The North American Branch of the International Life Sciences Institute (ILSI North America) is a public, non-profit scientific foundation that advances the understanding and application of science related to the nutritional quality and safety of the food supply.

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A COMMITMENT TO SCIENTIFIC INTEGRITY

The International Life Sciences Institute (ILSI) was founded 40 years ago on the premise that there is great benefit to the development and application of science when academia, government, and industry work together to resolve issues of mutual interest. During this period, the work of ILSI—and all its branches—has validated this initial premise. However, this would not be the case if the research conducted did not adhere to the highest standards of scientific integrity. Two generations removed, this principle of scientific integrity remains at the core of all that we do. Today, we find ourselves in a consumer and activist environment that is increasingly skeptical of the integrity of all institutions and their work, regardless of how solid their history and track record.

In 2007, the ILSI North America Board of Trustees created the Conflict of Interest & Scientific Integrity Working Group. The Working Group has focused on issues of conflict of interest, including developing “guiding principles” for industry funding of research, addressing issues around funding source and bias, developing criteria for participation on scientific advisory panels, and publishing a set of 12 principles for best practices in the initiation, development, and operation of public-private research partnerships. In 2015 the Working Group shifted its focus to scientific integrity and has changed its name to the Scientific Integrity Working Group to reflect this new mission, with the goal of continuing to ensure and enhance the integrity of food and nutrition scientific literature and research.

Scientific integrity is everyone’s issue. Industry, government, and academic scientists all have the same need to be able to trust that their business decisions, regulatory and policy guidance, and development of research programs are based on scientific literature that is accurate and reports results obtained in a scientifically credible manner. Issues of scientific integrity will continue to loom large for the future and issues related to COI will not be going away anytime soon. It is important now, as it has been in the past, that ILSI North America’s programs embody these founding principles and that we continue to champion the highest standards of scientific integrity for all sectors involved in food, nutrition, and food safety research.

All of the progress made by ILSI North America would not be achieved without the talent and expertise of our academic advisors and government liaisons who work so diligently to support our industry members in order to develop and advance our programs. We greatly appreciate the support received from our member scientists who help to set the long-term priorities of our committees and provide ongoing direction and monitoring of our program progress. We are grateful to our fellow Board of Trustee members who give willingly of their time, contributing invaluable insight, guidance, and organizational oversight. Finally, we must recognize the talent and commitment of the ILSI North America staff, for without their dedication, we would be unable to sustain program progress and deliver results that fulfill our mission.

We remain personally committed to the ILSI North America mission, which we believe must be anchored in the core value of scientific integrity. We understand that we operate in an environment that has become increasingly skeptical and less trusting and will continue to question and challenge all sources of research data. We welcome this challenge as we continue to champion the pursuit of objective, rigorous, and transparent scientific research. We remain dedicated to making people’s lives healthier and safer.

Liz Westring, PhD
President, Board of Trustees
ILSI North America

Daryl Lund, PhD
Chair, Board of Trustees
ILSI North America

Eric Hentges, PhD
Executive Director, ILSI North America
Numerous issues related to food safety were in the news throughout 2015. ILSI North America’s food safety committees will continue to be challenged to address researchable issues that will continue to inform future regulatory policy. In recent years, the food safety committees have made significant contributions in advancing the science on improving the understanding and control of microbial food safety hazards as well as safety evaluation of food-related compounds.

Each food safety committee establishes a 3-year plan of work, which enables committee members to budget and plan activities and track the impact of the results achieved. The following committee recaps highlight work completed by each committee during 2015, with links provided to presentations and publications.

Technical Committee on Food Microbiology

The Technical Committee on Food Microbiology is committed to proactively improving the understanding and control of microbial food safety hazards to enable scientifically informed decision making. Through the support of sound science, sponsorship of break-through research, and fostering collaboration among academia, government, and industry, the Committee has accomplished the following over the past year:

- Coordinated a cross-disciplinary dialogue regarding sodium reduction, with the ILSI North America Technical Committee on Sodium, by jointly convening a workshop on 22 September 2015, in Washington, DC, titled, “The Safety of Sodium Reduction in the Food Supply: A Cross Discipline Balancing Act.” The workshop provided an opportunity for nearly 75 experts including microbiologists, food scientists, public health professionals, and nutritionists to come together and broaden the dialogue on sodium reduction.

Food Microbiology Committee

2015 International Association for Food Protection (IAFP) Annual Meeting Sessions

Scientific Sessions

- The Rise of the Genomes II: Practical Integration of Whole Genome Sequencing Into Food Safety
- How Do I Validate That? Assuring Credibility of Process Controls for Pathogen Reduction
- Current Perspectives in Food Safety Roundtable
  1. Is Shoe Leather Epidemiology Dead in the Age of Whole Genome Sequencing?
  2. Is Sustainability Treading on Food Safety?
  3. Is Sodium Reduction in Processed Foods a Risk to Food Safety?

Video of these three sessions can be found here.

Poster Sessions

- Development of Inoculation Methods for Enterococcus faecium, a Potential Surrogate Bacteria for Salmonella, on Whole Black Peppercorns and Cumin
- Standardizing an Oregano Inoculation Procedure for Use in Challenge Studies on Reduction of Salmonella in Dry Spices
- On-Farm Evaluation of the Prevalence of Human Enteric Bacterial Pathogens During the Production of Melons in California and Arizona

Publications

- Development of Dry Inocula on Talc of Salmonella and a Surrogate (Enterococcus faecium) for Challenge Studies in Low-Moisture Foods
- Cleaning and Sanitation of Salmonella-Contaminated Peanut Butter Processing Equipment
FOOD SAFETY COMMITTEES

• The Committee is collaborating with the America Spice Trade Association (ASTA) through an unrestricted grant on a program of work for the advancement of food safety in spices. The two research projects, composed of investigators at Virginia Tech and Texas A&M, are collaborating to establish protocols for validation of spice mitigation treatments and the identification of appropriate surrogate organisms for *Salmonella* in ethylene oxide (ETO), dry steam, and irradiation. The studies will be completed in 2016. A further degree of food safety assurance should be achieved from the results of these studies.

