ILSI Europe
International Life Sciences Institute

Eating Behaviour and Energy Balance Task Force

About the Task Force

In light of the increasing burden of obesity and other chronic diseases on public health and budgets, it is important to understand various factors that impact satiety and energy balance as well as provide guidance for optimised methodologies to assess the impact of those factors on measures of satiety. Which specific food characteristics are likely to impact satiety and energy intake the most? What are the preferred methodologies and study designs for substantiating their efficacy? These are some of the questions being addressed by the Eating Behaviour and Energy Balance Task Force.

What's new?

PUBLICATION entitled 'A review of characteristics of dietary fibres relevant to appetite and energy intake outcomes in human intervention trials' published in the *American Journal of Clinical Nutrition* (K. Poutanen *et al*., 2017).

NEW ACTIVITY PROPOSAL on 'Identifying key food physical characteristics and sensory attributes that improve satiety responses to food' under scientific review.

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

Activities

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 and there is no complete and authoritative overview on the topic.
The expert group recently published an evidence-based systematic review of the characteristics of dietary fibres relevant to appetite and energy intake outcomes in human intervention trials (Manuscript 1, K. Poutanen *et al*., 2017). The experts are now developing guidelines for characterisation of fibres and reporting in nutrition research (Manuscript 2).

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.

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Member Companies

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

Activities (CTD)

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 organised 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 were presented. Experts reviewed the evidence suggesting that exposure to sweetness affects diet quality and energy intake. Together, they assessed 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.

Recent Publications

K. Poutanen, P. Dussort, A. Erkner, S. Fiszman, K. Karnik, M. Kristensen, C. Marsaux, S. Miquel-Kergoat, S. Pentikäinen, P. Putz, J. Slavin, R. Steinert and D. Mela. **A review of the characteristics of dietary fibers relevant to appetite and energy intake outcomes in human intervention trials.** *American Journal of Clinical Nutrition* 2017.

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.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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