on plant foods while allowing occasional consumption of animal products, offer a balanced and sustainable approach that supports mental wellness by providing essential nutrients while maintaining a predominantly plant-based structure.

While these dietary approaches offer nutritional benefits, they also foster a sense of purpose and alignment with sustainable practices, contributing to improved psychological well-being. However, it's important to note that further studies are crucial to establish a stronger understanding of the causal relationship between these diets and mental health.

This presentation delves into the importance of plant-based dietary patterns as part of a holistic strategy for mental wellness, calling for increased awareness and further research to refine dietary recommendations.

Synopsis

Sylvia graduated with a Master of Nutrition and Dietetics from the University of Sydney, Australia, in 2000. She has been practicing in Hong Kong for over 20 years, specializing primarily in diabetes, cardiac rehabilitation, weight management, obesity-related conditions, and eating disorders.

From 2007 to 2019, Sylvia served as the Chairperson of the Hong Kong Dietitians Association (HKDA) and was the External Affairs Officer of HKDA from 2019 to 2021, where she actively promoted the dietitian profession in Hong Kong. Additionally, she has held the position of Chairperson of the Professional Council of the Hong Kong Academy of Accredited Dietitians (HKAAD) from 2020 to 2025. Currently, she represents Hong Kong as a country representative for the International Confederation of Dietetics (ICD) and is a council member of the Hong Kong Association of Sports Medicine and Sport Science (HKASMSS) and the Hong Kong Obesity Society (HKOS).

Sylvia frequently delivers nutrition seminars at local and international conferences, corporate companies, schools, and academic institutions. For the past two years, she has also been a lecturer for the Certificate Module on Nutrition for Brain and Mental Wellbeing at HKUSPACE. As a reputable spokesperson for the dietetic profession, she provides accurate and up-to-date nutrition education to the general public through newspapers, television, and radio programs.



Tina H. T. Chiu, PhD, RD.

Associate Investigator, National Health
Research Institutes, Taiwan

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Plant-Based Diets and Long-term Health: Evidences from the Tzu Chi Health Study

Abstract

Plant-based foods are major sources of fiber, essential nutrients, phytochemicals, and antioxidants that may exert anti-oxidative and anti-inflammatory effects in prevention of chronic diseases.

To examine the relationship between vegetarian diets and aging related health outcomes, volunteers of the Buddhist Tzu Chi foundation were recruited in Tzu Chi Health Study (TCHS, n=6002, recruited from 2007 - 2009) and Tzu Chi Vegetarian Study (TCVS, n=12062, recruited in 2005). This population is one of the few prospective cohorts in the world with high percentage of vegetarians and allows the rare chance to examine the health impacts of vegetarian diets. The majority of participants were devoted volunteers, with one-third of participants as vegetarians. Tzu Chi volunteers are famously known for their assistance in scenes of nature disasters, their devotion of community charity work and recycling to improve planetary health, their altruistic giving, their drive and sense of purpose in life, their faith while facing personal challenges in life, and their non-smoking, non-alcohol drinking lifestyle.

Our studies found that a vegetarian diet has been associated with lower incidences of diabetes, stroke, gout, gallstones, urinary tract infection, cataracts, dementia, mild cognitive impairment and dementia, insomnia and an overall lower medical expenditure. Findings from Tzu Chi Health Study is overall consistent with other large cohort studies of vegetarians, but adding extra insight due to the availability of health examination data.

Synopsis

Dr. Tina Chiu received her PhD in Epidemiology from National Taiwan University, MPH in Public Health Nutrition from Loma Linda University, and her BSc (Dietetics) from the University of British Columbia.

She is an associate investigator at the National Center for Geriatrics and Welfare Research within the National Health Research Institutes in Taiwan. Prior to this she served as an associate professor at Department of Nutritional Science in Fu-Jen Catholic University.

Her expertise and research interests focus on the role of plant-based diet on health aging and diseases prevention. She is the nutritional epidemiologist of the Tzu Chi Health Study, in which she investigated the impact of vegetarian diets on risk of aging related diseases. She also conducts randomized controlled trials to study the effect of whole food plant-based diets on health outcomes and nutritional status.





Clara Pi, MSC. RD. FFCSI

Senior advisor to PAN International Board,
Adjunct Associate Professor, HKU SPACE

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Introduction to Plant-Based Nutrition Certificate Program for Healthcare Professionals (PAN-HKU SPACE)

Abstract

One of the most potentially far-reaching agreements at the UN's COP23 summit on climate change was the decision to link farming methods to climate change, and to explore a framework of solutions. Released at COP23, "Chronic Disease, Changing Diets, & Sustainability: The Globalisation of Western-style Eating & Its Implications" sheds light on the intersection of diet, public health, and environmental sustainability. The World Resources Institute (WRI) has released an eleven-part working paper series, "Creating a Sustainable Food Future," which devotes one section to dietary shifts, specifically reducing overconsumption of animal-based protein. High consumption of resource intensive meat, dairy, fat and sugar has taken its toll on global health. It is estimated that 1.3 billion people in the world are living with obesity which usually lead to non-communicable diseases.