This Committee is the only ILSI North America scientific committee that awards competitive research grants. These grants often lead to further research support. For example, an investment of $118,750 by the Committee for the project, “Improved Process Validation Strategies for *Salmonella* Inactivation on Low-Moisture Food Products Subjected to Thermal Pasteurization Processes,” led to the researcher receiving two National Institute of Food and Agriculture (NIFA) grants totaling $1.04 million from 2012 to 2015. Continuing to build off of the original Committee-funded project, the researcher is now the PI on a multi-institutional US Department of Agriculture Agriculture and Food Research Initiative (AFRI) grant of $4.7 million over 5 years.

Technical Committee on Food and Chemical Safety

The Technical Committee on Food and Chemical Safety promotes a science-based determination of the chemical safety of foods to support the advancement of public health.

The Committee continues to invest in the training and education of future scientists by sponsoring a summer fellowship related to an emerging issue in the scientific field. The 2014 summer fellowship work on low dose exposure was presented during a poster session at Society of Toxicology (SOT) 2015 Annual Meeting. Also, a poster on 2013 summer fellowship work on chemical mixtures was presented at SOT, IAFP, and Eurotox 2015 meetings.

The Committee hosted a weight-of-evidence workshop in May 2015 on the “Risk-Based Process for Mitigation of Process-Formed Compounds” to gain alignment on a scientific process to evaluate the impact of mitigation. The outcome of the workshop was a decision tree that can be used by the scientific community and has potential of being adopted as a global regulatory tool for evaluating the impact on risk caused by process-formed compounds. The workshop proceedings will be published in early 2016.

In the field of high-throughput screening (HTS) technologies, the Committee continues to advance the science through its projects that put into context the results of HTS. To strengthen the communication around the key messages from the May workshop, a Risk Bite video on Tox21 was developed.

As part of the Committee’s work on HTS, a project on classifying and characterizing food-related ToxCast II chemicals is nearing completion. This work will be published in a peer-reviewed journal. To better understand and compare the applicability of traditional toxicology studies and data sets generated by *in silico* and HTS technologies in the safety assessment of chemicals, the 2016 summer fellowship project will focus on a case study for an indirect food additive from the ToxCast II library utilizing the ILSI HESI Risk21 approach.

Two research studies on arsenic, one related to long-term exposure in the US population and the other on mechanisms of action, have been funded by the Committee. The findings from these research projects will be published in 2016.
### Food and Chemical Safety Committee Recent Accomplishments

#### Scientific Sessions

#### Workshop
- Scientific Workshop on Risk-Based Process for Mitigation of Process-Formed Compounds, May 2015

#### Poster Sessions
- “Chemical Mixtures: Application of a Tiered Approach,” 51st Congress of the European Societies of Toxicology, September 2015

#### Training Seminar
- FDA Training Seminar on the ILSI North America Metal Dietary Exposure Screening Tool, June 2015

#### Publications
- Partitioning of Dietary Metal Intake — A Metal Dietary Exposure Screening Tool
- Methods to Evaluate Uptake of Engineered Nanomaterials by the Alimentary Tract

The Committee developed the Metal Dietary Exposure Screening Tool (MDEST) for use by scientists when making risk management decisions related to heavy metal exposure in the United States ([ILSINAtool.org](http://ilsina.org)). At the request of the FDA, the Committee demonstrated the MDEST at the agency to provide hands-on training to FDA and Joint Institute for Food Safety and Applied Nutrition (JIFSAN) staff, leading to an invitation by JIFSAN to host a global webinar on the MDEST to take place in January 2016.

FDA is undertaking revisions to their guidance document “Toxicological Principles for the Safety Assessment of Food Ingredients,” known less formally as the “Redbook.” Based on ILSI North America’s oral and written comments to this Federal Register Notice, the FDA invited ILSI North America to present at a scientific session during the SOT 2016 Meeting.

The Committee is a co-sponsor of the Institute of Medicine Committee on Food Allergies, which has allowed ILSI North America to provide direction to the work of this Committee through oral comments at their first meeting in June 2015. Topics raised by the sponsors, such as assessing allergen thresholds, were included as part of the subject expert presentations during the second meeting.
The Working Group on Caffeine examines health and safety issues related to caffeine consumption and serves as a resource for reliable science on caffeine. Although caffeine is a dietary constituent with a long-standing history of usage, and research on safety and health effects, recent concerns have surfaced in the scientific and regulatory communities regarding the safety of caffeine. This has been driven, in part, by new food and beverage product lines as well as consumption by sensitive sub-populations.

The Working Group is conducting a systematic review on the health effects associated with the consumption of caffeine in humans to update the 2003 review by Nawrot et al. An independent seven-member scientific advisory board has been formed to undertake this work and the protocols have been shared with federal food safety agencies. The review is specifically looking at five adverse health outcomes related to acute, behavioral, bone and calcium balance, cardiovascular, and reproductive and developmental effects. Pharmacokinetics will also be discussed.

The caffeine systematic review project was presented as part of a December 2015 presentation “Looking at the Bigger Picture—From Theory to Practice: Lessons Learned From the Evaluation of Studies of Chemical Exposure” featured at an EPA Workshop on “Advancing Systematic Review for Chemical Advancement.” EPA is currently developing a guidance document on future use of systematic reviews in the field of toxicology, affording ILSI North America the opportunity to inform the agency of the rigorous methods, tools, and resources required to conduct the caffeine multi-endpoint systematic review.

Publications
- Proceedings from the 2015 ILSI North America Annual Meeting Scientific Session “Caffeine: Friend or Foe?” have been accepted for publication in Annual Review of Food Science & Technology.
- “Assessing Dietary Exposure to Caffeine From Beverages in the U.S. Population Using Brand-Specific Versus Category-Specific Caffeine Values” was published in Food and Chemical Toxicology.

