



# eurreca Newsletter

Issue 1 - Winter 2010



## Editorial

***In its fourth year, the EURRECA Network of Excellence is gaining attention. The European Food Safety Authority (EFSA) and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes in the U.S. have expressed interest in its work. Why this interest? What makes EURRECA special?***

Most European countries, or groups of countries, set their own recommendations for the amounts of each micronutrient their population should be consuming in an average day. As different national authorities review their micronutrient recommendations at different times they are not working with the same or most up-to-date scientific information. In addition, different countries use different methods to determine their national requirements resulting in variations in recommendations between countries.

The result of these discrepancies is differing national recommendations which are causing confusion for policy-makers, health professionals, industry and consumers.

This is why the EURRECA Network of Excellence aims at delivering an aligned set of standards providing a robust scientific basis for accurate assessments of micronutrient requirements and setting of micronutrient recommendations. Models are also drawn on how to better understand consumers and their use of recommendations - valuable information for policy makers and health professionals.

In this first issue of the EURRECA newsletter we are focusing on some of the efforts made by the Network to increase awareness of our work now that EURRECA is about to enter its last year in 2011 and the results are starting to come. For example, read about the revamped EURRECA-website and Nutri-RecQuest, a web-based tool on micronutrient recommendations. Or learn about the most recent scientific publications from the EURRECA researchers, read accounts from EURRECA's sessions at the EuroScience Open Forum and the World Congress on Public Health Nutrition and much more.

For more information about EURRECA, visit our website [www.eurreca.org](http://www.eurreca.org).

Happy reading!

**Sofia Valleley**, Dissemination leader of the EURRECA Network of Excellence

## CONTENT

- EURRECA launches new look website ..... 2
- Nutri-RecQuest, EURRECA's micronutrient search engine goes live ..... 2
- EURRECA speaks with a passion for food science at ESOF 2010 ..... 2
- Centre stage at 2<sup>nd</sup> World Congress of Public Health Nutrition ..... 3
- EURRECA's 4<sup>th</sup> Integrating Meeting – time to share findings and discuss the future ..... 3
- Recent scientific publications .. 4
- EURRECA in the media ..... 4
- Upcoming events ..... 4

### CONTACT INFO:

#### Communications

Sofia Valleley  
European Food Information Council (EUFIC)  
[sofia.valleley@eufic.org](mailto:sofia.valleley@eufic.org)

#### Coordinator

Dr Laura Contor - Network Director  
International Life Sciences Institute (ILSI) Europe  
[eurreca@ilsieurope.be](mailto:eurreca@ilsieurope.be)

EURRECA is a Network of Excellence to harmonise micronutrient recommendations across Europe with special focus on vulnerable groups and consumer understanding



## EURRECA launches new look website

*EURRECA's new look website was launched at the end of September. Besides updated material, the relaunched website also provides its visitors with regular news updates about the EURRECA Network and features an events diary showing where EURRECA will be present next.*

Highlights from the network are presented and research results, publications and tools are posted as they are developed. The new website also hosts a media space.

In addition, on the new EURRECA website visitors can subscribe to receive regular information of relevant material.



[www.eurreca.org](http://www.eurreca.org)

## Nutri-RecQuest, micronutrient recommendation search engine goes live

*On 6 October 2010, Nutri-RecQuest, EURRECA's web-based search engine on current micronutrient recommendations was launched for public use. Nutri-RecQuest is a user-friendly tool, developed to allow access to the existing collated micronutrient recommendations and to provide a database source for use in other nutritional software tools.*

“We wanted to develop a web-based tool for bodies responsible for setting recommendations and users of recommendations including scientists, policy makers, health professionals and industry that would provide easy access to existing recommendations. We first entered recommendations from 37 European countries and eight key non-European countries comprising 29 micronutrients into this database. We also added general information on the source of the recommendations, as well scientific background information.

The search engine was developed to provide efficient search, comparison, display, print and export functions,” said Dr. Adrienne Cavelaars from Wageningen University, The Netherlands, who has been one of the drivers in this project.

If you want to read more about Nutri-RecQuest, Cavelaars and colleagues have published their study in European Journal of Clinical Nutrition (Nutri-RecQuest: a web-based search engine on current micronutrient recommendations. European Journal of Clinical Nutrition, 2010;64 Suppl 2:S43-7).

