



# ILSI News

International Life  
Sciences Institute

Volume 31, Number 2  
August 2013

## Table of Contents

- 1 Celebrating ILSI Focal Point in China
- 3 ILSI Taiwan in the Press
- 3 ILSI-India on TV
- 4 *Nutrition Reviews* Does It Again!
- 5 Workshop on Low-grade Inflammation
- 6 New Publications
- 7 More Meetings

## Questions? Feedback?

We'd love to hear from you. Contact ILSI Communications Director Michael Shirreffs at: [mshirreffs@ilsi.org](mailto:mshirreffs@ilsi.org)

## Celebrating 20 Years with ILSI Focal Point in China

### An Open Letter from Alex Malaspina

*Alex Malaspina, PhD, founder of ILSI and ILSI President (1978 – 2001) congratulates ILSI Focal Point in China on 20 years of making a difference. Current ILSI President Jerry Hjelle, PhD, DABT, attended the Focal Point's anniversary celebration in July.*

"I want to offer my congratulations to the ILSI Focal Point in China in connection with its 20th anniversary.

At about the time ILSI was being formed in 1978, I visited China with my associate Dr. Ulrich Mohr from Germany. We were very impressed with Madame Chen and Dr. Junshi Chen. They were both so kind, hospitable, and helpful; they were very intrigued with the ILSI concept of having industry and government scientists work together to solve nutrition and food safety problems.

From that visit a strong cooperation developed between ILSI and the China Center for Disease Control (China CDC), which was headed by Madame Chen. As a result, between 1978 and 1993, numerous activities took place in China co-sponsored by ILSI and the China CDC together with Chinese company scientists. These activities included international meetings and workshops on nutrition and food safety. These activities continued and even increased in scope after the ILSI Focal Point in China was officially established in 1993.

The history of this ILSI Focal Point is impressive and has contributed significantly in improving public health, not only in China, but also globally.

[ILSI Focal Point continued on page 2](#)

## ILSI at ICN Granada, Spain

20th International Congress of Nutrition  
15 – 20 September 2013

Granada, Spain, will host the 20th International Congress of Nutrition (ICN 2013). This is the most prestigious event for nutrition sciences at an international level and will bring together more than 5,000 professionals in the field.

ILSI is proud to be a part of this exciting event. Several branches have worked together to organize three sessions. Join us for important discussions on energy balance, food allergy, and micronutrient fortification.

For more program information and links to registration: [ICN](#)

ILSI Europe is also hosting a satellite workshop on low-grade inflammation. [See page 5 for details.](#)



*Mosaic at Alhambra, Granada, Spain*

## ILSI Focal Point (continued from page 1)

One of the first activities of the Focal Point was to hold, in September of 1993, a workshop between government scientists from the food and drug administrations of China, Hong Kong, and Taiwan to find ways to harmonize food regulations between these government agencies. These workshops have continued to be held every year since 1993.

In recent years, Macau has also been a participant. These workshops have played a key role in encouraging the rest of the ILSI branches to promote food law harmonization between countries and international agencies. This effort would allow food companies to use the same food ingredients and flavors in their international trade.

The Focal Point translated into the Chinese language many of ILSI's publications, including Present Knowledge in Nutrition, which became the standard nutrition textbook for Chinese universities. All subsequent versions of this publication have also been translated into Chinese.

After my retirement from the presidency of ILSI in 2001, I became very interested in two specific nutrition areas, namely combatting micronutrient deficiency through food fortification and combatting childhood obesity by promoting physical exercise. As a consequence, I founded the ILSI Center for Health Promotion in Atlanta.

With the help of Mr. Togami from ILSI Japan and with assistance from Madame Chen and Dr. Junshi Chen, we developed the idea that to combat iron deficiency anemia in China we could use soy sauce as the food vehicle and sodium iron EDTA as the fortificant. With financial help (a total of six million dollars) from the Gain Foundation, which is partially supported by the Gates Foundation, a major program was undertaken in China to conduct human efficacy studies,

**"I also want to take this opportunity to offer my most sincere condolences to Madame Chen for the recent loss of her beloved husband, Mr. Ciwen He. I had the occasion to meet him several times. He had such a warm and friendly personality. He will be sorely missed."**

which were successful. We then tried to convince the soy sauce producers to fortify their product with iron EDTA. Today, more than nine provinces in China are fortifying soy sauce. This project will expand to other provinces and will go a long way in alleviating iron deficiency anemia in China.