Registrations
- As part of the systematic review of caffeine currently being undertaken by the Working Group, the following five protocols are published on PROSPERO, an international database of prospectively registered systematic reviews in health and social care:
  - Systematic review of acute adverse effects of caffeine consumption in healthy adults, pregnant women, adolescents, and children.
  - Systematic review of the adverse behavioral effects of caffeine consumption in healthy adults, pregnant women, adolescents, and children.
  - Systematic review of the adverse cardiovascular effects of caffeine consumption in healthy adults, pregnant women, adolescents, and children.
  - Systematic review of the adverse bone and calcium balance effects of caffeine consumption in healthy adults, pregnant women, adolescents, and children.
  - Systematic review of the adverse reproductive and developmental effects of caffeine consumption in healthy adults, pregnant women, adolescents, and children.
Task Force on Partially Hydrogenated Oils (PHOs)

The Task Force on Partially Hydrogenated Oils (PHOs) was formed jointly by members from the ILSI North America Food and Chemical Safety and Dietary Lipids Committees following the FDA’s Federal Register Notice in November 2013 that tentatively determined that PHOs were no longer Generally Recognized as Safe (GRAS) under any condition of use in food and, therefore, were considered additives subject to FDA approval. The Task Force’s focus has been on better understanding the nature of the relationship between industrially produced trans-fatty acids (iTFAs) and low-density lipoprotein cholesterol (LDL-C) and the risk associated with different levels of intake of iTFAs.

With the Federal Register Notice, the FDA asked if there were data to support other possible approaches to addressing the use of PHOs in food (e.g., setting a specification for trans-fat levels in food). The Task Force undertook a two-phased project outlining an evidence-based approach to better understand and more fully delineate the risk of PHO intake at various exposures.

Project results were presented at the 2015 WinterTox Forum and at poster sessions at the Society of Toxicology and Experimental Biology Annual Meetings in spring 2015.

The final reports were submitted to the FDA in March 2015, highlighting the need for MOA analysis to understand the shape of dose response in the range of data extrapolation. The biology of LDL regulation supports the existence of a threshold. Doses (in the form of change in TFA intake) that resulted in specified levels of increased LDL-C were identified.

The analysis shows that applying risk assessment principles to a macro-nutrient can aid in understanding and offer new perspectives. The results of this work will help to inform the FDA as part of their review of food additive petitions submitted to the agency for the safe use of PHOs following FDA’s final determination in June 2015 that PHOs are no longer GRAS under any conditions of use in foods.

PHO Task Force Recent Accomplishments

Presentations/Scientific Sessions

- “Meta-Regression Analysis of Effects of TFA on LDL,” Winter Toxicology Forum, January 2015
- “Meta-Regression Analysis of Effects of TFA on LDL,” FDA, February 2015

Posters

- “Mode of Action and Meta-Regression Analysis of the Effect of Trans Fatty Acids (TFAs) on LDL-Cholesterol,” Society of Toxicology 2015 Annual Meeting, March 2015
- “Meta-Regression Analysis of the Effect of Trans Fatty Acids (TFAs) on LDL Cholesterol,” Experimental Biology, March 2015

Publications

- Three manuscripts focusing on the evidence mapping analysis, dose-response modeling, and the mode of action were submitted the Journal of Food and Chemical Toxicology in the fall of 2015 and are expected to be published in early 2016.
For more than 40 years, ILSI North America has been researching issues related to nutrition. Many ILSI North America technical committees address a single nutritional topic; however, in recent years, the definition of nutrition has been expanded to include the related area of wellness. As a result, ILSI North America is now encouraging dialogue and action on researchable issues that are most likely to impact or enable individuals to achieve and maintain a healthier lifestyle.

Each nutrition and wellness committee establishes a 3-year plan of work, which helps committee members to budget and plan activities and report the impact of the results achieved. The following committee recaps highlight work completed by each committee during 2015, with links provided to presentations and publications.

### Technical Committee on Bioactives: Flavonoids, Polyphenols, and Carotenoids

The Technical Committee on Bioactives: Flavonoids, Polyphenols, and Carotenoids seeks to expand scientific knowledge and gain consensus concerning the role of bioactive components of food in promoting health. The Committee is currently developing the evidence base and framework needed to establish recognized dietary guidance for health-promoting bioactive components.

In 2015, a research team at Tufts University completed a substantial body of research examining associations between flavonoid intake and multiple health outcomes using one of the top long-term epidemiologic studies. Three peer-reviewed manuscripts were published and one is being revised for resubmission.

Dr. Mario Ferruzzi, Purdue University, presented on “Process for Achieving Dietary Recommendations and Current Gaps in Flavan-3-ol Evidence” at the Seventh International Conference on Polyphenols and Health. The Committee also conducted a webinar on flavonoids in diet and health, held in partnership with the American Society for Nutrition, which informed over 350 nutrition researchers and professionals about the role of flavonoids in health.

The Committee is now conducting the first phase of a systematic evidence-based review on role of lutein/zeaxanthin in healthy eye structure and visual function.

### Technical Committee on Carbohydrates

The Technical Committee on Carbohydrates addresses scientific issues related to the function and use of carbohydrates, facilitates dialogue, and disseminates science to improve awareness and understanding of sugar, fiber, and carbohydrate quality as it relates to health effects.

In 2015, the Committee provided a recap of their past work to the

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**Bioactives Committee Recent Accomplishments**

**Publication**

- The article, “Recommendations on Reporting Requirements for Flavonoids in Research,” was published in the highest ranked nutrition journal (*American Journal of Clinical Nutrition*, 2015) and has potential to be used as a best practice promoting quality and consistency in flavonoid research.
2015 Dietary Guidelines Advisory Committee (DGAC), which included the following:

- Summarized evidence from ILSI North America’s systematic review showing that fructose consumption is similar to other monosaccharides and is not associated with non-alcoholic fatty liver disease at typical intake levels.
- Showed that evidence does not support differentiating naturally present as compared to both added sugars and fibers.
- Provided evidence related to quantified limits on added sugars and implications for Nutrition Facts Panel labeling % Daily Values.