You can find Nutri-RecQuest on [www.eurreca.org](http://www.eurreca.org)

## EURRECA's 4<sup>th</sup> Integrating Meeting – time to share findings and discuss the future

*From 18-21 October 2010, EURRECA held its fourth annual integrating meeting (IM4), or the 'EURRECA week' where the Network leaders presented the latest findings and results from the research and integrating activities. This year the meeting took place in Copenhagen, Denmark and was organized jointly by ILSI Europe and Aarhus University.*

During the opening speech, Professor Sean Strain, strategic advisor of EURRECA, encouraged the participants to benefit from this occasion: “Discuss and agree future plans, decide what you want to contribute in the final year and take the opportunity to talk to participants you rarely encounter,” he said. Mrs Isabelle de Froidmont-Goertz, EURRECA's EC Scientific Officer followed with a presentation on the “challenge and innovation in Nutrition Research“ where she outlined how EURRECA feeds into EU's plan for improving European dietary habits and lifestyle.

During the course of the week, EURRECA's researchers got the chance to share their results and experiences with the Network partners. Presentations covered all EURRECA's activities and showcased the most recent progress made. For example, EURRECA's collaborative work has resulted in a new metabolomics method containing reporters for micronutrient and health status and also approaches to derive Reference Values. The database with results of systematic reviews and health/endpoint combinations for Zinc was also presented and discussed.

### INVITED SPEAKERS

#### How is harmonisation going on?

Prof. Ambroise Martin, University Claude Bernard Lyon 1, France

#### Vitamin D, a blessing or a pain?

Dr. Susan Lanham-New, University of Surrey, United Kingdom

#### Evidence based policy developments and consumer involvement – reflections from the field

Arnold Timmer, UNICEF

#### Micronutrient recommendations, claims & consumers: Close or far friends?

Prof. Wim Verbeke, Ghent University, Belgium



**The EURRECA Network of Excellence**

With 2011 being EURRECA's final year, results are growing exponentially. An interesting outcome is the Health Behaviour Policy framework, a decision making tool which addresses the possible options to arrive at a policy solution to achieve a desired health outcome. In addition to policy makers, EURRECA's work also focuses on SMEs and it was concluded that better targeted research, innovation, agronomy, product development and marketing will result in global competitive advantages for European SME's.

Many plenary sessions had an external invited counterpart which helped to spark interesting discussions and exchanges.

The kick-off meeting of EURRECA's final and overarching Research Activity (RA4) was held during the EURRECA week marking how far along the Network has come. This activity will develop a guidance scheme which clarifies and describes the coherency of all the different EURRECA activities and their output. With the Network coming to an end there is a need to develop a strategy preventing valuable outcomes from being lost or forgotten once the financial support from the Commission is no longer there. During the meeting, draft sustainability plans developed by ILSI Europe were presented and discussed with all partners.

In addition to discussing results and progress, the EURRECA General Assembly and a meeting of the Steering Committee was also held. Furthermore, the Users and the Scientific Advisory Groups met to provide feedback on current activities and advice for the future. Both Advisory Groups commended the EURRECA Network for its achievements. The Network was seen as a key to its own success due to its extensiveness and the high level scientists involved.

Read more about IM4 on the EURRECA website [www.eurreca.org](http://www.eurreca.org) where you can also download the presentations.

## Centre stage at 2<sup>nd</sup> World Congress of Public Health Nutrition

**The EURRECA Network of Excellence played a big role at the 2<sup>nd</sup> World Congress of Public Health Nutrition on 23-25 September in Porto, Portugal, where it was involved in several activities.**

The major event was the ILSE Europe organised EURRECA session "EUropean micronutrient RECommendations Aligned (EURRECA) – time to move forward" which discussed variability in recommended intake levels of folate, vitamin B12, iron and zinc for adults and elderly people with results showing that in addition to a large heterogeneity in current recommendations, these rarely differ between adults and elderly. This presentation by Ms. Esmée L. Doets, Wageningen University, the Netherlands was followed by two talks related to current micronutrient intake and status in Europe; the results from research on nutrient intake inadequacy in Europe and the work on estimated micronutrient intake and status in Central and Eastern European populations by Dr. Blanca Roman Viñas, Nutrition Research Foundation, Spain and Ms. Romana Novacovic, Institute of Medical Research, Serbia.

The Health-Behaviour-Policy framework was also showcased within the session by Dr. Lada Timotijevic, University of Surrey, UK. This framework has been established to relate micronutrient requirements and consumer behaviour in the wider context and define the policy decision-making relevant to achieving micronutrient recommendations.

**The speakers of the EURRECA session. Top row from left to right: Ms. Esmée L. Doets, Dr. Blanca Roman Viñas, Dr. Lada Timotijevic and Ms. Romana Novacovic. Bottom row from left to right: Professor Lluís Serra-Majén, Professor Mirjana Gurinović and Dr. Monique Raats.**

Finally, Nutri-RecQuest, the web-based tool on current micronutrient recommendations that has been developed within the EURRECA network was presented Professor Mirjana Gurinović, Institute of Medical Research, Serbia.

