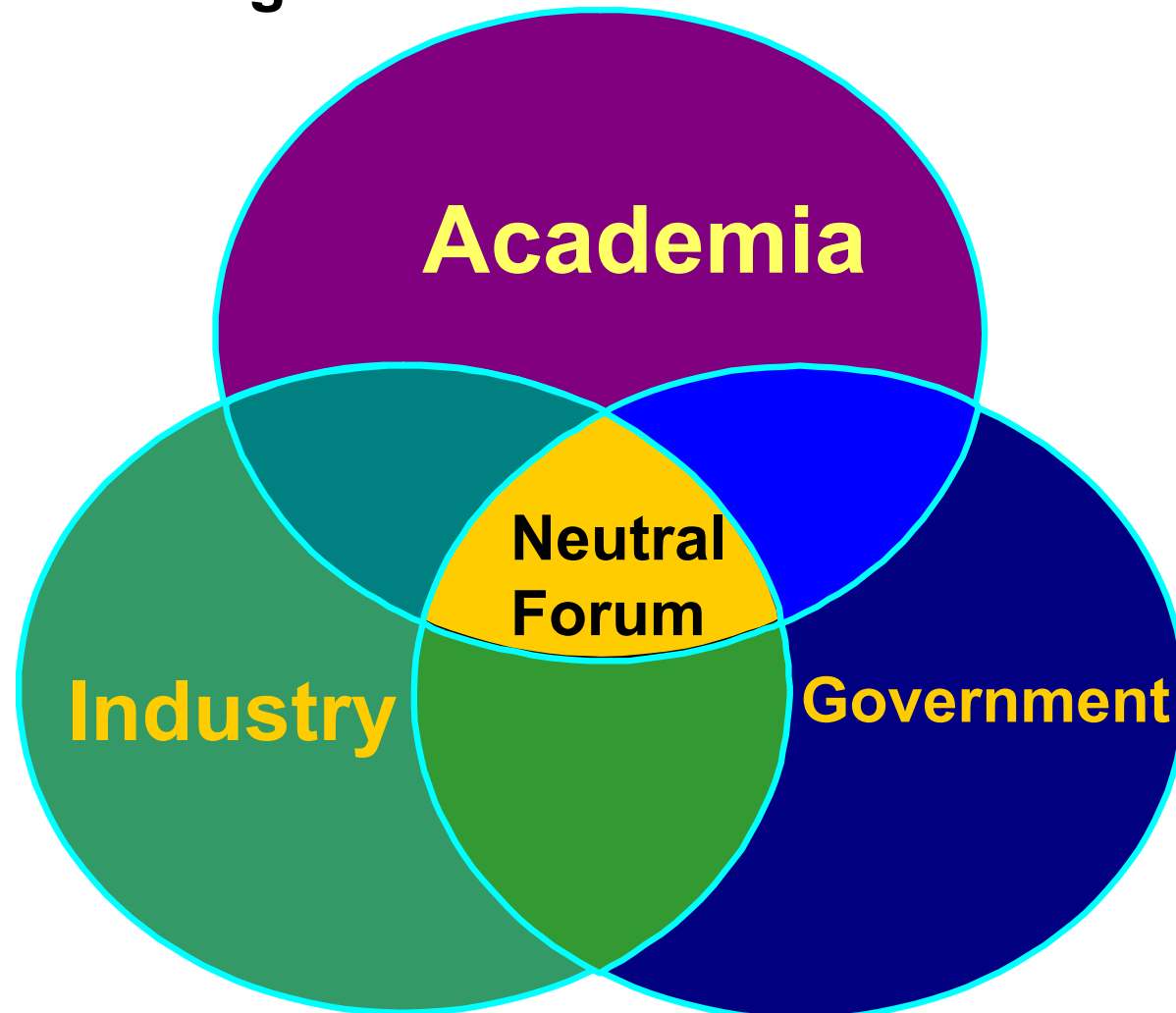


Nutrition and health

Dr. Nico van Belzen
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- **Introduction**
- **Key issues to be addressed**
- **Expectations and experience**
- **Further contributions**
- **Suggestions**