In 2016, the updated 2009 ADA position paper on vegetarian diets stated that not only are vegetarian and vegan diets appropriate for all stages of the life cycle (pregnancy, infancy, childhood, etc.), but they also help reduce the risk for heart disease, high blood pressure, type 2 diabetes, stroke, obesity, and some types of cancer. The updated position paper also presents a section on environmental issues which concludes plant based diets are more sustainable and less damaging to the environment.

The Physicians Association for Nutrition (PAN) is an international NGO established in 2018 on a mission to eliminate diet-related deaths globally by making nutrition a core part of healthcare and by engaging health professionals in efforts towards healthy and sustainable food environments. Currently, PAN International has established partnership with HKU SPACE to promote healthy food education among physicians and health professionals in the greater China region. A short certificate course has been designed by PAN International to kick-start this endeavour focusing on whole foods plant-based nutrition and impact on health and chronic diseases, climate change and pandemic risks and the connections between food and individual and planetary health.

This course is designed to equip physicians and healthcare professionals on the latest research on plant-based nutrition and understand the immense power of plant-based nutrition to prevent and treat disease, as well as to mitigate climate change.



Synopsis

Clara obtained her B.Sc. in Food Science (McGill University), M.Sc. in Human Nutrition from UBC and worked in Canada as a Registered Dietitian for 20 years before moving to Hong Kong in 1996. She is a professional member of Foodservice Consultants Society International (FCSI), holding former positions as FCSI World Wide and Asia Pacific Board Director, and chair for the China region. Clara pioneered cook chill central food production, and designed Nutrition/Foodservice computer systems in North America, Hong Kong, China and Taiwan.

In 2009 she was chosen by "Dieticians Canada" as "Leader in International Nutrition". In 2010 Clara instigated the 1st Meatless Monday in HK healthcare setting and published the first bilingual cook book with carbon footprints entitled "Save our planet one carbon bite at a time". In 2011, Clara spearheaded "Balanced Menus" as recommended by Healthcare Without Harm (HCWH) under WHO, resulting in carbon emission reduction as well as promoting health and disease prevention. Her team received the 2013 HK Hospital Authority Outstanding Team Award in Healthcare Foodservice. In 2017 Clara received the "'Greening the Mongolian Desert" Dedication award and in 2018 Clara received the highest honour "Fellow" designation from FCSI.

Clara continues to pursue her passion to promote plant based nutrition and sustainability. She is a well sought after speaker at international conferences on these subject matters.

Currently she serves as adjunct associate professor at HKU and the senior advisor for PAN International <"<http://www.pan-intl.org>"www.pan-intl.org>. Recently, she was instrumental in developing the "Plant-Based Nutrition Certificate Program for PAN-HKU SPACE.





Sanjay Nagarkar, PhD

Founder & CEO at Globex Biotech (Hong Kong) Limited
Innovating Biotech for Health & Sustainability

Hidden Ocean Treasures: Safe, Nutritional and Sustainable Solutions to Health of People and Planet

Abstract

Ocean covers more than 70% of earth surface area. Exponential increase in population has affected the carrying capacity of the planet, therefore, we are facing three major health crises, 1. Human health 2. Planet health & 3. Social health.

Unethical utilization of the resources has disturbed the natural ecosystem directly & indirectly affecting biodiversity with ever increasing endangered species due to climate change and social disparity where 30% populations are using 70% resources.

In this seminar we will discuss the solutions by using marine rocky shore cyanobacteria example to explain how oceans are nutrition bank specially spirulina and other cyanobacteria are superfood with a complete nutritional profile. A nutritional profile from biochemistry point of view is discussed. We will further examine the food chain from primary producer perspective to understand plant defense mechanism, bio-toxins, safe food consumption and carbon sequestration. The science of algal bio-toxin is largely unknown to the food processing and food safety industries. We must understand the importance of bio-toxins and its impact on food safety and subsequently to human health. This may raise to further questions which are currently unanswered.

Further, how the scientific information can be translated into innovations and a sustainable commercial model to solve the health of people and planet are the key highlights of this presentation.