Following China's example, a similar effort was also launched in Vietnam with fish sauce. Recently, Cambodia is following suit by fortifying fish sauce and soy sauce with iron EDTA. Thus, the China Focal Point has become a shining light in combatting iron deficiency anemia. As a matter of fact, the Gain Foundation, at one point, claimed that the fortification project by ILSI in China was one of its most successful grants. Mr. Gates himself visited one of the soy sauce factories and became very enthusiastic and asked that samples of fortified soy sauce be sent to his home in Seattle.

You will also be interested to know that, following the China effort in iron fortification, Mr. Togami's group in Japan has undertaken a significant project to fortify rice with iron in The Philippines and in Vietnam.

The program for combatting childhood obesity, developed by the ILSI Center for Health Promotion, has been called Take 10!® in the United States. It encourages elementary school children to exercise for ten minutes while at the same time being instructed in languages or mathematics. Take 10! has been shown to be effective in reducing

weight gain and has the added benefit of improving behavior and test scores. The program was modified somewhat by the ILSI Focal Point in China and changed its name to Happy Ten. It is now being used throughout hundreds of schools in China.

In closing, I must mention that two years ago Madame Chen sent me this beautiful book on bamboo ink painting and calligraphy. Madame Chen's father, upon his retirement, became an artist and produced many beautiful paintings. Madame Chen selected a number of them and published them in this book in 2009. This book depicts the beauty of China, and I will always treasure it.

Finally, I want to express my highest admiration for the two individuals, Madame Chen and Dr. Junshi Chen, who together with a dedicated staff, have demonstrated remarkable insight and perseverance in helping to promote public health in China.

I very much wish that I could be present with you and participate in this celebration. Your Focal Point has had a special place in my heart and brings back the fondest memories of all the times that I visited your lovely country. Thank you so much for your friendships and hard work that made so many dreams come true. I wish you the very best for the future."

Alex Malaspina  
ILSI Founder and Past President

## ILSI Taiwan Recognized

In the last issue of ILSI News we reported the establishment in ILSI Taiwan. Shortly after that, in July, ILSI Taiwan held its first assembly of members.

Geoff Smith, President of ILSI Southeast Asia Region, was featured presenter at the event. In his talk, he explained the importance of bringing together experts with a range of perspectives to help solve complex problems. He also noted partnerships among industry, academia, and government are best equipped to help keep the food supply safe and nutritious.

**Tsai Shu-chen, chief of Taiwan's Food and Drug Administration's food division, echoed sentiment when he said "The revised [food safety act] needs support from the industry and academia to be effective, and the platform provided by ILSI can help both sides with food safety management and safeguarding food security."**

Taipei Times covered the inaugural event, recognizing ILSI Taiwan as a leader in fostering public-private partnerships.

Read the Taipei Times article here: ["Global NGO's local office to help with health, food"](#)

## Doordarshan Features ILSI-India's Important Work

**TV segment brings the science behind vitamin D fortification to millions of Indian viewers.**

Doordarshan, one of India's largest broadcasting organizations, produced an in-depth TV segment covering ILSI-India's recent workshop: "Milk Fortification as a Strategy to Address Vitamin D Deficiency." The segment, which featured interviews with workshop presenters, helped raise awareness of the health consequences of vitamin D deficiency among millions of Indian viewers.

DH Pai Panandiker explained how vitamin D must be recognized for its relation to health beyond just rickets and osteoporosis. Others in the workshops international line-up of speakers put India's situation in context

by providing a global assessment of international vitamin D status and discussing Recommended Daily Allowances. Presentations were also made on current milk fortification practices and policies in India, and the success of fortification programs in improving vitamin D intakes in school children.