The Committee’s most recent activity was to coordinate an evidence map and multi-stakeholder research needs assessment on sugars and health outcomes. The principal investigator incorporated the evidence map in a presentation at the 2015 Experimental Biology/American Society for Nutrition annual meeting. The Committee also guided the development of a Dietary Fiber Database by Tufts University and publicly posted on the Agency for Healthcare Research and Quality, Systematic Review Database Repository.

Technical Committee on Dietary Lipids
The Technical Committee on Dietary Lipids evaluates health effects of and scientific issues related to dietary fats and oils to provide the basis for developing recommended intakes.

The Committee summarized evidence from an ILSI North America study showing that stearic acid is neutral with respect to hemostatic factors and is therefore a suitable trans-fat alternative.

The Committee responded to the FDA’s request for public comments on the Global Organization for EPA and DHA Omega-3s (GOED) health claim petition, providing evidence from past ILSI workshops and publications that had recommended that dietary reference intakes (DRIs) be set for EPA and DHA and recognize evidence of health benefits.

The Committee also provided evidence from ILSI research to the US Delegation to the Joint FAO/WHO Food Standards Programme Codex Committee on Nutrition & Special Dietary Uses for consideration in setting nutrient reference values for EPA+DHA for inclusion in the Guidelines on Nutrition Labeling.

The Committee developed a symposium entitled “Creating the Future of Evidence-Based Nutrition Recommendations, Using Lipid Research Case Studies” held at the Experimental Biology/American Society for Nutrition annual scientific sessions.

Technical Committee on Energy Balance and Active Lifestyle
The Technical Committee on Energy Balance and Active Lifestyle seeks to define the state of the science and identify research gaps with regard to energy balance and physical activity and its relationship to active/healthy living and weight management.

Obesity is a major public health concern in the United States and around the world. In the United States alone, more than 72 million individuals are now considered obese. Today, the single most significant dietary health and nutrition issue facing the American public is obesity. A person’s weight is a function of calories consumed and calories burned through activity. The work of the Committee seeks to address both sides of this equation.

The Committee organized two scientific sessions in 2015 at the annual meeting of the American College of Sports Medicine (ACSM) and at the XVII Latin American Congress of Nutrition (SLAN).
Energy Balance and Active Lifestyle Committee
Recent Accomplishments

Recent Publications
- Energy Balance and Its Components: Implications for Body Weight (American Journal of Clinical Nutrition)
- Predicting Adult Weight Change in the Real World: A Systematic Review and Meta-analysis Accounting for Comparing Changes in Energy Intake or Expenditure (International Journal of Obesity)

Recent Scientific Sessions
- ILSI North America partnered with the ILSI North Andean branch to co-sponsor the “Physical Activity and Energy Balance: Public Health Priorities for the Americas” session at the Latin American Congress of Nutrition (SLAN) meeting in November 2015, in Punta Cana, Dominican Republic

presentations from the SLAN session will be published in a digital special edition of the Journal Archivos Latinoamericanos de Nutrición (ALAN). This initiative was a collaboration among several ILSI branches.

In 2015, the Committee also worked with a team of authors on a consensus paper from a December 2014 workshop. The paper, to be published in 2016, will present a systematic examination of the current and historical scientific evidence pertaining to the relationships among energy balance, energy flux, and weight management and will aim to identify gaps in the evidence and make recommendations for future studies.

Project Committee on Food Value Decisions
The Project Committee on Food Value Decisions has examined the factors that influence food choices, with the goal to provide new research in the area of public health to optimize food patterns in Americans through better understanding of how these factors impact a consumer’s ability to reach dietary recommendations.

In 2015, the Committee completed its work, however, the Food Value Analysis application continues to generate attention and interest. The application is designed for use by nutrition educators to more accurately account for the lifestyle constraints and values of a typical consumer when weighing their food purchase decisions. These values will often impact adherence to dietary guidance.

At the request of the US Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA), in February 2015, ILSI North America organized a workshop with the agency to determine the future of the Food Value Analysis application. The workshop included the input of academic professors involved in cooperative extension programs from across the country, as well as representatives from RTI International, ILSI North America member scientists, and other academic and government representatives. This workshop successfully laid out a plan of work that USDA NIFA will lead.

The messages stemming from the Food Value Analysis application, as well as the three related publications, were provided to the Federal Register Notice to the Scientific Report of the 2015 DGAC.

This project is an example of how ILSI North America can develop projects
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Food Value Decisions Project Committee

Recent Accomplishments

Publication Spotlight

- Dr. George Davis of Virginia Tech used the Food Value Analysis database to conduct research looking at the interaction of money price, time price, nutrition, and food selection. His work, “Beyond the Sticker Price: Including and Excluding Time in Comparing Food Prices,” was published in the American Journal of Clinical Nutrition.

Technical Committee on Fortification

The FDA has issued recent guidance to ensure effective and responsible fortification practices. With current recommendations focusing mainly on increasing “fresh” food consumption, the nutritional contribution of food fortification is often not recognized. A better understanding of nutrient intakes and sources may enable optimization of fortification practices.

The Technical Committee on Fortification has produced a substantive body of literature (eight journal publications) that documents the important continued contribution of fortification, which has been downloaded by the research community thousands of times. The data associated with this literature helped inform the modeling of nutrient intake under the proposed revisions to the calculation of the Daily Value for the Nutrition Facts Panel. These data helped document the contribution of current fortification practices required to achieve adequate nutrient intake. Additionally, this body of work was presented in its entirety at the major annual meeting of the nutrition research community.

The current focus of the Committee is to leverage the new NHANES nutrient intakes database to investigate the impact of food and beverage fortification on various socioeconomic and ethnic demographics. In concert, identification of common consumption patterns of unfortified foods among populations not achieving nutrient DRIs may provide opportunity for future fortification strategies to improve these nutrient intakes.

