

Health Benefits Assessment of Foods Task Force

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 Health Benefits Assessment of Foods Task Force addresses issues related to health and nutrition benefits of foods and develops tools, such as criteria for the evaluation of markers, and guidelines to define the scientific substantiation of benefits of foods for improvement and maintenance of health and wellness. They investigate factors and compounds for health to help to ensure health claims can meet regulatory standards.



WHAT'S NEW?

NEW UPCOMING ACTIVITY!

Discussion on the topic of the new activity to be launched later in 2019 is now open. The Task Force is currently assessing topics ranging from plant extracts to polyphenols and metabolomics-dietary-Intake-health status axis, the last two topics in the context of gut microbiome.



JOINT ILSI EUROPE SESSION

'The Role of Prebiotics and Probiotics in Health: The Potential, the Difficulties and the Caveats' in Beneficial Microbes conference on 26-28th November 2018, Amsterdam, the Netherlands

Talk by Prof. Jonathan Swann: 'Design and conduct of human gut microbiome intervention studies relating to foods'

ACTIVITIES

Review of the evidence base for population targeted protein intake for muscle health

NEW ACTIVITY!

Research implies that factors such as protein quality, its composition, intake pattern and intake level largely determine protein health benefits. Of relevance, current recommendations by authorities for protein intake are the same for different population groups regardless of several studies implying that the optimum protein intake changes e.g. with age and the level of physical activity. This new activity starting in

January-February 2019 will systematically review the evidence base for optimal protein intake for muscle health across the lifespan taking into consideration physical activity. By considering the current level of evidence the activity will identify knowledge gaps as well as evaluate in a form of a systematic review possibilities for a more targeted approach for protein intake and the relevance of it.

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
- Naturex
- 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 is related to systemic health. This activity explores factors affecting oral health resilience and the potential link between oral and systemic health in the context of oral resilience

and experimental gingivitis considering also the link between oral and gut microbiota. The expert group has finalized two manuscripts on these topics which are currently in peer review, while a third one focusing on oral microbiome and systemic health is being developed.

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.

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.ilsieurope.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/ilsieurope).

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