ILSI Europe

The European branch of the International Life Sciences Institute

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Expert Group on Nutritional Characteristics of Foods

A supplement will be published in the European Journal of Nutrition in early 2008. It will consist of four papers:

- Nutrient profiling schemes: overview and comparative analysis
- A new reference method for the validation of nutrient profiling schemes using dietary surveys
- Comparison of different nutrient profiling schemes to a new reference method using dietary surveys
Workshop report

➢ The majority favoured
  ➢ food category approach rather than an ‘across the board’ system
  ➢ focus on disqualifying nutrients

➢ Some disparity regarding
  ➢ choice of nutrients
  ➢ whether scientific evidence is sufficient for ranking nutrients
Workshop report

- Evaluation tools should be developed based on selected indicator foods
- Sensitivity of any validation tool is important to avoid the use of health claims on less “healthy” foods
- Specificity is important to avoid that “healthy” foods are excluded from bearing a scientifically justified health claim
- Circularity should be minimised by using indicator foods different from those used in the conception of the model
“Healthy diets” of individuals are identified in national dietary surveys by comparison to the Eurodiet reference intakes.

Indicator foods associated positively or negatively to the “healthy diets” are determined.

Nutrient profiles are validated using these indicator foods by comparing the status of these foods (positively associated to healthy eating pattern or not) to their classification according to a nutrient profiling scheme.
NP comparison paper

- UK Food Standards Agency (FSA) model
- Dutch Tripartite classification model
- US FDA model for regulating health claims

- Sensitivity and specificity ratios of the three schemes were relatively good
- Only small differences in performance between the three systems
- Significant negative correlation between sensitivity and specificity
- Further improvement of the “indicator foods” approach is needed if it is to serve as a “gold standard”
Other Task Forces that relate to claims

- Appetite regulation
- Mental performance
- Probiotics
- Prebiotics (to be established in 2008)
- Consumer science
Other nutrition task forces

- Addition of nutrients to food
- Dietary carbohydrates
- Metabolic imprinting
- Metabolic syndrome
- Nutrient requirements
- Nutrition and immunity in man
- Weight management in public health
Thank you!