Understanding and assessing adequate nutrient intake and safe food fortification present major challenges in Europe today.

The full scope of the task force encompasses the analysis of knowledge gaps between dietary requirements, intake, status and recommendations. Going further, it also assesses the health risks/benefits of adding macronutrients, micronutrients and specific food substances to foods. The resulting reviews will help to establish recommendations and guidelines on how to improve food fortification practices in Europe and optimise nutrient intake.

PRESENTED on n-3 and n-6 PUFA intake in Europe in selected groups.
  • **Poster presentation** at Nutrition & Growth Conference (19 March 2016, Vienna, Austria).
  • **Scientific session** at AOCS Annual Meeting & Expo (4 May, Salt Lake City, US), ISSFAL 2016 (5-9 September 2016, Stellenbosch, S.Africa) and at the Euro Fed Lipid Tox (19 September 2016, Ghent, Belgium).

NEW PUBLICATION on the contribution of different food groups to micronutrient intake of the elderly (Berendsen et al., 2016).

UPCOMING
Publication of 2 manuscripts on the adequacy of dietary fibre intake and on adequacies of n-3 and n-6 PUFA intake in Europe.

CONTRIBUTION OF DIETARY SUPPLEMENTS, NUTRIENT-DENSE FOOD AND FOOD FORTIFICATION TO THE MICRONUTRIENT INTAKE AND STATUS OF THE ELDERLY
A pilot database search has determined by which ratio the three product categories (i.e. micronutrient-dense food groups, micronutrient-fortified food groups and micronutrient supplements) contribute to the dietary intake or Recommended Daily Allowance (RDA) of Dutch elderly (Berendsen et al., 2016). The phase 2 manuscript will investigate this at EU level, and discuss the (dis)advantages of each product category.

INTERACTIONS OF MICRONUTRIENTS WITH OTHER CONSTITUENTS OF THE FOOD MATRIX
The potential interaction of micronutrients with substances in the food matrix plays a role in both bioaccessibility and bioavailability, so influencing the efficacy of fortification of food with micronutrients. The experts will create a framework of methods to assess micronutrient bioaccessibility and bioavailability. The value of these methods will also be discussed.

ADEQUACIES OF N-3 AND N-6 PUFA INTAKE IN EUROPEAN COUNTRIES IN LIGHT OF THE CURRENT RECOMMENDATIONS
This expert group is developing a series of three manuscripts. In the first publication, the expert group investigates current intake of total and specific n-3 and n-6 PUFA (polyunsaturated fatty acids) in European diets for identified groups. The second publication will describe the relevance of n-3 and n-6 PUFA indexes and ratios for intake. In the third manuscript, a systematic review will be performed on arachidonic acid and health effects.
Nutrient Intake Optimisation Task Force

**MEMBER COMPANIES**
- BASF SE
- Danone
- DSM
- FrieslandCampina
- Nestlé
- SQM Europe
- Ülker Bisküvi
- Unilever

This task force started in January 2015, combining the scientific portfolio of two former task forces: ‘Addition of Nutrients to Food’ and ‘Nutrient Requirements’.

**ACTIVITIES**

**Adequacy of Dietary Fibre Intake of the European Population with Reference to both Total and Specific Types of Fibre**
The intake of total dietary fibre is not optimal in most European countries, in particular in vulnerable groups such as children. The expert group reviewed and assessed existing data on recommended and actual intakes of total and specific types of fibre in Europe.

**Upcoming Activity**
The next project, which will start in 2017, will focus on iodine as iodine deficiency is re-emerging in the developed world and fortification strategies vary.

**RECENT PUBLICATIONS**


All publications available on our website: [www.ilsi.eu](http://www.ilsi.eu). For more information on ILSI Europe’s activities, don’t forget to follow us on Twitter [@ILSI_Europe](https://twitter.com/ILSI_Europe) and connect with us on LinkedIn.

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