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ILSI EUROPE

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The ILSI Europe Newsletter is written with you in mind. We want to continuously make it relevant for you, and therefore value any feedback that you may have. To give feedback, please write to newsletter@ilsieurope.be

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ILSI EUROPE NEWSLETTER

The Quarterly Newsletter of the
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01 | A WORD FROM THE EXECUTIVE DIRECTOR

Welcome to the Winter 2011 edition of our quarterly newsletter!

The year 2011 is coming to an end, after a very busy and fruitful autumn period for ILSI Europe. We participated at FENS 2011 in Madrid and Eurotox in Paris and organised not less than 3 workshops. Our biggest event was our 'Health Benefits of Foods - From Emerging Science to Innovative Products' symposium in Prague last October. For those who could not attend, you will have another chance in four years' time at the next ILSI Europe Functional Foods symposium. In the meantime, a synopsis summarising the key outcomes of the past symposium is now available (see section 06).

This symposium was also a great opportunity for ILSI Europe to officially launch its new Marker Initiative in Nutrition Research. Working together with other organisations in this field, this Marker Initiative will facilitate interpretation and integration of nutrition research and provide new tools for the scientific substantiation of health claims on food. For more information on the initiative, go to section 03.

Recognising that the speed of information sharing increases and that you may not want to wait until the next ILSI Europe Newsletter to learn about new publications or activities, we have created a **Twitter account** to quickly update you on new topics. We plan to focus on quality rather than quantity of our tweets.

2012 looks very promising with the new task force activities, two new EC projects (section 10) and several events. One of our major meetings will be the Food Packaging Symposium in November 2012. Key other workshops are planned for 2012; read section 07 to get a more detailed overview.

Winter brings long evenings and some time off for reflection on past, present and future. The ILSI Europe staff hopes you appreciated the past year, and wishes you joyful anticipation of the year to come.

Merry Christmas and Happy New Year!

Dr. Nico van Belzen
Executive Director
ILSI Europe

02 | ILSI EUROPE AT A GLANCE

31/12

Remember the date: 31 December 2011 is the deadline to submit abstracts for oral presentations for the 5th International Symposium on Food Packaging - "Scientific Developments supporting Safety and Innovation" taking place on 14 - 16 November 2012, Berlin, Germany. Submit your abstract [here](#).

03 | MARKER INITIATIVE IN NUTRITION RESEARCH

Improving public health through nutrition strategies is a goal that can only be achieved with evidence-based science depending on reliable data. There is a need for clearer criteria for ensuring that markers used in nutrition research are relevant ones. The lack of consensus markers in nutrition research makes the comparison of results from different studies difficult and jeopardises the future development of evidence-based nutrition. Therefore, ILSI Europe recently started a 3-year initiative, involving 9 task forces to identify which markers are used in nutrition research and what criteria are used to assess their validity. To maximise synergy, avoid double work and preserve the spirit of harmonisation that has guided this initiative, we will closely follow the work of other organisations, e.g. BOND and NIH, WHO/IARC and different EU projects such as EURRECA, BIOCLAIM, NutriTech.





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ILSI EUROPE'S FOUR CLUSTERS

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

-  1. Assessment of Benefits and Risks
-  2. Societal Aspects
-  3. Food Chain
-  4. Diet, Health and Disease

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04 | 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 Intake Methodology Task Force

[Uncertainty analysis of the use of a retailer fidelity card scheme in the assessment of food additive intake \(article\)](#)

As with any dietary exposure method the fidelity card scheme is subject to uncertainties. In this article the impact of uncertainties associated with input variables (e.g amounts of food purchased; levels of the additive in food) has been assessed using a qualitative, deterministic and probabilistic approach. The analysis identified key factors of uncertainty and demonstrated how the application of simple probabilistic approaches can be used quantitatively.

[Read the full publication](#)



Functional Foods Task Force

[Guidelines for the Design, Conduct and Reporting of Human Intervention Studies to Evaluate the Health Benefits of Foods \(article\)](#)

There is substantial evidence to link what we eat to the reduction of the risk of major chronic diseases and/or the improvement of functions. It is therefore important for public health agencies and the food industry to facilitate the consumption of foods with particular health benefits. The aim of this report is to provide guidelines that assist studies designed to support nutrition science in a broad sense, and that aim to substantiate health claims for foods.

[Read the full publication](#)



Functional Foods Task Force

[A Standardised Approach towards Proving the Efficacy of Foods and Food Constituents for Health Claims \(PROCLAIM\): Providing Guidance \(article\)](#)

Diet is well known to have beneficial health properties that extend beyond traditionally accepted nutritional effects. This article aims at providing a set of recommendations on the scientific substantiation of health claims for foods, and at developing further guidance on the choice of validated markers (or marker patterns) and what effects are considered to be beneficial to the health of the general public (or specific target groups).

[Read the full publication](#)



Weight Management in Public Health Task Force

[Age Standardization in Mapping Adult Overweight and Obesity Trends in the WHO European Region \(article\)](#)

The number of obese people in Europe has been estimated to increase over the last decades, even in countries with traditionally low prevalence. At the same time the populations are growing older and with age the risk of overweight increases. Population aging may contribute independently to the rising prevalence of obesity. So, are Europeans really getting fatter or are we just getting older?

