Strategic vision
The task force is supporting researchers to scientifically substantiate health effects associated with immune functions modulation.

Background
A well-functioning immune system is essential for human health and well-being. Nutrition plays a major role in shaping and optimising immune functions.

Objectives
• Understand the impact of nutrition on immune functions.
• Determine reliable markers of immuno-modulation and inflammation relevant to health and wellbeing.
• Provide guidance for the design, assessment and interpretation of nutritional intervention studies related to immune function.

Achieved Results
• The work of Calder et al., 2017 on the modification of low-grade inflammation (LGI) in ageing is presented at the 13th European Congress of Nutrition (FENS2019) in Dublin, IE, on 16 October 2019.
• The conclusions of the expert group ‘Immune competence across lifespan’ focussing on IgE-mediated food allergy will be presented at Food Matters Live 2019 in London, UK, in November 2019.

Scientific Impact
• The comprehensive guidance document by Albers et al., 2013 provides a framework applied by researchers and clinicians to identify and select suitable markers, for the investigation and interpretation of immune benefits, and has over 65 citations.
• Calder et al., 2013 recommend using multiple markers and the application of standardised methods to monitor inflammatory conditions and has reached 166 citations.
• Calder et al., 2017 conclude that specific dietary interventions seem to be a promising strategy to control inflammmageing and has currently 43 citations.

UPCOMING
• A joint nutrition cluster activity will focus on the mechanisms underlying the Gut-Brain Axis with a webinar organised early 2020.
• Continuation of the current activity on ‘Immune Competence Across Lifespan’ with focus on defense against pathogens, in particular on acute gastrointestinal & respiratory tract infections.
• The task force is currently developing two main topics for future activities:
  – Maternal Nutrition and impact on child health;
  – Immunosenesence.
Determining reliable markers for nutritional modulation of immune functions and inflammation

RELEVANT PUBLICATIONS


All publications commissioned by this task force are available on our website: www.ilsi.eu.

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