



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



Nutrition
Policy



General
Wellness



Infant
& Child
Nutrition



Maternal
Nutrition



Healthcare
Nutrition



Scientific
Conferences
Tradeshows



Nutrition Policy

[FDA modernizes Nutrition Facts label for packaged foods](#) - The new label features a refreshed design, reflects updated information about nutrition science and updates serving sizes and labeling requirements for certain package sizes. The FDA plans to conduct outreach and [education efforts](#) on the new requirements.

[FDA Releases Final Guidance Regarding the Food Labeling Term "Evaporated Cane Juice"](#) - The U.S. Food and Drug Administration (FDA) released a [final guidance for industry](#) stating FDA's view that sweeteners derived from sugar cane should not be declared on food labels as "evaporated cane juice." The FDA's view is that the term "evaporated cane juice" is false or misleading because it suggests that the sweetener is fruit or vegetable juice or is made from fruit or vegetable juice, and does not reveal that the ingredient's basic nature and characterizing properties are those of a sugar.

[Philadelphia passes soda tax](#) - Philadelphia City Council approved a 1.5-cent-per-ounce tax on sugar-sweetened and diet beverages, the first such tax imposed in a major U.S. city.

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General Wellness

[Report finds malnutrition fuels disease worldwide](#) - The 2016 Global Nutrition Report shows that one-third of people worldwide are either undernourished or overweight,

driving increasing rates of disease and piling pressure on health services. Rates of obese or overweight people are rising in every region of the world.

[The Effects of Increased Protein Intake on Fullness: A Meta-Analysis and Its Limitations](#) - Higher protein intake has been implicated in weight management because of its appetitive properties. The present analyses of existing evidence confirms that higher protein preload can help increase fullness ratings more than lower protein preloads.

Fruit & Vegetables

[Canned Vegetable and Fruit Consumption Is Associated with Changes in Nutrient Intake and Higher Diet Quality in Children and Adults: National Health and Nutrition Examination Survey 2001-2010](#) - Canned vegetables and fruit are ubiquitous throughout the food supply. This study suggests that canned fruits and vegetable consumption is associated with higher intake of select nutrients, a higher-quality diet, and better health outcomes.

[Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvención con Dieta MEDiterránea \(PREDIMED\) trial](#) - This study shows that higher fruit and vegetable, and fiber intake is associated with lower incidence of cardiovascular disease. These findings are important for encouraging individuals to consume 5 or more servings/day of fruit and vegetables.

[Polyphenol- and fibre-rich dried fruits with green tea attenuate starch-derived postprandial blood glucose and insulin: a randomised, controlled, single-blind, cross-over intervention](#) - Polyphenol components in green tea, strawberry, blackberry and blackcurrants, may have an important impact on regulating blood glucose and insulin response.

Legumes

[Beneficial effects of legumes on parameters of the metabolic syndrome: a systematic review of trials in animal models](#) - Legume consumption plays a pivotal role in the prevention and treatment of the metabolic syndrome (MetS). This review suggests that legumes may have a regulating effect on blood glucose and lipid metabolism. Including legumes as part of a healthy dietary pattern is recommended in global dietary guidelines.

[Healthy plant-based diet may be linked to lower type 2 diabetes risk](#) - Consuming a plant-based diet, especially one rich in high-quality plant foods such as whole grains, fruits, vegetables, nuts, and legumes, may be linked to a substantially lower risk of developing type 2 diabetes.

Consumer Behaviours

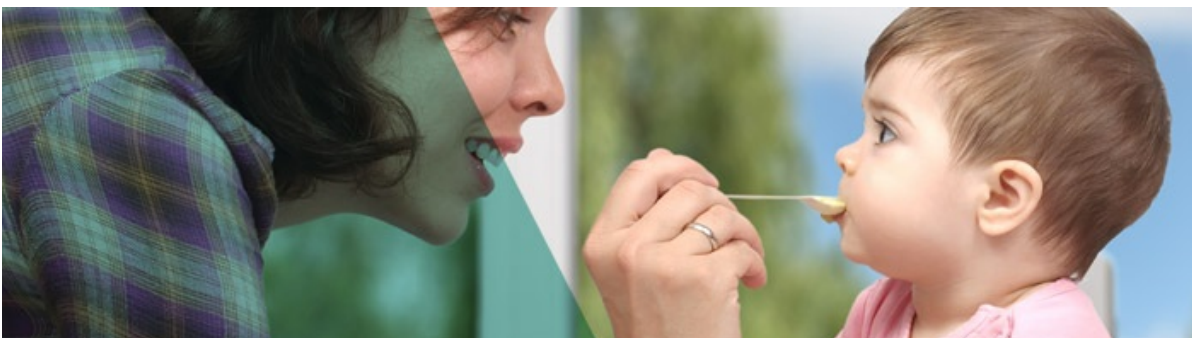
[Combining food type\(s\) and food quantity choice in a new food choice paradigm based on vice-virtue bundles](#) - Combining virtue (healthy food) and vice (indulgent food) foods together in the same portion-controlled packaging may promote healthier food choices. This article shows great potential for packaging solutions to offer consumers taste and nutrition at the same time.