[Read the full publication](#)



Metabolic Syndrome and Diabetes Task Force

[Dietary Factors and Low Grade Inflammation in relation to Overweight and Obesity \(supplement\)](#)

Adipose tissue releases inflammatory mediators, which may be involved in insulin resistance and other metabolic disturbances. After a meal the concentrations of mediators increase, but food components and eating patterns may affect this response. The article describes potential mechanisms and identifies research gaps in the interaction between diet, post-prandial and chronic low-grade inflammation.

[Read the full publication](#)



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05 | UPCOMING PUBLICATIONS

-  • Enterobacteriaceae (report)
-  • Packaging Materials 8: Printing Inks for Food Packaging (report)
-  • Persistence and Survival of Pathogens in Dry Food Processing Environments (report)
-  • EURRECA's Approach for Estimating Micronutrient Requirements (article)

06 | 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:



Functional Foods Task Force

International Symposium on Health Benefits of Foods - From Emerging Science to Innovative Products

PRAGUE, CZECH REPUBLIC, 5-7 OCTOBER, 2011

A complete synopsis of the symposium summarising the main findings is now available [here](#).

[READ MORE](#)



Metabolic Imprinting Task Force

Workshop on Maternal Obesity, Diet, and Developmental Programming - Aligning Mother-Child Studies

BRUSSELS, BELGIUM, 10-11 OCTOBER, 2011

[READ MORE](#)



EURRECA

Session at the International Society of Trace Element Research in Humans (ISTERH) Conference

ANTALYA, TURKEY, 16-21 OCTOBER, 2011

[READ MORE](#)



Multiple task forces and EURRECA

Sessions at the 11th European Nutrition Conference (FENS - Federation of European Nutrition Societies)

MADRID, SPAIN, 26-29 OCTOBER, 2011

ILSI Europe session on Food Consumption and Public Health (27 October)

[READ MORE](#)



EURRECA session on European Recommendations Aligned, How Do We (EURRECA) Realise This? (28 October)

[READ MORE](#)



Process-related Compounds and Natural Toxins Task Force and Risk Assessment of Chemicals in Food Task Force

Workshop on MCPD- and Glycidyl Esters in Food Products

BRUSSELS, BELGIUM, 9-10 NOVEMBER, 2011

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Food Intake Methodology Task Force

Workshop on GUIDEA - Guidance for Dietary Intake Exposure Assessment

GENEVA, SWITZERLAND, 29-30 NOVEMBER, 2011

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07 | UPCOMING EVENTS



ILSI 2012 Annual Meeting

PHOENIX, ARIZONA, USA, 20-25 JANUARY 2012

Join ILSI Europe and the other branches at the 2012 ILSI/ILSI North America annual meeting in Phoenix Arizona. Learn about existing and proposed programs and share your ideas for how ILSI can help improve human health and ensure environmental safety.

READ MORE



Packaging Materials Task Force

Workshop on Outlook and Limitations of Nanotechnologies for Food Packaging

BRUSSELS, BELGIUM, 8-10 FEBRUARY 2012

Nanotechnologies have gone through many different states of perception especially in the fields related to food. Recent developments have opened up further new possibilities for innovation and for development of novel food packaging materials. The workshop organised by the Packaging Material Task Force aims at reviewing potential benefits of nanotechnology in food packaging applications and potential limitations of their use.

READ MORE



ILSI Europe 2012 Annual Symposium

BRUSSELS, BELGIUM, 29-30 MARCH 2012

Under the theme "The 21st century food chain", ILSI Europe's General Assembly of Members and 2012 Annual Symposium will cover a broad selection of topics including primary production and sourcing, processing technologies, food intake physiology, societal impact of food concluding with future outlooks for ILSI Europe. On 30 March 2012, before the first presentation, optional breakfast meetings will be organised to present ILSI Europe's work programme and possibly develop new activities. Registration will be open in mid-December 2011.

READ MORE



Probiotics Task Force and Nutrition and Immunity Task Force

Workshop to Review the Markers for Immune Modulation in the General Population

NICE, FRANCE, 16-17 APRIL 2012

A large number of tests for the evaluation of immune modulation are currently available in the clinical area. However it is not always so clear what the preferred markers to use are in the case of nutrition intervention. The expert group listed available diagnostic tools, then classified and scored immune markers. The objectives of the workshop are firstly to review this work by external experts. Secondly, it aims at endorsing scenarios for interpretation of the results observed during a trial. By this approach, the workshop will contribute to a better assessment of immune modulation and to promote further consensus on markers for conducting RCTs.

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Nutrition and Immunity Task Force

Workshop on Biomarker of Inflammation

SEVILLE, SPAIN, 14-15 MAY 2012

Various dietary components are suggested to have an impact on inflammatory conditions. However, the heterogeneity of the tools used to measure this impact, as well as the lack of clear relationship between clinical symptoms and markers of inflammation are the most limiting factors in this field. Better quality studies using more standardised sets of inflammatory markers are needed. A group of experts listed relevant criteria for validation of inflammation markers, identified and scored markers suited for nutrition intervention studies. The objective of the workshop is to review this work by external experts.

