

# News You CaN use

15<sup>th</sup> April, 2019



Compiled By: ILSI-INDIA

## Source

Journals, Websites & Newspapers Articles

## Spotlight

**ILSI-India Annual Meeting  
&  
Seminar on Value Addition to  
Agriculture through Food Processing  
26 April, 2019, New Delhi**

## NEW VERSION OF ILSI-INDIA WEBSITE LAUNCHED

Visit ILSI-India Website to Download  
Publications and for More Information  
on its Activities

[www.ilsi-india.org](http://www.ilsi-india.org)

## ILSI-India 2018 Publications

- Monograph On Prebiotics In Foods And Their Beneficial Effects
- Compendium Of Conference On Role Of Probiotics In Promoting Healthy Microbiome For Health And Immunity
- Compendium Of Seminar On Food Additives: A Global Perspective On Safety Evaluation And Use
- Report Of Seminar On Recent Developments In Food Science And Technology For Better Nutrition
- Report Of Workshop On Alternatives To Animal Testing For Food Safety
- 2017-18 ILSI India Activity Report

## CONTENTS

### Nutrition And Health Research (P: 2-4)

- ❖ 'Cheat Day' During Keto Diet May Damage Blood Vessels
- ❖ Researchers Discover Brain Circuit That Can Help Reduce Food Intake
- ❖ Not Eating Enough Fruit And Grains Is Worse Than Too Much Meat
- ❖ Heavy Alcohol Use May Slow Brain Growth
- ❖ 'Sugar Rush' May Be A Myth
- ❖ 50 Shades Of Banana Nutrition
- ❖ Chili Pepper Compound May Slow Down Lung Cancer
- ❖ High Dietary Intake Of Whole Milk And Full-Fat Dairy Products Does Not Exert Hypotensive Effects In Adults With Elevated Blood Pressure
- ❖ Short-Term Probiotic Supplementation Enhances Cellular Immune Function In Healthy Elderly: Systematic Review And Meta-Analysis Of Controlled Studies
- ❖ Nutrients From Food, Not Supplements, Linked To Lower Risks Of Death, Cancer
- ❖ Moderate Drinking Increases Stroke Risk
- ❖ Saturated Fat In Chocolate May Not Be As Bad As That In Meat

### Food Safety & Technology (P:4)

- ❖ Could This Food Additive Make It Harder To Fight The Flu?
- ❖ Consumers View Nutrition And Health Claims Differently Than Regulators
- ❖ USDA Updates Fact Sheet On Food Product Dating To Reduce Food Waste
- ❖ Europe May Move From Veggie Burgers To 'Veggie Discs'
- ❖ Trust Gap Between Consumers And Industry Impacting Confidence
- ❖ Food Safety, Excise Commissioners To Enforce Norms For Alcoholic Beverages

### Non Communicable Diseases (P: 5)

- ❖ IVF Children May Be At Increased Cancer Risk
- ❖ Gut Issues In Kids May Impact Mental Health
- ❖ Low Levels Of 'Bad Cholesterol' May Actually Increase Stroke Risk
- ❖ Whitening Products May Damage Teeth
- ❖ Digital Device Overload Linked To Obesity Risk
- ❖ Scientists Identify New Metabolic Target To Prevent, Treat Heart Failure At Earliest Stage

### Physical Activity And Lifestyle (P: 5-6)

- ❖ Living In Stressful Neighbourhood Is Related To Ageing Faster
- ❖ Walking, Cycling May Help You Live Longer
- ❖ Psychologists Find Smiling Really Can Make People Happier
- ❖ Study Says Physical Activity Rather Than Diet Helpful In Preventing Weight Regain
- ❖ Novel 5-Minute Workout Improves Blood Pressure, May Boost Brain Function
- ❖ Exercise Adds Up To Big Brain Boosts
- ❖ Exercise Helps Prevent Cartilage Damage Caused By Arthritis

### Agriculture & Climate Change (P: 6)

- ❖ CO2 Levels Hit Record High In 3 Million Years
- ❖ Georgia Aims To Grow Grapes On Mars

### Survey (P: 7)

- ❖ The Number Of People Affected By Food Crisis Remains At Alarming Levels

### Activities Update (P: 7)

### Other ILSI Entities (P: 7)

### Nutrition Reviews (P: 8)

## Nutrition And Health Research

### 'Cheat Day' During Keto Diet May Damage Blood Vessels

Having just a plate of fries or a bottle of soda while following a 'Keto diet' may damage blood vessels, say scientists who warn against going for a 'cheat day' while following the popular weight loss regime.