Project Committee on Low-Calorie Sweeteners

The Project Committee on Low-Calorie Sweeteners seeks to improve and communicate the physiological, metabolic, and cognitive/behavioral science of low-calorie sweeteners (LCS); improve the general understanding of the role of LCS in dietary management; and evaluate how the consumption of LCS can contribute to overall health and wellness.

The Committee initiated a systematic review and quantitative evaluation of randomized controlled trials and prospective cohort studies, separately, that examined the relation between LCS and body weight and composition. This meta-analysis provides a rigorous evaluation of the scientific evidence on LCS and body weight and composition. Findings from observational studies showed no association between LCS intake and body weight or fat mass and a small positive association with body mass index. The systematic review and meta-analysis manuscript was published in the American Journal of Clinical Nutrition.

that extend beyond the scope of their original objective and continue on after support of the Committee has ended.
The 2015 DGAC “deemed evidence presented by this review to be stronger” than others it assessed, “because it culminated from a larger, more recent research base and include both systematic review and meta-analysis assessment and evaluation techniques.” The study was also featured in a symposium hosted by the Committee at Experimental Biology 2015 in Boston, which was attended by over 400 individuals.

The current focus of the Committee is to better characterize the existing scientific literature on LCS and use that information to identify research opportunities. To that end, the Committee has sponsored a comprehensive literature review, or evidence map. The evidence map alone provides a quantitative overview of the body of evidence generated on LCS and related health outcomes or concerns.

A dedicated scientist position at Tufts University has been funded by the Committee to utilize the longitudinal Framingham Offspring Study to understand whether protein intakes above current recommended daily intakes offer cardioprotective benefits over 20 years of follow-up. This is a long-term study in which multiple days of food records provide data on usual protein intake for individuals. Health indices and outcomes are also monitored over many years in this cohort.

The dedicated scientist will work with the principal investigator to present and publish multiple research papers, focusing on cardiometabolic health, inflammation, and maintenance of physical performance and prevention of disability (the latter based on measures of everyday activities to make findings relevant to the general public).

### Project Committee on Protein

The Project Committee on Protein is currently focused on clarifying the health effects of dietary protein intake beyond preventing deficiency and delineating optimal protein intakes to support overall health.

The initial work to be sponsored by the Committee is a multi-year research program to address a key gap in protein research, specifically examining associations between habitual protein intakes at and above the current RDA and health outcomes.

### Technical Committee on Sodium

The Technical Committee on Sodium is working to create an evidence base for sodium and other electrolytes that can effectively inform industry, government, health professionals, and consumers. This effort helps to connect the dots between food manufacturing, dietary intake, and health outcomes. Growing evidence continues to identify potential health risks of reducing sodium intake within certain populations. Further research in this area is needed to ensure that sodium
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reduction initiatives and guidance account for risk along with a potential benefit to limiting sodium within the food supply.

The Committee continues to contribute to the science and dialogue of sodium reduction. Recently, the Committee began work examining the relationships between the ratio of sodium to potassium intake, capturing typical sources of intakes. Potassium intake leads to increased urinary excretion of sodium and data show that recommended intakes of potassium can blunt the effect of sodium intake on blood pressure. A greater understanding of the relationship between sodium and potassium could have significant public health benefit.

The Committee’s work has shown the significant challenges that exist in meeting the adequate intake of many important nutrients if the focus is solely on sodium reduction. In conjunction with the USDA, the typical ranges of Na, K, and Na/K and the food choices contributing to their intake have been identified and these results were provided to the 2015 DGAC and to the FDA to clarify the impact of proposed revisions to the calculation of the Daily Value for the Nutrition Facts Panel.

Workshop Highlight: Sodium & Food Microbiology Committees Collaborate

• In September 2015, the Sodium Committee collaborated with the Food Microbiology Committee to host a workshop dedicated to identifying food safety and technical barriers in reducing sodium in the food supply. The workshop featured academic, government, and industry discussants with focus on the important role sodium plays within food preservation and as a functional ingredient. Proceedings and discussion from the workshop will be useful to guide decision-makers in future categorical sodium reduction initiatives.

• Video Presentations: The Safety of Sodium Reduction in the Food Supply: A Cross Discipline Balancing Act, Washington, DC. Videos of 19 remarks and presentations are available online: ★
The Scientific Integrity Working Group works to call attention to and stimulate discussion on this topic to help ensure and enhance the integrity of the scientific literature and composition of expert advisory panels in food, nutrition, and food safety. The Working Group achieves its goals by ongoing development, publishing, and promoting of guidelines in peer-reviewed journals and evaluating their effectiveness; championing and promoting public-private partnerships that adhere to the ILSI North America tripartite concept; and organizing workshops and symposia.

A public unveiling was held at the National Academy of Sciences in June 2015 of the set of principles for research public-private partnerships that were agreed upon and endorsed by a group of four federal agencies and five nutrition, food science, and food safety professional societies. The principles were published in the American Journal of Clinical Nutrition in June 2015 and an excerpt of the article appeared in the Journal of the Academy of Nutrition and Dietetics, Journal of Food Science, Nutrition Reviews, and Nutrition Today.

The set of principles is based on the ILSI North America set of principles published in October 2013 in Nutrition Reviews. The Working Group determined that it was critically important to establish this set of harmonized principles for public-private partnerships in scientific research in order to ensure a strong ethical foundation to avoid potential and perceived conflicts of interest. As a proof of concept for the use of these principles, ILSI North America has joined the US Department of Agriculture (USDA) in a public-private partnership, “A Partnership for Public Health: USDA Branded Food Products Database,” to ensure that comprehensive, branded and private label food composition data will be made available to government, industry, and the scientific community to augment the USDA National Nutrient Database. A beta test of the system was completed in March 2015.

