Nutrient Intake Optimisation Task Force

About the Task Force

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 in order to optimise nutrient intake.

What's new?

PRESENTED on n-3 and n-6 PUFA intake in Europe in selected groups.

- **Scientific session** at AOCS Annual Meeting & Expo (4 May, Salt Lake City, US), ISSFAL 2016 (5-9 September 2016, Stellenbosch, S.Africa), Euro Fed Lipid Tox (19 September 2016, Ghent, Belgium), and the Nutrition and Growth Conference (7-8 March 2017, Amsterdam, the Netherlands).

NEW PUBLICATIONS

- On the contribution of different food groups to micronutrient intake of the elderly (Berendsen *et al*., 2016)
- On adequacies of n-3 and n-6 PUFA intake and recommendations in Europe (Sioen & van Lieshout *et al*., 2017)

Activities

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, thus 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.

N-3 and N-6 PUFA Intakes, Ratios and Health Effects

This expert group is developing a series of three manuscripts. In the first publication (Sioen & van Lieshout *et al*., 2017), the expert group investigated current intake of total and specific n-3 and n-6 PUFA (polyunsaturated fatty acids) in European diets for specific population 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 the health effects of arachidonic acid.

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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 (CTD)

Iodine Intake in Europe

Dietary iodine intake is required for healthy thyroid function. The adverse effects of iodine deficiency – such as goitre, cretinism, intellectual impairments, growth retardation, neonatal hypothyroidism, increased pregnancy loss and infant mortality – are well known and are easily corrected with salt iodisation. However, worldwide, still more than two billion people are at risk of iodine deficiency. This number may increase in the coming years due to current health strategies to decrease salt intake. This expert group will review current iodine intakes across Europe and compare results with the current recommendations. The focus will be on the general population, but high-risk populations, mainly women will be investigated. The expert group will also discuss iodine fortification of different food strategies/policies in the different countries, and explore the potential impact of these on iodine intake.

Recent Publications

Isabelle Sioen*, Lilou van Lieshout*, Ans Eilander, Mathilde Fleith, Szimonetta Lohner, Alíz Szommer, Catarina Petisca, Simone Eussen, Stewart Forsyth, Philip C. Calder, Cristina Campoy and Ronald P. Mensink. *Shared first authorship. **Systematic Review on N-3 and N-6 PUFA Intake in European Countries in Light of the Current Recommendations – Focus on Specific Population Groups.** *Annals of Nutrition and Metabolism,* 2017;70:39-50.

Agnes A.M. Berendsen, Lilou E.L.M. van Lieshout, Ellen G.H.M. van den Heuvel, Christophe Matthys, Szabolcs Péter, Lisette C.P.G.M. de Groot. **Conventional foods, followed by dietary supplements and fortified foods, are the key sources of vitamin D, vitamin B6 and selenium intake in Dutch participants of the NU-AGE study.** *Nutrition Research* 2016:05:007. Open access.

E. Casala, C. Matthys, S. Péter, A. Baka, S. Kettler, B. McNulty, A.M. Stephen, J. Verkaik-Kloosterman, J. Wollgast, R. Berry and M. Roe. **Viewpoint: Monitoring and Addressing Trends in Dietary Exposure to Micronutrients through Voluntarily Fortified Foods in the European Union**. *Trends in Food Science & Technology* 2014;37:152-161.

All publications available on our website: www.ilsi.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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