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:

- **Nutritional Characterisation of Foods: Science-based Approach to Nutrient Profiling; Summary Report of an ILSI Europe Workshop held in April 2006**
- **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

Validation method paper

- "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

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Thank you !