Copies of the presentations are available online, and you can watch the Doordarshan coverage of the workshop on ILSI-India's homepage:

[ILSI-India homepage with video](#)

PDFs of presentations are available here: [Global assessment of vitamin D status](#)  
[Vitamin D RDAs](#)  
[Fortification policy and practice](#)  
[Impact of fortification in school children](#)



## Like and Follow ILSI and Social Media

Don't forget ILSI is on Facebook and Twitter. Like us and Follow us to learn about new publications, upcoming meetings and conferences, and other news.



# Nutrition Reviews® Does It Again

## Three Years in A Row!

ILSI is once again delighted to announce *Nutrition Reviews'* impact factor has risen. The recently released ISI *Journal Citation Reports* from Thomson Reuters shows *Nutrition Reviews'* impact factor is up to 4.597 (from 4.472).

*Nutrition Reviews* stays among the top-ten cited journals in the Nutrition & Dietetics category: number 7 among 76 journals.

Congratulations to Editor Naomi Fukagawa and Managing Editor Allison Worden.

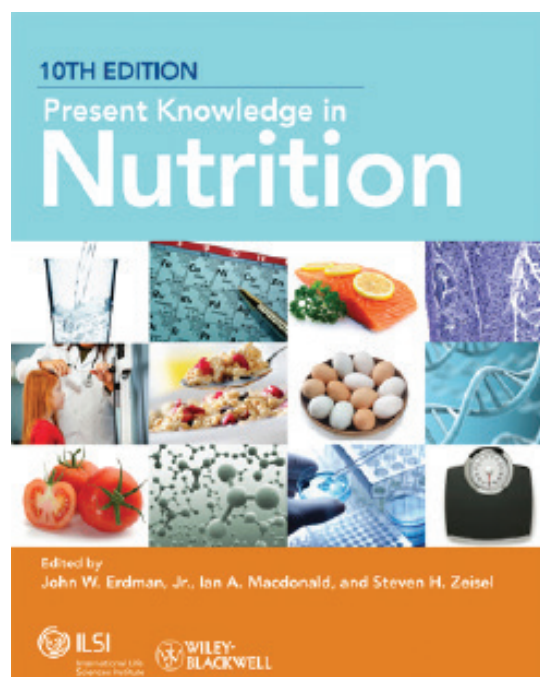
## Welcome to Sharon Donovan

Sharon Donovan, PhD, RD, joined *Nutrition Reviews'* team as Associate Editor in July 2013. Dr Donovan is the Melissa M Noel Endowed Chair in Nutrition and Health at the University of Illinois, Urbana and a former recipient of the ILSI North America Future Leaders Award (1992-1993). She will work closely with Naomi Fukagawa and Allison Worden to ensure *Nutrition Reviews* ongoing success.

[Subscribe now!](#)



# A Classroom Resource: *PKN 10th Edition*



"...a helpful reference for all healthcare professionals" with "...an impressive collection of topics"

Amy Hess-Fischl, MS, RD  
University of Chicago Medical Center

The new edition of this popular textbook provides the latest knowledge in the highly dynamic field of nutrition, expertly illustrated with over 320 figures and tables. Available in one convenient paperback volume or in a variety of digital formats, *Present Knowledge in Nutrition, 10th Edition*, is an essential reference for researchers, health professionals, food scientists, policy experts, educators, and advanced students.

Use code ILS15 to save 15% when placing your order with Wiley-Blackwell:  
[PKN 10th Edition](#)

## ILSI Europe Workshop on Low-Grade Inflammation

### Low-grade Inflammation: A High-grade Challenge 15 September 2013

Hotel Macia Real de la Alhambra  
Granada, Spain

Working with ILSI Brasil, ILSI North America, and ILSI Southeast Asia Region, ILSI Europe has organized the workshop: “Low-Grade Inflammation: A High-Grade Challenge - Biomarkers and Modulation by Dietary Strategies.” This day-long workshop will be held just prior to the official opening of the 20th ICN in Granada, Spain.