**To improve public health and safety
through advancement of science**



- **To provide a unique platform for scientists from academia, government and industry to jointly advance the best available fact-based, objective science on public health topics**
- **To provide consensus-based scientific information on food and health, which is communicated widely**

Assessment of Benefits & Risks

- Addition of nutrients to food
- Emerging technologies
- Food intake methodology
- Functional foods
- Novel foods and nanotechnology
- Risk analysis in food microbiology
- Risk assessment of chemicals in food
- Risk assessment of genotoxic carcinogens
- Threshold of toxicological concern

Food Chain

- Emerging microbiological Issues
- Environment and health
- Packaging materials
- Process-related compounds and natural toxins

Societal Aspects

- Consumer science

Diet, Health & Disease

- Dietary carbohydrates
- Eating behaviour and energy balance
- Food allergy
- Metabolic imprinting
- Metabolic syndrome
- Nutrient requirements
- Nutrition and immunity in man
- Nutrition and mental performance
- Prebiotics
- Probiotics
- Weight management in public health

- **Important role of diet and lifestyle in health (but...)**
- **Use of new knowledge, e.g. biomics, in public health**
- **Sustainability, overpopulation, food vs. non-food crops**
- **Emerging societal focus on ‘perception’ over ‘reality’**
- **Opposition against public-private partnerships**
- **Information vs. knowledge**

- **Information about healthy lifestyle is not always used in choosing foods**
- **Taste is king, and has evolved in a radically different environment**
- **Long latency period between a meal and some health consequences**
- **Foods and human physiology are complex**
- **Gut microflora impact may be underestimated.**
- **Limited availability of validated markers**
- **ROI of research in food vs. pharma**
- **Effect size in food vs. pharma**
- **Difficult to prove health benefits of foods (claims) – less food industry R&D?**

GUT HEALTH

necessary for a good health



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June 21, 2011

The Future of Pre- and Probiotic Claims and the Demand for EU Health...

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[EFSA Regulations](#)



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WEBSITE FOR BASIC AND CLINICAL GUT SCIENTISTS

On April 15th we started sending the letters to the President of the European Commission and to the Ministers of Health of the European Member States. We hope that all letters will reach José Manuel Barroso and that there will be an answer, or even an invitation soon! You can read the letter to Barroso [here](#). If you are an academic, independent gut researcher who is working in the field of probiotics and you didn't join us yet, feel free to sign the statement. It is still possible and your name will be added at the list on this website.

Below you will find a statement from three academic, independent gut researchers about rejecting health claims by EFSA. If you are working as a basic or clinical gut scientist, you are kindly invited to subscribe this statement by signing the form on this website. Read it first carefully and then scroll down to find the button to go to the form.

STATEMENT

To whom it concerns,

"It may not always make scientific sense but that is what is in the regulation and that is what we must follow," professor Albert Flynn, chairman of the NDA panel of EFSA said on December 2nd 2010 during the summing up of a workshop on the scientific requirements for health claims of probiotics related to gut and immune function. Probiotics (and prebiotics for that matter) aim at improving health and preventing disease of the consumer. In that context, the WHO has asked, in 2001, the scientific community to do more research in the field of probiotics because probiotics were expected to contribute positively to several health issues. The FAO made a similar appeal for prebiotics in 2007. Since then research has developed rapidly and since 2002 more than 5700 papers have been published on the (beneficial) effects of probiotics. An extensive literature

- **Perform world class research**
- **Deliver well-educated students**
- **Translate research into innovation**
- **Promote the role of science in public health decision-making**
- **Contribute to the perception/reality debate**

- **Help ‘fool our senses’ to make the healthy choice the easy choice**
- **Help improve ROI in food research**
 - **Validation of ‘food’ biomarkers**
 - **Intervention trial design for food**
- **Integrate psychological factors in life sciences**
- **Leverage biomics data**
 - **Human/microbiome genetic and response heterogeneity**
 - **Biomarker development**
 - **Food composition (bioactive compounds)**

- **‘Third path’: research, teaching and **interaction with society****
 - **Take part in public debates**
 - **Develop partnerships**
 - **More student internships**
 - **Use modern media**
 - **Will help recruit best students**
- **Research basis should be ensured by strong internal communication**

**We could provide a leading role
in society:**

Life sciences = us

**Key role in human and
environmental health**