Infant & Child Nutrition

US Consumer Attitudes Toward Sodium in Baby and Toddler Foods - Majority of parents indicate that it is important for baby and toddler foods to be low in sodium, suggesting broader need for stealth strategies to lower sodium in these foods.

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Maternal Nutrition

Maternal Macronutrient Intake during Pregnancy Is Associated with Neonatal Abdominal Adiposity: The Growing Up in Singapore Towards healthy Outcomes (GUSTO) Study - Infant body composition has been associated with later metabolic disease risk. Higher maternal protein intake at the expense of carbohydrate or fat intake at 26-28 wk gestation was associated with lower abdominal internal adiposity in neonates. Optimizing maternal dietary balance might be a new approach to improve offspring body composition.



Healthcare Nutrition

Aging

[Physical Activity Performed in the Evening Increases the Overnight Muscle Protein Synthetic Response to Presleep Protein Ingestion in Older Men](#) -

Recommending physical activity along with protein intake in the evening is one way to combat age-related decline in muscle mass.

Bone Health

[Soluble Corn Fiber Increases Calcium Absorption Associated with Shifts in the Gut Microbiome: A Randomized Dose-Response Trial in Free-Living Pubertal Females](#) - Prebiotic fibers, such as soluble corn fiber, may help support bone health by increasing calcium absorption through modulation of the gut microbiome composition.

CardioMetabolic Health

[Association of Specific Dietary Fats With Total and Cause-Specific Mortality](#) - This study supports current dietary recommendations to replace saturated fat and trans-fat with unsaturated fats to decrease mortality risk.

[Eating more whole grains may help you live longer](#) - Eating more whole grains may help reduce the risk of premature death; findings were particularly strong and robust for reducing cardiovascular disease mortality. These findings further support current Dietary Guidelines, which recommends at least 3 servings per day of whole-grain intake.

Digestive Health

[Fermentation properties and potential prebiotic activity of Bimuno® galacto-oligosaccharide \(65 % galacto-oligosaccharide content\) on in vitro gut microbiota parameters](#) - Prebiotic oligosaccharides have the ability to generate important changes in the gut microbiota composition that may confer health benefits to the host.

Weight Management

Adolescent Snacking Behaviors Are Associated with Dietary Intake and Weight Status

- On average adolescents report consuming 2.2 energy dense snack food servings/ d and purchasing snacks prepared away from home on 3.2 occasions/wk. Snacking was directly associated with higher energy, lower fruit/vegetable, higher sugar-sweetened beverage, and more frequent fast-food intakes and higher body mass index. Improving nutritional quality of snack foods is important given their impact on diet quality and weight status.

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Scientific Conferences & Tradeshows

Kerry Nutrition External Scientific Engagement

Conference Attendance & Presentations

Kerry's nutrition team presented Responding to the Challenges of Sugar Reduction at the 55th PAFT (Philippines Association of Food Technologists) Annual Convention on July 28.

Kerry is a Platinum Sponsor of [IUFoST 2016 - 18th World Congress of Food Science and Technology \(Dublin, August 21-25, 2016\)](#)

Kerry Sponsored Sessions

- HOT TOPIC: "Too much of a tasty thing - where have the excesses of salt, sugar and fat consumption left us?" Date: August 22nd, 9:30-10:55
- Lunch Symposium: "From infants to golden oldies, how can we optimise muscle, digestive and immune health?" Date: August 24th, 12.55-14.00

Kerry returned to IFT this year, sponsoring a booth and three discussions about our taste and nutrition solutions led by *Albert McQuaid, Chief Innovation Officer; John Buckley, VP of Taste Innovations; and Nancy Higley, VP of Regulatory & Scientific Affairs.*

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