

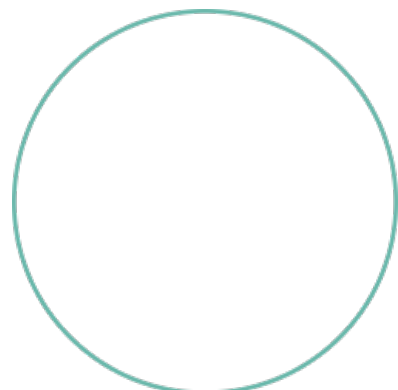
Window to Nutrition - EDITION 1, March 2015



YOUR TRUSTED
DESTINATION FOR
HEALTH, NUTRITION
& GENERAL WELLNESS
AND POLICIES

Key Takeaways

- Proper nutrition across the life stages is essential for positive health outcomes
- Sugar reduction will continue to be a global focus across food and beverage industry in all end use markets
- Leverage the nutritional benefits of Proteins, Whole Grains, Fiber, Healthy Fats and Oils, to meet the target consumers health and nutritional needs





Nutrition Policy

EFSA issues health claim related to glycaemic carbohydrates and contribution to normal cognitive function Glycaemic carbohydrates contribute to the maintenance of normal brain functions, including cognition. A daily intake of 130 g of glycaemic carbohydrates has been estimated to cover the glucose requirement of the brain.

2015 US Dietary Guidelines Advisory Committee report identifies that a healthy dietary pattern is higher in vegetables, fruits, whole grains, low- or non-fat dairy, seafood, legumes, and nuts; moderate in alcohol (among adults); lower in red and processed meat; and low in sugar-sweetened foods and drinks and refined grains.

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General Wellness

WHO calls on countries to reduce sugars intake among adults and children

A new WHO guideline recommends adults and children reduce their daily intake of free sugars to less than 10% of their total energy intake. A further reduction to below 5% or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

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Maternal Nutrition

Systematic review of dietary intakes during pregnancy in Nutrients indicates that optimal maternal nutrition is key to support healthy infant birth weight. Iron and folic acid supplementation lower risk of low birth weight infants. Evidence is emerging regarding the benefits of LCPUFA, zinc, calcium or vitamin D for optimal birth weight.

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Healthcare Nutrition



Sarcopenia and Critical Illness: A Deadly Combination in the Elderly. A review in JPEN recommends aggressive nutrition support and physical therapy to improve outcomes associated with sarcopenia. Sarcopenia, age associated loss of lean skeletal muscle mass, is a result of multiple physiological derangements, resulting in functional decline; frailty is the clinical manifestation of sarcopenia, ultimately contributing to morbidity and mortality in elderly population.

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Performance Nutrition

Pea proteins oral supplementation promotes muscle thickness gains during resistance training. A study published in the JISSN shows that 25 g of pea protein (Roquette) per day contributed to significant increase in muscle thickness (+20%) compared to placebo (+8%) while no differences were seen between whey protein (+15%); muscle strength was also observed to increase. Along with proper training, supplementation with pea protein can potentially promote increase muscle thickness especially for people starting or returning to a muscle strengthening program. Study also suggests that pea proteins may be an alternative to whey based dietary products.

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Weight Management

Eating oatmeal at breakfast may increase satiety through lunch time. A study published in the Annals of Nutrition and Metabolism shows that eating oatmeal for breakfast may result in greater fullness, lower hunger ratings, and fewer calories eaten at the next meal compared to a calorie-matched breakfast of a ready-to-eat cereal. The researchers suggest that the greater satiety effect of oatmeal cereal compared to sugared corn flakes or water might be due to a slower gastric emptying (oatmeal took longer to leave the stomach). Given that the results were more pronounced in overweight subjects, researchers suggest that a longer-term weight control study testing daily oatmeal for breakfast is warranted.

Medium Chain Triglycerides may help with weight loss and improve body composition. A recent meta-analysis in J Acad Nutr Diet, shows that replacement of long chain triglycerides with Medium Chain Triglycerides in the diet could potentially induce modest reductions in body weight (-0.51 kg), waist circumference (-1.46 cm), hip circumference (-0.79 cm), total body fat (-0.39), total subcutaneous fat (-0.46) and visceral fat (-0.55) without adversely affecting lipid profiles.

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Scientific Conferences & Tradeshows

Kerry Nutrition External Scientific Engagement

Maurice O'Sullivan recently presented at the **13th Annual Global Food Technology &**

Innovation Summit. On "Where Nutrition Meets Taste." It was a great opportunity to position Kerry's taste and nutrition platform to the food and beverage industry.

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*Window to Nutrition is brought to you by the Kerry Health and Nutrition Institute.
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