Topics have been chosen to provide a comprehensive overview of what is known regarding the contribution of inflammation to health and disease,

how inflammation may be assessed and modified by diet, and the use of inflammation as the basis for health claims. Specific discussions include:

- The importance of low-grade inflammation in health and disease
- Review and interpretation of the extensive literature on the dietary modulation of low-grade inflammation by macronutrients, micronutrients, and non-nutrients such as fiber and other plant bioactives
- An overview of inflammatory markers as biomarkers of risk of diabetes, cardiovascular disease, and cognitive and gut health
- Issues relevant to the translation of research findings into health claims

The event is tailored for researchers in metabolic diseases, cardiovascular diseases, and neurodevelopment; industry scientists working in research and development; and individuals interested in marketing, food regulatory affairs, and health claims, including governmental scientists and risk assessors.

Complete program details and opportunities for “last minute” registration are available online:

[Low-Grade Inflammation](#)

## 2014 ILSI Annual Meeting 17 – 22 January



*Bermuda is known for its colorful architecture*

### ILSI 2014 Annual Meeting 17 – 22 January 2014 The Fairmont Southampton Southampton, Bermuda

#### Early Bird Registration will open soon! (An e-mail will be sent in September.)

The 2014 ILSI Annual Meeting will be held in the Atlantic island of Bermuda, which is known for its warm hospitality, beautiful seascapes, and colorful architecture.

Annual Meeting is the premier event each year where member representatives, trustees, science advisors, and staff from the ILSI global network come together to discuss the latest science and outline collectively how ILSI can make a difference in the human and environmental health and safety.

The 2014 program includes these provocative sessions:

- Free Will or Fate: What Drives Our Food Choice Decisions?
- Food Safety Case Study: Arsenic
- Precision Nutrition: From Cell to Society

The keynote speaker for the ILSI Assembly of Members will be Alberto Alemanno, PhD, Associate Professor, HEC Paris and founder and editor of the *European Journal of Risk Regulation*. Dr. Alemanno research has been centered on the role of science in risk regulation in the European Union and World Trade Organization legal frameworks.

Registration and program information will be posted to the ILSI website soon. Watch for announcements to come!

# New Publications

## ILSI Europe

### Monitoring immune modulation by nutrition in the general population: identifying and substantiating effects on human health

R Albers, et al. *British Journal of Nutrition*, August 2013; Vol. 110 Supplement No. 2

An effectively functioning immune system is essential for human health and wellbeing. Given their critical role, it is no surprise that solutions to help restore or optimize immune functions are much sought after. Competent authorities are challenging the substantiation of ingredient/food claims to return the immune system to normality, or optimize its function, therefore this paper provides guidance for the assessment and interpretation of immune modulation in nutrition studies.

This journal article is available online: [Immune modulation](#)

### Potential Benefits of Satiety to the Consumer: Scientific Considerations

MM Hetherington, et al. *Nutrition Research Reviews* June 2013; Vol. 26 Issue 01: 22 – 38

Foods and dietary patterns that enhance satiety may provide benefit to consumers. The aim of the present review was to describe, consider and evaluate research on potential benefits of enhanced satiety. The proposal that enhanced satiety could only benefit consumers by a direct effect on food intake should be rejected. Instead, it is proposed that there are a variety of routes through which enhanced satiety could (indirectly) benefit dietary control or weight-management goals.

This journal article is available online: [Benefits of Satiety](#)

## ILSI North America

### The Family of Dietary Fibers: Dietary Variety for Maximum Health Benefit

A Dilzer, et al. *Nutrition Today* May/June 2013, Volume 48, Issue 3, p 108-118

Dietary fiber is a family of components, which are found throughout the food supply. To realize the benefits of dietary fiber and to address the extreme gap between recommendations and intake, it is important to consume dietary fiber from a variety of sources. To address the concerns of the 2010 Dietary Guidelines Advisory Committee, this article reviews the gap between recommended and actual intakes and outlines the definitions of fiber that are operative worldwide, sources of dietary fiber, and strategies to improve intake with fiber-rich foods.

The article is available online for journal subscribers or for purchase: [Dietary Fiber](#)

## ILSI Research Foundation Center for Risk Science Innovation and Application

### Water Recovery and Reuse: Guidelines for Safe Application of Water Conservation Methods in Beverage Production and Food Processing

Many beverage producers and food processors are experiencing multiple pressures to find ways to minimize the total volume of water they use in the production of their product, and also to reduce waste water discharges. Reducing the “water footprint” of a facility allows for higher production and less waste, as well as realization of possible economic advantages, and possibly better relations with local citizens and governments.

