

## **S39: Nutritional Benefit-Risk Assessments of Foods and Food Consumption Patterns**

### **Session Description**

Nutrition security implies sustainable access to a healthy diet for all. Healthy diet necessitates that food and food ingredients are not harmful. As such, throughout the world regulations are in place in order to establish that food and food ingredients are “safe”. Currently, many innovative foods are introduced into the market with an expected improved (nutrient) composition and with expected health gains. As such foods may be associated with both beneficial effects (basic nutrition, additional health claims) and (the absence of) adverse effects. Risk-benefit assessment is a new scientific and policy area. It envisages to weigh beneficial and adverse health effects of foods and food ingredients into one approach in order to allow risk assessors to make the optimal choice in terms of public health. The weighing of the advantages and disadvantages can be qualitative as well as quantitative in nature.

### **Purpose**

Foods and food ingredients may be associated with both benefits and risks, and the default choice for safe food may not be the best choice from the perspective of public health, viz. accepting a bit of risk may be the most optimal choice by providing for more benefits enrolling into society. The objectives of the present symposium is presenting and discussing the present state of experience with such integrated nutritional benefit-risk assessment models and to discuss relevant examples of such benefit-risk assessments. This is currently a hot scientific issue and many projects have been initiated to develop methods and approaches.

### **Outcomes – knowledge and action points**

This symposium envisages to present the current state of the art in risk-benefit analyses of foods, food ingredients and dietary patterns. As such the attendees will be informed on and will discuss achievements made. This will enable scientists to improve risk and benefit assessments as well as policy makers to make better informed policy decisions.

**Session Chair:** Dr. Hans Verhagen, RIVM, The Netherlands

**Co-chair:** Mrs. Dr. Boon Yee Young, ILSI-South East Asia, Singapore

### **Session Topic and Speakers:**

**Welcome:** Chair and co-chair.

**Topic 1:** *Nutritional Benefit-Risk Assessments of Foods – introduction to the area and also identifying current EU activities*

**Speaker:** Dr. Hans Verhagen, RIVM, The Netherlands.

**Topic 2:** *Dose-response and statistical issues for adapting R/B analysis for regulation and policy decisions*

**Speaker:** Dr. John Hathcock, USA

**Topic 3:** *The Codex Approach to Nutritional Risk Analysis*

**Speaker:** Ms Janine Lewis, Australia