About ILSI Europe

Established in 1986, ILSI Europe fosters collaboration among the best scientists to provide evidence-based scientific consensus in the areas of nutrition, food safety, toxicology, risk assessment, and the environment.

By facilitating their collaboration, ILSI Europe helps scientists from many sectors of society – public and private – to best address complex science and health issues by sharing their unique knowledge and perspectives.

Scientific Portfolio

FOOD INTAKE METHODOLOGY

August 2013
Methodological Issues in Nutrition Surveys

The Food Intake Methodology Task Force aims to address some of the main methodological issues in nutrition surveys.

Identifying practical ways of determining uncertainties in food intake assessments

Exposure assessment is a key component of any risk-assessment activity. The first step consists of defining the type of exposure assessment (e.g. describe the problem, identify the solution). As part of this step, it is important to clearly identify, describe and quantify the uncertainties present in various intake assessments (e.g. misreporting of food consumption). The Food Intake Methodology Task Force will further work on classifying these uncertainties to support more accurate food intake and exposure assessments.

Adequate methodologies for recording fluid and water intake at population level

This new project supported by the Food Intake Methodology Task Force aims to review and improve methodologies to accurately assess water and fluid intake as this topic has received very little attention in national food surveys. The outcome would be to propose investigations and guidelines for improving the fluid intake records in the future.

GUIDEA - Guidance for Dietary Intake Exposure Assessment

The GUIDEA project has developed a web-based database www.ilsi-guidea.org a practical online guide for conducting intake and exposure assessments to substances in foods, such as migrates from packaging, nutrients and food additives. Currently, the long-term sustainability and growth of this activity are being investigated. The inclusion of an E-learning tool into the GUIDEA website to properly address the need for training in this area is currently under development.

Further Reading


ILSI Europe Task Force

FOOD INTAKE METHODOLOGY TASK FORCE

We are what we eat, but do we really know what is in our food and importantly how much of food are we actually ingesting? Assessing the exposure of individuals to the many different substances and agents in food (whether or not they are intended or unintentionally added) is a key component of any risk-benefit assessment for ensuring safe food for the consumer.

The Food Intake Methodology Task Force reviews, evaluates, and develops new methods for estimating intakes of nutrients, food additives, chemical and microbiological contaminants, and other substances in our food supply. The aim is to help improve our understanding of the quantity of such substances/agents in the diet and to develop more realistic intake and exposure estimates of what Europeans eat and, in doing so, ultimately contribute to more relevant nutrition recommendations and safety guidelines.

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