**Scientific Integrity Working Group Recent Accomplishments**

- Public Private Partnership Research Principles endorsed, National Academy of Sciences, June 2015
- “A Partnership for Public Health: USDA Branded Food Products Database” presented to the Institute of Medicine Food Forum, December 2015

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The Food, Nutrition & Safety Program (FNSP) was established in 1985 to provide the members of ILSI North America with a method to monitor, evaluate, and respond to emerging scientific issues and events relating to the nutritional quality or safety of specific food ingredients, food additives, or the food supply in general.

The mission of the FNSP is to support the technical needs of ILSI North America in dealing with emerging or previously unaddressed scientific issues related to nutrition and food safety. In so doing, it provides ILSI North America members with a mechanism to monitor national and international scientific issues and events. It collects and evaluates appropriate data, recommends further study or other action, and funds limited activities. The FNSP also provides recommendations to the Assembly of Members and the Board of Trustees regarding possible action on specific issues.

The FNSP is guided by a leadership team consisting of scientific advisors and at-large representatives of ILSI North America member companies. The leadership team provides recommendations and guidance to the FNSP and its Chair regarding the operation of the FNSP, including emerging issue identification and the development of the annual meeting scientific program as well as the selection of Future Leader Award recipients.

In 2015, the FNSP Scientific Program Planning Committee organized three half-day sessions at the ILSI Annual Meeting on “Global Challenges and Solutions for Sustainability,” “I Am the Microbiome — It’s the Microbio + Me,” and “Caffeine — Friend or Foe?” In addition to organizing the scientific program at the ILSI Annual Meeting, the FNSP hosts a summer meeting with topical speakers. The 2015 mid-year meeting featured presentations on “Research Priorities at CFSAN,” “Nutritional Genomics: Our Future Can Change Our Past,” and “Whole Genome Sequencing: Application to Food Safety.”

The Future Leader Awards Program was first established in 1965 (by the Nutrition Foundation) and offers generous grants for a 2-year period for young investigators conducting research in the areas of experimental nutrition, nutrition and toxicology, and nutrition and food science. Over 100 individuals have been recipients of the Future Leader Award and many say that the award was instrumental in their future scientific success. The 2015 Future Leader awards were given to Ryan Dilger, PhD, University of Illinois, Urbana-Champaign, for his project “Perinatal Choline Status and Cognitive Functions,” and to Sam Nugen, PhD, University of Massachusetts, Amherst, for his project “Bacteriophage Engineering for Rapid Pathogen Detection.”
2015 FNSP Leadership Team
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Claudia Riedt, PhD, Vice Chair
Dr Pepper Snapple Group
Brent Flickinger, PhD, Immediate Past Chair
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Joshua Anthony, PhD, MBA
Campbell Soup Company
Stephanie Atkinson, PhD
McMaster University
Heidi Bialk, PhD, DABT
PepsiCo, Inc.
Fergus Clydesdale, PhD, Chair, Scientific Advisors
University of Massachusetts, Amherst
Cindy Davis, PhD
National Institute of Health
Tim Jackson, PhD
Nestlé North America
Elizabeth Johnson, PhD
Tufts University
Amy Kircher, PhD
University of Minnesota
Shawna Lemke, PhD
Monsanto Company
Sam Nugen, PhD
University of Massachusetts at Amherst
Christine Pelkman, PhD
Ingredion Incorporated
Kari Ryan, PhD
Kraft Heinz Company
John Sievenpiper, MD, PhD
St. Michael’s Hospital and University of Toronto
Felicia Wu, PhD
Michigan State University

2016 Scientific Program Planning Committee
Maha Tahiri, PhD, Chair
General Mills, Inc.
Regan Bailey, PhD, Vice Chair
Purdue University
2015
ACTIVITIES
PUBLICATIONS

Supported by the Technical Committee on Bioactives: Flavonoids, Polyphenols, and Carotenoids


Supported by the Technical Committee on Fortification

Supported by the Technical Committee on Food Microbiology


Supported by the Project Committee on Low-Calorie Sweeteners

Supported by the Working Group on Caffeine


Supported by the Project Committee on Low-Calorie Sweeteners

Supported by the Project Committee on Food Value Decisions

Supported by the Scientific Integrity Working Group


Supported by the Technical Committee on Sodium


Supported by the ILSI North America Emerging Issues Initiative


Supported by ILSI North America’s Senior Science Fellow


ILSI North America will identify and address emerging scientific trends most relevant and strategic to our members. These emerging events are often triggered by the changing business, cultural, consumer, regulatory, or health policy environments that members must often negotiate in order to be successful. Two reports are issued bi-yearly — the Science Trend Report, which provides insights and future implications, and the shorter forthcoming supplemental Signals Watch Report. Both reports identify issues and opportunities. 2015 Science Trend Report: Insights & Implications for the Future is now available online.
EVENTS

Supported by the Technical Committee on Bioactives: Flavonoids, Polyphenols, and Carotenoids
August 2015—Webinar at American Society for Nutrition Annual Meeting: Understanding Flavonoids and Their Role in Health

Supported by the Working Group on Caffeine
March 2015—Presentation to FDA: Caffeine Systematic Review

Supported by the Technical Committee on Carbohydrates
January 2015—Carbohydrates Forum at the ILSI Annual Meeting

June 2015—Scientific Session at the 33rd International Symposium on Diabetes and Nutrition: Carbohydrates Quality in Diabetes: Towards Harmonization
• GI as a Marker of Carbohydrate Quality
• Dietary Fibre as a Marker of Carbohydrate Quality
• Whole Grains as a Marker of Carbohydrate Quality
• Digestibility of Carbohydrates as a Marker of Carbohydrate Quality
• Panel Discussion to Find Common Ground

Supported by the Technical Committee on Dietary Lipids
March 2015—Special Conference at Experimental Biology: Creating the Future of Evidence-Based Nutrition Recommendations, Using Lipid Research Case Studies
August 2015—Comments submitted to the 2015 Dietary Guidelines Advisory Committee summarizing evidence showing stearic acid as a suitable alternative to trans-fat

Supported by the Technical Committee on Energy Balance and Active Lifestyle
Supported by the Technical Committee on Food and Chemical Safety

