

# ILSI



International  
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## ILSI EUROPE

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# ILSI EUROPE NEWSLETTER

The Quarterly Newsletter of the  
International Life Sciences Institute Europe



## 01 | A WORD FROM THE EDITOR

It is my pleasure to welcome you to this first edition of the new quarterly ILSI Europe Newsletter.

The ILSI Europe Newsletter aims to serve all stakeholders. For industry members it is an update on how their support is translated into science that could help to advance public health. For academic scientists, it provides the opportunity to look at a number of scientific issues not only from an academic perspective, but also in an industry and a public health context. For government representatives, this newsletter provides the scientific background to various issues related to nutrition, food safety, chemical safety and the environment.

The ILSI Europe Newsletter also provides information related to our most recent publications and events, an overview of upcoming publications and the outcome of past events. As ILSI Europe is part of a global network, we have created a section where we highlight one particular topic where ILSI Europe collaborates with other ILSI entities around the world.

We believe that the people who can best talk about ILSI Europe are those who have experienced it! Therefore, we would welcome any comments that you wish to send us - whether you are an academic expert, a government representative or an industry member - about your experience with ILSI and the benefits you draw from it for your organisation.

As this newsletter is written for you and we aim to continuously improve it, we value your feedback. Also, please forward this newsletter to whoever you feel may be interested in it. Free subscriptions can be requested from [newsletter@ilsieurope.be](mailto:newsletter@ilsieurope.be)

I hope you enjoy the read!

Dr. Nico van Belzen  
Executive Director  
ILSI Europe

## 02 | ILSI EUROPE AT A GLANCE

**230** In the last 12 months, ILSI Europe has held over 230 meetings related to the projects coordinated by its task forces.

## 03 | ABOUT ILSI EUROPE

The International Life Sciences Institute Europe (ILSI Europe) is part of a non-profit, worldwide foundation established in 1978 to advance the understanding of scientific issues relating to nutrition, food safety, toxicology, risk assessment, and the environment. ILSI Europe brings together scientists from industry, academia and government to jointly provide the best available fact-based, objective science on key public health issues.



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## 04 | ILSI EUROPE'S FOUR CLUSTERS

The task forces at ILSI Europe are grouped in four specific clusters:



1. Assessment of Benefits and Risks: this includes 'classical' risk assessments, benefits of foods and benefit-risk comparisons.



2. Societal Aspects: an area that addresses the consumer perspective of food-related issues.



3. Food Chain: this addresses various stages of the route "from farm to fork" including food processing and environment.



4. Diet, Health and Disease: this covers task forces that focus on a certain aspect of the relationships between nutrition, diet and health, and examine its determinants or risk factors.

## 05 | NEW PUBLICATIONS FROM ILSI EUROPE

Here are short summaries of some of the latest published articles from ILSI Europe. To read the full papers, click on the link at the end of each summary:



### Food additives: a case study of how intake can be assessed using retailer fidelity cards measured on the basis of actual consumer behaviour

Food additives are highly regulated substances. To be approved, they need to go through a lengthy and complex procedure. An extensive amount of safety data needs to be collected and then evaluated by expert bodies. Part of the evaluation process involves an assessment of the intake of the additive and its comparison to the specified safety requirements.

This paper considered the use of retailer fidelity card schemes in the assessment of food additive intake using the example of an additive, food colour, sunset yellow (E 110). The feasibility of using a retailer fidelity card scheme was investigated using the Swiss retailer Cumulus Card.

The method used in this study proved to be a simple approach to estimate food additive intake on the basis of actual consumer behaviour at less resource costs.

Read the full paper "[Use of retailer fidelity card schemes in the assessment of food additive intake: sunset yellow a case study](#)"



### The benefits of food processing including safety, innovation, sensory quality and health

It is estimated that 80-90% of foods used in home cooking are partially processed. In contrast to the adverse effects of processing and cooking, the beneficial effects of processing has received little attention to date.

The first and foremost beneficial effect of food processing is the destruction of unwanted compounds and microorganisms as required by Food Safety Legislation. Other benefits include the inactivation of natural toxins and enzymes; the prolongation of shelf-life; nutritional value, sensory quality (taste, texture and flavour); and functional health benefits (such as probiotics and prebiotics).

As well as looking at the above benefits, this paper also identifies areas for further work.

Read the full paper "[A review on the beneficial aspects of food processing](#)"



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## How probiotics can be good for you: a look at their benefits

Probiotic effects can be defined as the stimulation of beneficial growth and/or activity of microbial species in the gut. This stimulation can lead to positive physiological effects and/or contribute towards reducing the risk of certain harmful bacteria and intestinal problems.

This paper is divided into chapters that cover the major areas of nutrition research where a probiotic effect has been investigated for potential health benefits. Specifically it looks at probiotic effects in the gut, the immune system, paediatrics, gastro-intestinal disorders, mineral absorption, and weight management and obesity-related disorders.