Synopsis

As the Founder & CEO of Globex Biotech, a multidisciplinary biotechnology company, I lead the research and development, service and consultancy, product development, branding and marketing, distribution and retail, and regulatory and process development of various biological, natural, and sustainable solutions for health, beauty, nutrition, and environment. I have over 20 years of collective experience from research to business development to capital fund raising, supervising from 5 to 3000 people on various projects.

He holds a Ph.D. in Marine Microbiology Ecology from The University of Hong Kong, and a Master of Science in Marine Microbiology from National Institute of Oceanography, Goa India. I have developed over 83 technologies and formulations in healthcare, cosmeceuticals, nutraceuticals, functional food, environmental technologies, organic farming, food safety, and assessment methods. I am currently focused on biomedical science, molecular diagnostic kits, bioinformatics, environmental and ecological solutions related to preventive healthcare.

He also consults on health, nutrition, environment, and molecular diagnostics, as well as business setup, development, PR, marketing, and branding of related businesses.





Melinda Hou

Executive Director,
The Good Food Fund, China

Exploring Pathways to Sustainable and Healthy Diets in China

Abstract

Our journey toward promoting sustainable and healthy diets began with a strong initial focus on veganism, advocating the complete elimination of animal-based foods. Over time, however, our understanding evolved to encompass a more holistic vision, known as the "Good Food Pledges," which integrate principles of healthy eating, plant-forward diets, and animal welfare into a cohesive framework.

A pivotal turning point occurred during our collaboration with Yale University on the Food Forward Forum. By facilitating exchanges that allowed Chinese chefs to observe Yale's successful transformation toward plant-forward campus dining, we became deeply inspired by the power of practical, culturally-sensitive approaches to dietary change. This international experience highlighted the effectiveness of incremental shifts toward plant-forward meals, a strategy more broadly accepted than strict veganism.

Further insights were gained through our participation in international platforms such as the UN Climate Change Conference (UNCOP). Despite being the only organization from mainland China actively engaging in discussions on sustainable food systems at this level, we observed limited awareness and involvement from other Chinese groups.

Recognizing the gap between global dialogues and local realities, we realized the urgent need to develop a culturally relevant narrative that could resonate deeply with Chinese audiences.

Attending the Mediterranean Diet Forum further clarified our mission by demonstrating the effectiveness of dietary models rooted in cultural tradition and local identity. Inspired by this experience, we promote the "Eastern Healthy Diet," a dietary model uniquely suited to the Chinese context. By harmoniously combining China's rich culinary heritage with plant-forward principles, the Eastern Healthy Diet provides a practical pathway toward sustainable and healthy eating.



Today, addressing dietary excesses is more crucial than ever, as urban Chinese residents currently consume 58.3% more meat than recommended by national dietary guidelines. Our ultimate goal is clear: through promoting the Eastern Healthy Diet, we aim to realign Chinese dietary habits with national dietary guidelines. In doing so, our efforts not only address public health and environmental sustainability but also actively contribute to achieving global Sustainable Development Goals.

Synopsis

Melinda brings over 15 years of experience in leading supply chain sustainability initiatives for Fortune 500 and multinational companies. At Mondelēz International, she spearheaded strategy development and implementation for sustainable agricultural products within the international commodities and strategic sourcing team.

She also led ethical sourcing programs for Cadbury and Kraft Foods in the Asia-Pacific region, where she established mechanisms for responsible sourcing within the companies' supply chains. She also previously served as social and Environmental Affairs Manager at Adidas. Before joining the Good Food Fund, she contributed to Compassion in World Farming, successfully driving the implementation of farmed-animal welfare projects in China.

In recent years, she has been leading the Good Food Fund team in active global collaborations, committed to driving a transition towards a healthier and more sustainable food system in China from the consumer end.





Wendy Chan

Director of Corporate Partnerships and
Campaigns, Planet for All

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Food, Ethics and Sustainability: Rethinking Our Diet for Healthier Planet and Better Well-being

Abstract

To explore how our current diet unsustainably depletes the Earth's resources and examine the dietary landscape in Hong Kong. She will then address the pressing issues within our food system, focusing on the welfare of farm animals, including aquatic species, laying hens, cows, calves, and pigs. She will discuss the global shift toward plant-based diets and its impact on sustainability and well-being. Drawing from key reports, she will highlight the connections between food, environmental responsibility, and personal health, aiming to inspire positive change.

Synopsis

Ms. Wendy Chan is a passionate advocate for healthy, sustainable living and ethical food systems. Since 2016, she has actively promoted green eating through school, community, and corporate engagements. With a background as a yoga instructor, she integrates wellness into her advocacy, encouraging mindful lifestyle choices. As a corporate partnership professional, she also works to foster ethical and sustainable supply chains in Hong Kong and China. A dedicated vegan for nine years, Wendy advocates animal protection and responsible consumption.



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