March 2015—Society of Toxicology 2015 Annual Meeting
- Poster: An Approach to Standardize the Concepts of “Low Dose” and Non-Monotonic Dose Response in Toxicological Research and Regulatory Science
- Poster: Chemical Mixtures: Application of a Tiered Approach

May 2015—Workshop: Risk-Based Process for Mitigation of Process-Formed Compounds

June 2015—FD&A Training Seminar: ILSI North America Metal Dietary Exposure Screening Tool

June 2015—Oral Comments to the IOM Committee on Food Allergies: Global Burden, Causes, Treatment, Prevention, and Public Policy as a co-sponsor of the committee

July 2015—International Association for Food Protection 2015 Annual Meeting
- Scientific Session: Current Perspectives in Food Safety Roundtable
- Scientific Session: How Do I Validate That? Assuring Credibility of Process Controls for Pathogen Reduction
- Scientific Session: The Rise of the Genomes II: Practical Integration of Whole Genome Sequencing Into Food Safety
- Poster: Development of Inoculation Methods for Enterococcus faecium, a Potential Surrogate Bacteria for Salmonella, on Whole Black Peppercorns and Cumin
- Poster: Standardizing an Oregano Inoculation Procedure for Use in Challenge Studies on Reduction of Salmonella in Dry Spices
- Poster: On-Farm Evaluation of the Prevalence of Human Enteric Bacterial Pathogens During the Production of Melons in California and Arizona

Supported by the Technical Committee on Food Microbiology

March 2015—Research Roundtable on Food Microbial Risk

July 2015—International Association for Food Protection 2015 Annual Meeting
EVENTS

Supported by the Project Committee on Food Value Decisions

February 2015—Feasibility Workshop Phase II

Supported by the Project Committee on Low-Calorie Sweeteners

March 2015—Experimental Biology

- Scientific Session: Low-Calorie Sweeteners and Health: What Does the Science Tell Us?
- Poster Session: Nutrition Epidemiology: Advancing Nutritional Epidemiology With Public Use and Commercial Data Sets

November 2015—Scientific Presentation at the Calorie Control Council Annual Meeting on the work of the Low-Calorie Sweeteners Committee

Supported by the Working Group on Scientific Integrity

February 2015—Partnership for Public Health: Branded Food Products Database Presentation to the American Bakers Association

June 2015—Conflict of Interest Summit: Achieving a Transparent Actionable Framework for Public-Private Partnerships

Supported by the Technical Committee on Sodium

October 2015—Poster Session at FNCE: Characterizing Sodium and Potassium Intakes and Their Ratio in the American Diet

Supported by the Technical Committees on Sodium and Food Microbiology

September 2015—The Safety of Sodium Reduction in the Food Supply: A Cross-Discipline Balancing Act

Supported by the Food, Nutrition & Safety Program (FNSP)

January 2015—ILSI Annual Meeting

- Scientific Session: Global Challenges and Solutions for Food and Nutrition Sustainability
- Scientific Session: I Am the Microbiome: It’s the Microbio + Me
- Scientific Session: Caffeine: Friend or Foe?
- Keynote Presentation: You Eat What You Are: Flavor Perception and Food Choice

June 2015—ILSI North America Mid-Year FNSP Meeting Featured Speaker Presentations: Research Priorities at CFSAN, Nutritional Genomics: Our Future Can Change Our Past, and Whole Genome Sequencing: Application to Food Safety
Supported by the
ILSI North America
Emerging Issues Initiative

March 2015—Scientific Session at
Experimental Biology: Pediatric
Neurocognitive Development: Emerging Insights and Applications in Nutrition

April 2015—Microbiota and Health Workshop

Supported by
ILSI North America’s
Canadian Programs

May 2015—Workshop prior to the 2015 Canadian Nutrition Society Annual Meeting: Food for Health

Supported by the
Task Force on Partially Hydrogenated Oils (PHOs)

January 2015—Presentation at Winter Toxicology Forum: Meta-Regression Analysis of Effects of TFA on LDL

February 2015—Presentation to FDA: Meta-Regression Analysis of Effects of TFA on LDL

March 2015—Poster at Society of Toxicology 2015 Annual Meeting: Mode of Action and Meta-Regression Analysis of the Effect of Trans Fatty Acids (TFAs) on LDL-Cholesterol

March 2015—Poster Session at Experimental Biology: Meta-Regression Analysis of the Effect of Trans Fatty Acids (TFAs) on LDL-Cholesterol
ORGANIZATIONAL OVERVIEW
SCIENCE ADVISORS & GOVERNMENT LIAISONS

Technical Committee on Bioactives: Carotenoids, Flavonoids, and Polyphenols
Johanna Dwyer, DSc, RD
Tufts Medical Center
John Erdman, PhD
University of Illinois at Urbana-Champaign
Janet Novotny, PhD
US Department of Agriculture

Working Group on Caffeine
Harris Lieberman, PhD
US Army Research Institute of Environmental Medicine
Jennifer Peck, PhD
University of Oklahoma Health Sciences Center

Technical Committee on Carbohydrates
George Fahey, PhD
University of Illinois
Suzanne Harris, PhD
International Life Sciences Institute
David Klurfeld, PhD
US Department of Agriculture
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St. Michael's Hospital and University of Toronto

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David Baer, PhD
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Kevin Fritsche, PhD
University of Missouri

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Centers for Disease Control and Prevention
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Stella L. Volpe, PhD, RD, LDN, FACSM
Drexel University

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US Department of Agriculture
Sabine Francke, PhD
US Food and Drug Administration
Andrew Maier, PhD
University of Cincinnati
Stephen Roberts, PhD
University of Florida

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Isabel Walls, PhD
US Department of Agriculture

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Purdue University
Johanna Dwyer, DSc, RD
Tufts Medical Center

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John Fernstrom, PhD
University of Pittsburgh

Project Committee on Protein
Stu Phillips, PhD
McMaster University
Scott Smith, PhD
National Aeronautics and Space Administration