It highlights where there are knowledge gaps and the need for more research.

Read the full paper: ["Probiotic effects: metabolic and health benefits"](#)



## Getting the right amount of nutrients is essential to good health! Examining 'micronutrient bioavailability'



EURopean micronutrient RECommendations Aligned

This paper looks at the findings of a workshop, which involved international experts and members of the scientific community and the food industry, that was organised by the European Network of Excellence EURRECA (European Micronutrient Recommendations Aligned) and ILSI Europe's Addition of Nutrients to Food Task Force.

The aim of the workshop was to provide a forum for the exchange of the latest knowledge on micronutrient bioavailability and to address research priorities for deriving recommendations and the development of new/improved food products.

Several priorities were identified, including improving the quality of dietary surveys/food composition tables, the need for more studies, and the development of models. The involvement of all participants in the structured discussions ensured a broad overview of current knowledge, state-of-the-art research, and consideration of priorities for future research.

Read the full paper: ["Micronutrient bioavailability : Priorities and challenges for setting dietary reference values"](#)



EURopean micronutrient RECommendations Aligned

## Harmonising nutrient recommendations in Europe

The EURRECA (EURopean micronutrient RECommendations Aligned) Network of Excellence is developing methodologies to standardise the process of setting micronutrient recommendations. This latest publication of EURRECA presents further outcomes of the Network:

- a general framework to serve as basis for a systematic and transparent approach to the development and review of micronutrient requirements in Europe, as well as in the process of assessing, developing and translating recommendations into public health nutrition policy
- a consultation process to identify and prioritize the best practice, 'tools' or guidance for EURRECA
- a protocol developed by EURRECA for prioritizing micronutrients for the purpose of reviewing their requirements
- a study examining the consumer's and stakeholder's involvements from micronutrient recommendations to policy.

This supplement also includes the description of two practical applications developed by the Network, namely Nutri-RecQuest - a web-based search engine on current micronutrient recommendations in Europe and NutPlan - nutritional planning and dietary assessment software tool, mainly dedicated to Eastern and Central European countries.

Read the full supplement: ["Towards harmonisation of nutrient recommendations in Europe: from nutritional requirements to policy applications"](#)





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## 06 | UPCOMING SCIENTIFIC PAPERS

-  • Metabolic programming – a review of current and future priorities (article)
-  • Nutrition and Immunity in man (concise monograph)
-  • Evolution of agronomic practices for mitigation of natural toxins (report)
-  • Dealing with Allergens in Food (report)
-  • How to assess long terms effects of nutrition on brain function (proceedings)
-  • Mapping overweight and obesity in adults in the WHO European region (article and maps)
-  • EURRECA: development of tools to improve the alignment of micronutrient recommendations (article)

## 07 | PAST EVENTS

ILSI Europe organises a variety of scientific events. These include workshops, symposia and sessions held as part of the programme of larger scientific and professional meetings. Some recent past events include:



### International Congress on Obesity - ILSI Pre-Congress Meeting

STOCKHOLM, SWEDEN, 10 JULY 2010

[Obesity - From Insight to Action: A Global Perspective](#)

The objective of the meeting was two-fold, to showcase the range of obesity work undertaken by ILSI branches worldwide, and to bring together a range of stakeholders to openly discuss, using the tripartite model, how insight provided by scientific research can be translated into practical action, and opportunities to build partnerships. The main outcome of the meeting highlighted the need for workable partnerships between academia, industry and public health campaigners, particularly in the areas of knowledge transfer and the efficient use of resources.

[READ MORE](#)



### ILSI Europe Session and Satellite Symposium at the Nutrition Society Annual Summer Meeting 2010

EDINBURGH, UK, 28 JUNE - 01 JULY 2010

[ILSI Europe Session and Satellite Symposium on Prebiotics](#)

Four experts presented the prebiotic concept developed by ILSI Europe Prebiotics Task Force, and illustrated this with the prebiotic effects in 3 areas: gastro-intestinal disorders, obesity-related diseases and cancer. The session provided a very good opportunity to reach a large community of nutritionists (there were around 200 delegates). Its aim was to increase the understanding of prebiotic effects and highlight their relevance to human health and well-being.

[READ MORE](#)



### ILSI Europe Presentations at the International Probiotic Conference IPC 2010

KOSICE, SLOVAKIA, 15-17 JUNE 2010

[The Scientific Conference on Probiotics and Prebiotics](#)

ILSI Europe had two keynote lectures at the International Scientific Conference on Probiotics and Prebiotics (IPC) presented in front of 380 participants (consisting of industry representatives, and academics specialised in pro- and prebiotics) from 86 countries.

