

ABOUT THE TASK FORCE

Effective guidance, products and communication can help consumers with appetite control and energy balance. But what are the preferred methodologies for substantiating the efficacy for appetite and energy balance? Which specific food characteristics and physiological targets are relevant? What do consumers expect from health claims in the area of satiety and energy balance, and how do they perceive them? These are some of the questions addressed by the Eating Behaviour and Energy Balance Task Force.

The task force aims to evaluate the scientific underpinning for routes to achieve improved energy balance, and appropriate methods for their substantiation and communication to consumers.



WHAT'S NEW?

PUBLICATION entitled 'Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies' (P. Rogers *et al.*, 2016):

- presented at the **12th FENS European Nutrition Conference** on 22 October 2015 in Berlin, Germany;
- will be presented at ICN in October 2017 in Buenos Aires, Argentina.

UPCOMING WORKSHOP

organised jointly with the Dietary Carbohydrates Task Force on 'Dietary Sweetness – Is It an Issue?'. The workshop will take place on 3-4 April 2017.

ACTIVITIES

Workshop on 'Dietary Sweetness – Is It an Issue?'

Human attraction to sweet sources of energy is seen as a potential risk factor for developing less healthy eating patterns. ILSI Europe is organising a workshop on 3-4 April 2017 in Brussels, Belgium, to address whether dietary sweetness is an issue. The biological basis and evolutionary relevance of sweet taste will be presented.

Experts will review the evidence suggesting that exposure to sweetness affects diet quality and energy intake. Together, they will assess whether sweet taste *per se* affects health. The outcomes of this workshop will be used as scientifically sound basis to inform the expert community and create dialogue among health care professionals.

Physiological and Behavioural Adaptation to Dietary Enhancement of Satiety: Evidence and Timeframes

How long should research studies run in order to give confidence in the sustained efficacy of interventions with supposed appetite-related benefits? There needs to be a balance between carrying out studies for a 'sufficiently' long period to support sustained efficacy against the costs, feasibility and subject retention and compliance issues arising

with longer clinical testing periods. The aim of this activity is to systematically review the literature testing satiety effects over sustained exposures, and, from this, suggest evidence-based guidance on appropriate exposure durations for studying effects of diet/food and ingredients with putative benefits for satiety and energy intake.

Eating Behaviour and Energy Balance Task Force

MEMBER COMPANIES

- Arla Foods
- Danone
- DSM
- DuPont Nutrition & Health
- Lucozade Ribena Suntory
- Mondelēz Europe
- Nestlé
- PepsiCo International
- Tate & Lyle
- Unilever
- Wrigley

ACTIVITIES (CTD)

Physical-Chemical Properties of Dietary Fibre Relevant to Appetite-Related Mechanisms and Outcomes

Dietary fibre is often recommended for appetite control, but not all fibres are equally effective for this purpose. Currently, there is no complete and authoritative overview that assesses which properties are most relevant. The aim of this activity is to

carry out an evidence-based systematic review of the physical-chemical properties of fibres relevant for appetite-related outcomes and offer a general guidance for the specification of fibres used in dietary interventions.

RECENT PUBLICATIONS

P.J. Rogers, P.S. Hogenkamp, C. de Graaf, S. Higgs, A. Lluch, A.R. Ness, C. Penfold, R. Perry, P. Putz, M.R. Yeomans and D.J. Mela. **Does Low-Energy Sweetener Consumption Affect Energy Intake and Body Weight? A Systematic Review, Including Meta-Analyses, of the Evidence from Human and Animal Studies.** *International Journal of Obesity* 2016;40:381-394.

S. Griffioen-Roose, A. Wanders and M.M. Hetherington. **Satiety and Appetite Control Claims Getting it Right for Consumers.** *Nutrition Bulletin* 2013;38:373-377.

M.M. Hetherington, K. Cunningham, L. Dye, E.L. Gibson, N.T. Gregersen, J.C. Halford, C.L. Lawton, A. Lluch, D.J. Mela and H.C. van Trijp. **Potential Benefits of Satiety to the Consumer: Scientific Considerations.** *Nutrition Research Reviews* 2013;26(1):22-38.

All publications commissioned by this task force are available on our website: www.ils.eu.

For more information on ILSI Europe's activities, don't forget to follow us on Twitter @ILSI_Europe and connect with us on LinkedIn.

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