

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 workshop on "Dietary Sweetness – Is It an Issue?"' published in the *International Journal of Obesity* (A. Wittekind *et al.*, 2017).

ACTIVITIES

Identifying Key Food Physical Characteristics and Sensory Attributes that Improve Satiety Responses to Food – **NEW**

Satiety is impacted by many food parameters: physico-chemical characteristics and sensory attributes, which are often inter-related. An expert

group will review which key food physical characteristics and sensory attributes improve satiety most, taking into account food appreciation.

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? This activity aims to

systematically review the literature testing satiety effects over sustained exposures, and, from this, suggest evidence-based guidance on appropriate exposure durations.

Eating Behaviour and Energy Balance Task Force

MEMBER COMPANIES

- Arla Foods
- Danone
- DuPont Nutrition & Health
- Lucozade Ribena Suntory
- Mondelēz International
- PepsiCo International
- Tate & Lyle

ACTIVITIES (CTD)

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

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 were published in *International Journal of Obesity*.

EU project – **NEW**

SWEET – Sweeteners and sweetness enhancers: Impact on health, obesity, safety and sustainability

In the past years, sweeteners and sweetness (flavour) enhancers (S&SEs) have become useful ingredients to lower sugar content of food products. However, information is lacking about new and emerging S&SEs in terms of efficiency, safety... The EU Project SWEET aims to

examine the barriers & facilitators to the use of S&SEs & examine the likely risks & benefits of using them to replace sugar in the diet in the context of health, obesity, safety & sustainability. ILSI Europe will organise two stakeholders workshops throughout the course of the project.

RECENT PUBLICATIONS

A. Wittekind, K. Higgins, L. McGale, C. Schwartz, N.S. Stamataki, G.K. Beauchamp, A. Bonnema, P. Dussort, S. Gibson, C. de Graaf, J.C.G. Halford, C.F.M. Marsaux, R.D. Mattes, J. McLaughlin, D.J. Mela, S. Nicklaus, P.J. Rogers, I.A. Macdonald. **A workshop on 'Dietary Sweetness – Is It an Issue?'** *International Journal of Obesity* 2017; doi:10.1038/ijo.2017.296.

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;106(3):747-754.

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.

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](https://twitter.com/ILSI_Europe) and connect with us on [LinkedIn](https://www.linkedin.com/company/ils-europe).

CONTACT

Dr Cyril Marsaux
Scientific Project Manager
cmarsaux@ilsieurope.be
Tel. (+32) 2 771 00 14

ILSI Europe
Avenue E. Mounier 83, Box 6
BE – 1200 Brussels
BELGIUM

Scan the QR code
for more information
on ILSI Europe

