

ABOUT THE TASK FORCE

Specific components of the diet can bring benefits beyond those of basic nutrition. However, these beneficial effects need to be supported by scientific evidence before they can be communicated to consumers and others via health or nutrition claims and other relevant channels. The Functional Foods Task Force addresses issues related to functional benefits of foods and develops tools, such as criteria for the evaluation of markers, to define the scientific substantiation of benefits of foods for improvement and maintenance of health and wellbeing.



WHAT'S NEW?

WEBINAR

The task force is organising a webinar on 'Microbial Metabolism Associated with Health' with the Prebiotics Task Force and the International Association for Prebiotics and Probiotics on 12th April 2018.



WORKSHOP planned in early 2019 on 'Specific Guidelines for the Design and Conduct of Human Gut Microbiome Intervention Studies Relating to Foods'.

NEW ACTIVITY

PROPOSAL on 'Review of the evidence base for targeted protein recommendations' in preparation. Expected kick-off in late 2018.

ACTIVITIES

Preferred Approaches for Quantifying the Impact of Modifying Nutrient Intakes

There are well-established population-based recommendations for modifying diets so as to reduce the risk of contracting non-communicable diseases. This information allows the food industry to optimise the composition of foods. However, there are currently no applicable consensus models to measure the impact of these changes.

The aim of this activity is to identify preferred practical models that could be recommended as standardised methods of estimating the quality of life and the health impacts of changes in the nutritional composition of foods. A workshop was held on 6-7 April 2017 to discuss criteria to assess the impact of changing nutrient intakes.

Specific Guidelines for the Design and Conduct of Human Gut Microbiome Intervention Studies Relating to Foods

The activity will address the specific design and conduct recommendations for human intervention studies, investigating i) effects of the gastrointestinal microbiota/ microbiome on the metabolism and bioavailability of nutrients and non-nutrients, ii) effects of diet on the microbiota/ microbiome composition and

activity, iii) effects of diet-induced changes of the microbiota/ microbiome on human health, and iv) specific confounding factors that should be considered in relation to microbiome-related outcomes and propose ways to optimise study design and methodologies to achieve physiologically meaningful results.

MEMBER COMPANIES

- Abbott Nutrition
- ADM
- DSM
- DOW DuPont
- Johnson & Johnson EAME
- Lonza
- Mondelēz International
- Nestlé
- PepsiCo International
- Pfizer Consumer Healthcare
- Südzucker Group
- Unilever
- Yakult Europe

ACTIVITIES (CTD)

Oral and Systemic Health Resilience

Oral health has been acknowledged to have an impact on overall quality of life. Moreover, it appears that oral health may be related to systemic health. Factors affecting the oral health

resilience and a potential link between oral and systemic health are currently being explored in context of oral resilience, experimental gingivitis and the link between oral and gut microbiota.

Exploring the Role of the Major Gut Microbiota Clusters on Nutritional and Functional Benefits of Nutrients and Non-Nutrients – **COMPLETED**

The aim of this activity was to review existing data on the effects of different gut microbiota clusters on the metabolism of nutrients and non-nutrients, as well as the microbial pathways associated with the metabolism and the methodologies applied to study them. A workshop was

held to refine the conclusions drawn, which were also presented at the 2016 ILSI Annual Meeting and several international scientific conferences. Two manuscripts have now been published. *In collaboration with the Prebiotics Task Force.*

EU PROJECT – **COMPLETED**

PATHWAY-27 – Pivotal Assessment of the Effects of Bioactives on the Health and Wellbeing, From Human Genome to Food Industry



Scientific understanding of the role and mechanisms of bioactive compounds is fragmented. PATHWAY-27 has determined the impact of selected bioactive-enriched foods (BEF) on physiologically-relevant endpoints related to Metabolic Syndrome risk and delivered a better understanding of the role and mechanisms of action of selected bioactives and BEF. ILSI Europe led the work package on 'Guidelines for the Substantiation of Health Claims on Bioactive Enriched Foods'.

RECENT PUBLICATIONS

- C. Shortt *et al.* **Systematic Review of the Effects of the Intestinal Microbiota on Selected Nutrients and Non-Nutrients.** *European Journal of Nutrition* 2017; <https://doi.org/10.1007/s00394-017-1546-4>.
- I. Rowland *et al.* **Gut Microbiota Functions: Metabolism of Nutrients and Other Food Components.** *European Journal of Nutrition* 2017; <https://doi.org/10.1007/s00394-017-1445-8>.
- P. Calder *et al.* **Improving Selection of Markers in Nutrition Research: Evaluation of the Criteria Proposed by the ILSI Europe Marker Validation Initiative.** *Nutrition Research Reviews* 2017;1-9.
- B. Halliwell. **Antioxidant and Anti-Inflammatory Components of Foods.** *ILSI Europe Concise Monograph Series* 2015;1-34.

All publications 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).

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