ILSI Europe fosters collaboration among the best scientists to provide evidence-based scientific consensus on 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.

ILSI Europe’s Supporting Task Forces
Task forces initiate, develop and manage ILSI Europe’s scientific projects. Find out more about the task forces that supported these sessions by scanning the QR codes below.

For more information on this event, please visit www.ilsi.eu or contact info@ilsieurope.be.
Methodologies for Food and Fluid Intake Assessment – Where Do We Stand Today and What Will the Future Bring?

Chair: Prof. Jürgen König (University of Vienna, AT)

Introduction
Prof. Jürgen König (University of Vienna, AT)

Recording of Fluid and Water Intake at Population Level in Europe
Dr Joan Gandy (British Dietetic Association, UK)

Uncertainties in Dietary Exposure Analysis – A Challenge to Be Addressed
Dr David Tennant (Food Chemical Risk Analysis, UK)

Future Trends in Food Intake Assessment
Dr Jeanne de Vries (Wageningen University, NL)

Discussion

Background

Assessing the exposure of individuals to the many different substances in food (whether they are intentionally added or unintentionally contained) is a key component of any risk-benefit assessment for ensuring safe and beneficial foods for the consumer. By developing more realistic intake and exposure estimates of what Europeans eat, ILSI Europe aims to contribute to more adjusted nutrition recommendations and safety assessments.

Markers in Nutrition Research

Chair: Prof. Diána Bánáti (ILSI Europe, BE)

Introduction
Prof. Diána Bánáti (ILSI Europe, BE)

Development of Criteria for the Selection of Markers for Use in Nutrition Research: Follow-up of the ILSI Europe Marker Validation Initiative
Prof. Philip Calder (University of Southampton, UK)

Establishment of the Efficacy of Intervention in those with the Metabolic Syndrome
Dr Wendy Russell (University of Aberdeen, UK)

Measuring and Validating the Subjective Effects of Food on Mood and Mental Performance
Prof. Louise Dye (University of Leeds, UK)

Background

Biochemical markers are analysed at cellular and molecular level by means of chemical tests to indicate e.g. the presence or absence of an enzyme, or the magnitude of low grade inflammation. In nutrition sciences, many markers are used, mainly based on experiences and tradition without a proper framework of definitions or criteria to evaluate these markers for their intended purpose. Validated criteria of markers selection as well as an agreed set of valid markers would clearly benefit nutrition scientists.