EURRECA was also represented in one session on biomarkers and one lunch forum on emerging nutrition gaps. Additionally, there were four posters presenting findings from EURRECA on micronutrient intake adequacy in immigrant populations in Europe (Ngo et al), consumer awareness, understanding and use of food based dietary guidelines (Brown et al.), micronutrient intake adequacy in European low income population and in pregnant and lactating women (Novakovic et al.) and Nutri-Rec- Quest (Gurinović et al.).

Read more about EURRECA's session at the 2<sup>nd</sup> World Congress of Public Health Nutrition on the EURRECA website [www.eurreca.org](http://www.eurreca.org) where you can also download the presentations.



## EURRECA speaks with a passion for food science at ESOF 2010

*What is in our food and how does it affect our health and life? Is what we are eating safe? Is it of good quality? That was the theme for the session EURRECA arranged together with eight other EU projects, all members of CommNet, during EuroScience Open Forum (ESOF) in Turin in July.*

Among the speakers in the session, EURRECA was represented by Professor Irene Cetin from the University of Milan, Italy, current leader of the research activity on pregnant and lactating women. Cetin spoke about the timing of micronutrient intake during pregnancy and how this affects both the outcome of pregnancy and the nature of adult diseases. The other topics presented during the session were baby food and long term feeding with high oestrogen food, and fruit and vegetable preferences and exposure of young children to new tastes.

ESOF is Europe's largest meeting place for researchers, stakeholders, students and science journalists. The 2010 year's event had more than 4000 visitors. The presentations from the EURRECA/CommNet session at ESOF are available at: [www.eurreca.org](http://www.eurreca.org).

EURRECA is a member of CommNet which is a network of communications managers in EU-funded research projects about food quality and safety.



**Professor Irene Cetin**  
presenting at ESOF 2010.

### Recent scientific publications

**“EURRECA: development of tools to improve the alignment of micronutrient recommendations”** (European Journal of Clinical Nutrition, Vol 64, November 2010)

Here, EURRECA describes the different sets of tools developed within the Network whose purpose mainly is to provide guidance on best practice for use in a wider scientific community or for users and stakeholders of reference values.

[click here](#)

**“Towards harmonisation of nutrient recommendations in Europe: from nutritional requirements to policy applications”** (The European Journal of Clinical Nutrition 2010; 64, Supplement 2).

The publication presents results from EURRECA including the general framework established for development and review of micronutrient requirements. It also contains the description of the two practical applications i.e. Nutri-RecQuest and NutPlan.

[click here](#)

**“Micronutrient Bioavailability: Priorities and Challenges for Setting Dietary Reference Values”** (American Journal of Clinical Nutrition, May 1 2010; Vol. 91, No. 5).

This supplement reports on a workshop addressing topical issues, in particular those that linked bioavailability with the derivation of micronutrient requirements and dietary recommendations. The workshop identified several research priorities.

[click here](#)

**“EURRECA: How to Derive Recommendations for Infants, Children, Adolescents, Pregnant and Lactating Women”** (Maternal & Child Nutrition 2010; 6, Supplement2).

This supplement discusses the relevance of European alignment for recommendations for pregnant and lactating women, infants, children and adolescents.

[click here](#)

### EURRECA in the media

- \* Micronutrients on a large scale [International Innovation](#)
- \* Europe's micronutrient research network [International Innovation](#)
- \* Database on micronutrients now available free online [Science Business](#)
- \* Nutri-RecQuest - Providing access to a valuable dataset Technobahn science
- \* Nutri-RecQuest - Providing access to a valuable dataset [Scientific Computing](#)
- \* EU micronutrient group highlights harmonisation priorities [Nutralngredients.com](#)
- \* EU research network to publish thousands of national RDIs [Functional Ingredients magazine](#)
- \* Vitamin and mineral intake recommendations for Europeans – which ones are in most need of review? [Food Today](#)

### Upcoming events

The EURRECA Network of Excellence will be present at the following upcoming events:

- \* **11<sup>th</sup> European Nutrition Conference**, organised by FENS (Federation of European Nutrition Societies), 26-29 October 2011, Madrid, Spain.
- \* EURRECA/ENA scientific workshop **“Critical micronutrients in pregnancy, lactation and infancy”**, 14-15 June 2011, Tutzing castle conference centre, Munich, Germany. Online registration is available [www.eurreca.org](http://www.eurreca.org)

### TAKE PART IN THE EURRECA STAKEHOLDER SURVEY

The Network is carrying out a stakeholder survey to evaluate stakeholder's awareness and understanding of the EURRECA Network of Excellence. This will help us to gauge how much our stakeholders know about the outcomes of EURRECA and furthermore enable us to take measure to target our outreach better. Click [here](#) to take part in EURRECA's survey.