

Nutrient Density Task Force

**New
Task Force**

ABOUT THE TASK FORCE

Energy-dense foods that are affordable but can be nutrient-poor have been blamed for the global obesity epidemic. Dietary energy density can be lowered by reducing the consumption of added sugars, alcohol and fat or by increasing the consumption of vegetables and fruits. However, public health campaigns focusing on those themes have not produced the expected results. It may be time to re-focus on increasing dietary nutrient density, defined as the ratio of nutrients to calories. It is also timely to address the energy and nutrient density of processed and ultra-processed foods and ready to eat foods eaten away from home that account for a growing share of the food supply. Restoring dietary nutrient and energy balance can help reduce obesity and non-communicable diseases (NCDs). Helping industry to reformulate products based on the nutrient density concept and total energy intake can have a profound impact on diet quality and on global public health.



CURRENT STATUS

A group of international experts from Asia, North America and Europe convened and drafted the outline of a project to establish a new Task Force and a manuscript aiming to analyse the current state-of-the-art and identifying gaps in this field.

MEMBER COMPANIES

- Arla Foods
- DSM
- Nestlé
- PepsiCo
- The CocaCola Company

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BACKGROUND AND OBJECTIVES

Background

Obesity and other related non-communicable diseases (NCDs) are significant public health

problems. The interaction between nutrient density and obesity is not well understood.

Objectives and Expected Outcomes

The task force aims to address the limitations of energy density scores to improve public health, to look up the role of nutrient density score as a marker of diet quality and to review their impact on obesity. Further, the task force aims to explore and pave the way for the harmonisation of nutrient profiling approaches enabling the food industry to manufacture high quality foods to address public

health problems such as obesity. In this respect the role of processed foods will be examined and different models will be explored to evaluate their impact on public health. In addition, the task force aims to provide pragmatic recommendations on how to efficiently apply the nutrient density concept for public health benefit by contributing to the development of a sustainable diet.

Outlook

The manuscript in preparation might be extended to address the nutrition profile harmonisation to also examine and review the definition and use of energy density and nutrient density in

dietary guidelines and possibly establish a platform of respective stakeholders (incl. academia, industry, regulatory bodies, consumer organisations).

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