Technical Committee on Sodium
Christine Taylor, PhD
National Institutes of Health
Connie Weaver, PhD
Purdue University
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Campbell Soup Company
Cargill, Incorporated
The Coca-Cola Company
ConAgra Foods, Inc.
Dr Pepper Snapple Group
DSM Nutritional Products
DuPont Nutrition & Health
Egg Nutrition Center
Ferminich, Inc.
General Mills, Inc.
Herbalife International of America, Inc.
The Hershey Company
Ingredion Incorporated
International Tree Nut Council
Kellogg Company
Kraft Heinz Company
Mars, Incorporated
McDonald’s Corporation
McNeil Nutritionals
Mondelēz International
Monsanto Company
Monster Energy Company
National Dairy Council
Nestlé USA
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Senomyx, Inc.
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Dr Pepper Snapple Group

Stella L. Volpe, PhD, RD, LDN, FACSM
Drexel University

Rickey Y. Yada, PhD
University of British Columbia
FINANCIAL REPORT

2015 Projections

Revenue

- Committee Assessments 46%
- Membership Dues 45%
- Contributions 5%
- Conference Registration Fees 3%
- Investment Income 1%

Total Revenue 100%

Expenses

- Program Expenses (includes publications, research, meetings and workshops, and program staffing costs) 78%
- Administrative Expenses (includes development, governance, and general administration) 22%

Total Expenses 100%
**Organizational Leadership**

**Eric Hentges, PhD**  
Executive Director

Eric joined ILSI North America in 2007 following a career in nutrition and education of more than 25 years. Eric works with members, trustees, science advisors, and staff to extend the organization’s contribution to and impact within diverse scientific and health communities.

**Programs**

**Heather H. Steele, MPhil**  
Director, Program Development

Heather joined ILSI North America in 1993. Today, as Director, Program Development, she manages the Food, Nutrition & Safety Program (FNSP), including the annual meeting scientific program, the emerging issues process, the Board Program Assessment, and the Strategic Collaborations Committee. She also manages the Technical Committee on Energy Balance and Active Lifestyle and ILSI North America’s programs in Canada, and she is responsible for planning ILSI North America’s portion of the ILSI Annual Meeting.

**Chor-San Khoo, PhD**  
Senior Science Fellow

Chor-San joined ILSI North America in 2012. She provides scientific and strategic advice to ILSI North America science programs. Currently she is responsible for scientific initiatives that identify, define, and translate emerging science, technology, and innovation trends, issues, and opportunities that impact public health. Her responsibilities include authoring the annual Trend Report, advising on nutrition research, design of studies, technology and policy assessments, and publication preparation and review. She brings over 30 years of corporate food and nutrition science research and food development experience.

**Nutrition Programs**

**Marge Leahy, PhD**  
Senior Nutrition Advisor

Marge joined ILSI North America in 2015. She provides strategic advice, support, and guidance to the Nutrition Program and is primarily responsible for managing the Low-Calorie Sweeteners, Sodium, and Fortification Committees. She brings over 25 years of experience working with leading companies within the food industry.

**Barbara Lyle, PhD**  
Senior Nutrition Advisor

Barbara joined ILSI North America in 2014. She provides strategic advice and service related to scientific, technical, and programmatic priorities, including those specific to technical committees, subcommittees, and/or project committees within ILSI North America. She brings over 25 years of experience within the food industry creating consumer concepts, translating consumer trends and science into products and messages, and developing global food platform strategies and research agendas.

**Ashleigh Wiggins, MSc**  
Science Program Associate—Canada

Ashleigh joined ILSI North America in 2014. She facilitates outreach and communication opportunities in Canada and is responsible for the exchange of scientific information and development of partnerships with Canadian professional scientific organizations, food industry, and government on food safety and nutrition issues. She also provides support for the Canadian advisory committee.
Food Safety Programs

Alison Kretser, MS, RD
Director, Science Programs

Alison joined ILSI North America in 2011. Alison’s background in food and nutrition and her experience in program management, development, and committee work is a valuable asset to her work with several of the organization’s scientific committees. She has responsibility for the staff management of all aspects of scientific integrity work and the food safety programs at the organization. She also manages the Project Committee on Food Value Decisions.

Mansi Krishan, PhD
Science Program Manager

Mansi joined ILSI North America in 2014 after having been with the organization in 2013 when she was awarded the ILSI North America Technical Committee on Food and Chemical Safety Summer Fellowship. She manages the Food and Chemical Safety Committee and provides support to the Working Group on Caffeine.

Delia Murphy, BA
Science Program Associate

Delia joined ILSI North America in 2012. She has responsibility for the scientific integrity work including helping to manage the “A Partnership for Public Health: USDA Branded Food Products Database.” She also helps manage the Food Microbiology Committee.

Ray DeVirgiliis, BS
Science Program Associate

Ray joined ILSI North America in 2012 and has communications responsibility for the organization’s workshop briefs, website, and social media presence. In addition, he supports the work on the systematic review of caffeine and management of projects associated with the Project Committee on Food Value Decisions. He also provides support in the development of the ILSI North America Research Trends initiative.

Communications and Membership

John Faulkner, MBA
Director of Membership and Communications

John joined the organization in 2013. He is responsible for maintaining and growing total membership and increasing member engagement. He is also responsible for communications strategy for the organization in order to enhance all channels of internal and external communications.

Administrative Staff

Courtney McComber, BA
Program and Conference Manager

Courtney joined the organization in 2007. She supports Heather Steele, while working closely with the Food, Nutrition & Safety Program, Future Leaders Award Program, nutrition-related committees, and the ILSI North America Annual Meeting.

Amanda Haight, BS
Branch Administrator

Amanda joined ILSI North America in 2011. She works closely with the Executive Director to manage the operations of the Board of Trustees, the Executive Committee and the Board Finance Committee. Additionally, she manages ILSI North America’s budget development process and monitors the financial status of the organization. Amanda also supports the Energy Balance and Active Lifestyle Committee.