EURRECA
Network of Excellence
EUROpean micronutrient RECommendations Aligned

Harmonising nutrient recommendations across Europe with special focus on vulnerable groups and consumer understanding

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www.eurreca.org
The EURRECA framework from setting to applying recommendations

This framework describes the process from assessing nutritional requirements to policy applications, based on evidence from science, stakeholder interests and the socio-political context.

Objectives

- Deliver an aligned set of standards providing a robust scientific basis for establishing micronutrient requirements and for devising micronutrient recommendations.
- Focus on the needs of specific vulnerable groups: infants, children and adolescents; adults; pregnant and lactating women; elderly people with low income and immigrants.
- Evaluate the impact of socio-economic status, ethnic origin, inter-individual variability and vulnerability due to genetics, environmental factors and epigenetic phenomena.

Translating theory into practice

- A Best Practice Guideline for biomarkers of status.
- Scoring systems to rate the quality in nutritional surveys and to assess the quality of validation studies.
- Micronutrient wiki pages providing information on the relationships between micronutrient status or intake and a range of biomarkers.
- A scientific triage process to prioritize nutrients for systematic review.
- An interactive database, Nutri-RecQuest, enabling comparisons of micronutrient reference values across Europe.
- A dietary software, NutPlan, allowing recipe calculation, diet planning, creating food labels and nutrient intake assessment.
- A framework for Evidence-Based Policy Decision-Making to guide the choice of the most effective and most appropriate policy tool/option.
- Factsheets to help identify potential problems with vitamin and mineral testing.
- Interactive digital learning materials tackling different aspects of setting micronutrient recommendations.

The EURRECA (EURopean micronutrient RECommendations Aligned) Network of Excellence addresses variations in European micronutrient recommendations. The EURRECA Network aims to provide an evidence-based toolkit to help policy-makers develop quality assured and aligned nutrient recommendations across Europe.

Individual countries in Europe review their national guidance on micronutrient recommendation at different times, which means they are not working with the same or most up-to-date scientific information. Relatively small and select groups of experts are usually involved in this process.

Additionally, different countries use different methods to determine their national requirements and different concepts to express the recommendations. For example, some nations provide a single recommendation for healthy adults; others provide separate recommendations for men and women.

Age groupings for babies and children also vary. The result? Differing national recommendations, confusion for policy-makers, health professionals and consumers and a lack of comparison opportunities between countries.

EURRECA’s members are scientists, representatives of nutrient requirement setting bodies, consumer organisations, small & medium-sized enterprises and wider stakeholders working together to harmonise European micronutrient recommendations.

EURRECA has three key strategic objectives:

- Deliver an aligned set of standards providing a robust scientific basis for establishing micronutrient requirements and for devising micronutrient recommendations.
- Focus on the needs of specific vulnerable groups: infants, children and adolescents; adults; pregnant and lactating women; elderly people with low income and immigrants.
- Evaluate the impact of socio-economic status, ethnic origin, inter-individual variability and vulnerability due to genetics, environmental factors and epigenetic phenomena.

Currently in its fourth year, the network has collected large amounts of data. To make the most of the data, EURRECA is developing several practical tools for policy-makers, academics, health professionals and food industry.