This monograph is available online: [Water Recovery and Reuse](#)

## ILSI Research Foundation

### Center for Environmental Risk Assessment

### A Review of the Environmental Safety of the Cry1F Protein

This document provides a review of the information and data relevant to the environmental risk assessment of Cry1F, a family of proteins encoded by genes isolated from *Bacillus thuringiensis* (Bt), and it presents a summary statement about the environmental safety of these proteins when produced in genetically engineered (GE) cotton (*Gossypium hirsutum*) and maize (*Zea mays*) plants.

This white paper is available online: [Cry1F Protein](#)

### A Review of the Environmental Safety of the Cry2Ab Protein

This document provides a review of the information and data relevant to the environmental risk assessment of Cry2Ab, a protein encoded by genes isolated from *Bacillus thuringiensis* (Bt), and it presents a summary statement about the environmental safety of this protein when produced in genetically engineered (GE) cotton (*Gossypium hirsutum*) and maize (*Zea mays*) plants. All sources of information reviewed

This white paper is available online: [Cry2Ab Protein](#)

Check out  
ILSI's website  
for a full list of  
publications:  
[ILSI Publications](#)

---

# More Meetings!

## **ILSI South Africa: Mini-Symposium on Water Safety and Quality 7 October 2013 Pretoria, South Africa**

ILSI South Africa is hosting its mini-Symposium at the Biennial Congress of the South African Association of Food Science and Technology (SAAFoST) to be held 7-9 October 2013 at the CSIR Convention Centre in Pretoria, South Africa. Speaker abstracts and registration information is available online:

[Mini-symposium on Water](#)

## **ILSI Southeast Asia Region: Regional Conference on Food Fortification in Asia 2013 10 – 11 October Bangkok, Thailand**

ILSI Southeast Asia Region and its partner, Food Science and Technology Association of Thailand (FoSTAT), have organized this conference to provide an update on micronutrient status and deficiencies in all parts of Asia; discuss micronutrient fortification of foods, including benefits, safety, nutritional and regulatory considerations; and propose future strategies for micronutrient fortification programs.

Program details and registration links are available here:

[Fortification in Asia 2013](#)

## **ILSI Brasil: Avaliação do Risco Ambiental e Segurança Alimentar de OGM (Food Safety Evaluation and Environmental Risk Assessment of GMOs) 14 – 15 October Brasília, Brazil**

ILSI Brasil's two-day event will cover a variety of important topics related to safety of new GM crops and new methods in crop product. A session is also dedicated to data transportability.

Program information - Portuguese and English - is available online:

[ERA in Brazil](#)

## **ILSI Europe: New Horizons in Chemical Risk Assessment - Reshaping ILSI Europe's Food Safety Programme 16 October 2013 Brussels, Belgium**

ILSI Europe has organized this workshop in an effort to identify the future core activities of ILSI Europe in the field of chemical risk assessment. Key objectives of the workshop are to identify current scientific knowledge gaps in food safety and to undertake a detailed mapping of potential activities of interest for the food industry.

A tentative program is available online:

[Risk Assessment in Europe](#)

## **ILSI Southeast Asia Region: 8th Seminar on Nutrition Labeling, Claims and Communication Strategies 26 – 27 November 2013 Jakarta, Indonesia**

This 1½-day seminar is part of a series of seminars on nutrition labeling and claims organized by ILSI Southeast Asia Region. It will provide up-to-date information and highlight emerging trends. Recent developments in front-of-pack (FOP) signposting, as well as the use of nutrition labeling and claims as educational tools will be addressed by regional and international experts.

More information is available online:

[Nutrition Labeling](#)

## **ILSI Southeast Asia Region: Gut feelings - What can we learn from recent research on gut microbiota? 3 December 2013 Brisbane, Australia**

This one day symposium is organized by ILSI Southeast Asia in collaboration with the Nutrition Society of Australia and is being held the day prior to the Society's Annual Scientific Meeting.

Program and registration information is online at:

[Gut Microbiata](#)

---