READ MORE



Marker Initiative in Food Research

Consensus Workshop on Criteria to Assess the Relevance of Markers in the field of Nutrition

LISBON, PORTUGAL, 27-29 JUNE 2012

In 2011, different expert groups have been commissioned to better understand which criteria enable the validation of a marker in the area of nutrition research. A first group of experts has identified criteria of validation based on a literature review. In parallel, a series of expert groups from various task forces have identified criteria based upon the markers broadly used in their field of research. During the workshop, all these data collected by the different groups will be reviewed and discussed with key experts, stakeholders and other initiatives' representatives.

READ MORE



Packaging Materials Task Force

5th International Symposium on Food Packaging – Scientific Developments supporting Safety and Innovation

BERLIN, GERMANY, 14-16 NOVEMBER, 2012

The symposium will emphasise innovations and recent advances in the science which supports the safety and quality of food packaging. The 3-day conference will focus on the following four concept areas: 1) Nanotechnology and emerging technologies, 2) Sustainable food contact materials, 3) Risk Assessment of complex mixtures and 4) Effects of food processing and packaging treatments.

Abstract submission is open until 31 December 2011.

To submit your abstract, [click here.](#)

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08 | NEW TASK FORCE ACTIVITIES

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.

The following activities have started recently or will be starting in the near future:

Task Forces	New Expert Groups
 Nutrition and Mental Performance	Identification of criteria for validation of markers of cognitive function with a basis in broadly used and established biological and psychological markers of cognition – Approach B
 Prebiotics	Focusing at one of the gut functions: Microbial metabolism and fermentation

09 | UPCOMING TASK FORCE MEETINGS




JANUARY 2012

-  12 Dietary Carbohydrates

FEBRUARY 2012

-  09 Functional Foods

MARCH 2012

-  13 Nutrition and Mental Performance
-  14 Risk Analysis in Food Microbiology
-  23 Emerging Microbiological Issues

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. If you are interested, please contact info@ilsieurope.be.

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

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10 | ILSI EUROPE IN EU PROJECTS

ILSI Europe is involved in 2 new EU projects starting in 2012: NutriTech and TDS Exposure.

NutriTech

NutriTech is a 4-year EU funded project. ILSI Europe is a partner in the project and leader of the work package on harmonisation and dissemination. The overall objective of the project is to develop novel standardised methods for global use, using state-of-the-art and beyond state-of-the-art technologies, for studying the effects of diet and life-style on human health. NutriTech will apply a novel combination of technologies to assess most comprehensively human phenotypic flexibility as a marker for health and disease states in the context of nutrition and life style

TDS Exposure

The aim of Total Diet Studies (TDS) is to provide representative and realistic data on the food contamination and the exposure levels of relevant populations. The objectives of the 4-year project TDS Exposure are to identify clearly what kind of information TDS studies can provide for exposure and risk assessment, to encourage the development of total diet studies across Europe and worldwide, as well as to propose a harmonised method for total diet studies across Europe, to test it and to develop a Total Quality Management System. ILSI Europe is a partner in the dissemination and stakeholder work package.

25 Years of ILSI Europe

Highlighting the key achievements of ILSI Europe over the last quarter century.



Coordination of EC-funded projects

Since its creation, ILSI Europe has coordinated five European projects and has been involved in 12 other projects within the 5th, 6th and 7th Framework Programmes. Through the coordination of these projects, ILSI Europe showed its capacity to build on projects findings.

FOSIE ('Food Safety in Europe') was set up to critically assess the knowledge in risk assessment and to examine the science base for new qualitative and quantitative methodologies used in assessing risks from chemical substances in the food chain.

Simultaneously, ILSI Europe was also coordinating the European Commission Concerted Action on 'Functional Food Science in Europe' (**FUFOSE**) and a couple of years later the FUFOSE conclusions and principles were taken to the next logical stage i.e. application of the principles in the European Commission funded project PASSCLAIM ('Process for the Assessment of Scientific Support for Claims on Foods'). FUFOSE established definitions and basic concepts for scientific substantiation of health benefits of foods.

Ways to develop valid study designs and to identify markers to explore the effects of diets on health were further dealt with in the **PASSCLAIM** project.

The last step was for ILSI Europe to combine the findings of these three initiatives into a new project funded by the European Commission looking at the overall 'Benefit Risk Analysis for Foods' (**BRAFO**). BRAFO developed a tiered methodology for assessing the benefits and risks of foods and food components, utilising a quantitative, common scale for health assessment in higher tiers.

Finally, **EURRECA** ('European Micronutrient Recommendations Aligned') has resulted in the development of a flowchart aiming at facilitating the scientific alignment of micronutrient recommendations in Europe. EURRECA has also delivered databases, best practices & systematic reviews of literature, case studies and methods relevant to enhance harmonisation of micronutrient reference values.

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