The first presentation focused on the recently published 'Guidance for Assessing Probiotics Beneficial Effects: How to Fill the Gap', and current status and recommendations for future research were discussed (supplement published in the Journal of Nutrition, March 2010). The second presentation looked at the metabolic and health benefits of prebiotic effects following a work commissioned by the Prebiotics Task Force. The prebiotic concept was presented, and knowledge gaps and future directives for research were discussed. Pro- and prebiotics are complementary scientific fields, which are both addressed by ILSI Europe.

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## IAFP Sixth European Symposium in collaboration with ILSI Europe

DUBLIN, IRELAND, 9-11 JUNE 2010



### ILSI Europe Session on Persistence and Survival of Pathogens in Chemical Contaminants Dry Food Processing Environments

This session was organised by the ILSI Europe Emerging Microbiological Issues Task Force. The aim was to present the preliminary findings of this activity. It focused on the persistence of Pathogens in Dry Food Processing Environments - both European and American perspectives. In addition an overview of the potential control measures in various scenarios in the production areas was presented. The session was well attended with over 200 participants. This was the sixth consecutive year of co-organising the European Symposium with IAFP.



### ILSI Europe Presentation on Application of the BRAFO Framework to Heat Processing Contaminants



This topic was commissioned by the ILSI Europe Risk Assessment of Chemicals in Food Task Force in the session on chemical contaminants. It aimed to present the Application of the BRAFO Framework to Heat Processing Contaminants. The session was a good opportunity to disseminate the BRAFO framework.

[READ MORE](#)

## 08 | UPCOMING EVENTS



### **ILSI Europe Symposium on "Health Benefits of Foods - From Emerging Science to Innovative Products"**

PRAGUE, CZECH REPUBLIC, 5-7 OCTOBER 2011

The third in the series of ILSI Europe functional foods symposia will review and debate recent advances in substantiation of health benefits of foods, covering the establishment but also the communication of innovative

nutrition science.

The first announcement is available and the online abstract submission is now open.

[READ MORE](#)





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## 09 | UPCOMING TASK FORCE MEETINGS

Task forces are the working groups that initiate, undertake, develop and manage all projects. They are grouped into ILSI Europe's four clusters. Task forces reach their goals and address their issues through activities such as expert groups, workshops, symposia, literature reviews and publications. They are composed of interested company representatives and non-industry experts as required.

Upcoming ILSI Europe task force meetings include:

### NOVEMBER 2010

-  22 Prebiotics Brainstorming Meeting on Gut Functions
-  23 Prebiotics Task Force
-  23 Environment and Health Task Force
-  23 Nutrition and Mental Performance Task Force
-  24 Risk Assessment of Chemicals in Food Task Force
-  29 Probiotics Task Force

### DECEMBER 2010

-  01 Food Intake Methodology Task Force
-  06 Weight Management in Public Health Task Force
-  07 Metabolic Syndrome and Diabetes Task Force
-  10 Dietary Carbohydrates Task Force

**If your company is not yet a member of ILSI Europe or if, as a Member, you consider joining a new task force, you may attend one of the above-mentioned meetings as an observer. If you are interested, please contact [info@ilsieurope.be](mailto:info@ilsieurope.be)**

For more information on ILSI Europe task forces, [CLICK HERE](#)



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## 10 | WHAT PEOPLE SAY ABOUT ILSI EUROPE

### Government:

"As a government scientist, through ILSI Europe I work with scientists from industry and academia in an international environment. This improves the generation of common knowledge and insights on a broad range of subjects within risks and benefits of foods."

Dr. Ib Knudsen, Danish Institute for Food and Veterinary Research.

### Industry:

"One of the benefits of being a Member of ILSI Europe is the ability for me and my Company to take part in a neutral, pre-competitive forum on key questions of major importance. ILSI provides a unique setting for scientists in industry, academia and government each to share their individual expertise on public health and food safety issues."

Reg Fletcher, Kellogg Europe.

## 11 | GLOBAL ILSI COLLABORATION



ILSI Europe is part of the global ILSI network of more than a dozen offices all over the world. In this section we highlight key collaborations with other ILSI entities.

### How to get a harmonised understanding of the Codex dietary fibre definition worldwide

ILSI Europe's Dietary Carbohydrates Task Force together with ILSI North America's Carbohydrates Committee organised a joint session at the 9<sup>th</sup> Vahouny Fiber Symposium.

International experts on dietary fibre from academia and industry took part. The session and related discussion was led by Dr Julie Miller Jones representing ILSI North America and Dr Martine Champs representing ILSI Europe.

The objective was to present the issues relating to the implementation of the Codex definition of dietary fibre, and to get input on this from such a specialised audience.

Following this session, the audience largely agreed that the existing science supports the inclusion of carbohydrate polymers with degree of polymerization of 3 and above in the Codex definition.

An article will be published soon with these outcomes. Indeed, a proper understanding the Codex definition and the existing science will help national authorities to make science-based decisions when implementing the Codex definition.

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