The Ketogenic or Keto diet has become very common for weight loss or to manage diseases like type 2 diabetes. It consists of eating foods rich in fats, moderate in protein, but very low in carbohydrates and it causes the body to go into a state called Ketosis. The diet can be very effective because once the body is in Ketosis and starved for its preferred fuel glucose, the body's chemistry changes and it begins to aggressively burn its fat stores.

Source: Jonathan Little, Associate Professor, University Of British Columbia (UBC), Canada, Journal Nutrients

### Researchers Discover Brain Circuit That Can Help Reduce Food Intake

Researchers have found evidence that the brain does intervene to perform some decision-making about whether to proceed with eating or not. Researchers have identified a group of nerve cells, which when activated, can reduce food intake.

For the research, the team studied the feeding behaviour of mice. The study says that, "the brain has complex circuitry that locks appetite to memories of finding and enjoying the food. This drives the feeding behaviours necessary for survival".

The researchers have discovered a circuit that will include one mechanism that does the opposite, i.e curbing the compulsion to eat in response to food.

Source: The Rockefeller University, New York City, Journal Neuron

### Not Eating Enough Fruit And Grains Is Worse Than Too Much Meat

A bad diet kills more people globally than tobacco. A study has concluded that a better diet could potentially prevent one in five deaths globally.

When governments urge that people regulate diet, they usually focus on limiting the intake of unhealthy foods, such as processed meat, sugar and trans fat. Less emphasis is placed on encouraging people to eat more of nutritious foods such as whole grains, fruits and vegetables. Limiting unhealthy foods might not be the best approach.

Source: Dr. Ashkan Afshin, Assistant Professor, Institute For Health Metrics And Evaluation, University Of Washington, Lancet

### Heavy Alcohol Use May Slow Brain Growth

Heavy use of alcohol may slow the rate of growth in developing brains. A study has shown that heavy alcohol use reduces the rate of brain growth by 0.25 millilitres per year for every gram of alcohol consumed per kilogramme of body weight. In human terms, that is the equivalent of four beers per day. Chronic alcohol self-intoxication reduces the growth rate of brain, cerebral white matter and subcortical thalamus.

Source: Christopher Kroenke, Associate Professor, Oregon Health And Science University, US, Journal eNeuro

### 'Sugar Rush' May Be A Myth

The idea of 'sugar rush' — a state of hyperactivity after consuming too many sweets — is a myth, claim scientists who found that sugar makes people less alert and more tired. Researchers set out to examine whether sugar really boost people's mood. Using data collected from 31 published studies involving almost 1,300 adults, the team investigated the effect of sugar on various aspects of mood, including anger, alertness, depression, and fatigue. They also considered how factors such as the quantity and type of sugar consumed might affect mood, and whether engaging in demanding mental and physical activities made any difference.

The researchers found that sugar consumption has virtually no effect on mood, regardless of how much sugar is consumed or whether people engage in demanding activities after taking it. They found that people who consumed sugar felt more tired and less alert than those who had not. The study shows that the idea of a 'sugar rush' is a myth without any truth behind it.

Source: Elizabeth Maylor, University of Warwick and Lancaster University, UK

### 50 Shades Of Banana Nutrition

Bananas hues from green to brown. A debate has been going on about which bananas are more nutritious. Researchers have settled the debate, determining that the health benefits of bananas changes but does not lessens as they age.

Bananas are an excellent source of potassium and other nutrients, but the level of nutrients and fiber varies according to their level of ripeness. Research indicates that under ripe (green) bananas contain less sugar, and starch constitutes up to 90% of the carbohydrate content in under ripe bananas. Most of that starch is in resistant form, which feeds good microbes in the gut. As the resistant starch converts to sugar, bananas ripen and become softer, and their peels turn brown. Ripened bananas are thus sweeter, easier to digest, and full of antioxidants (in the form of vitamins and phytochemicals). Moreover, the more brown spots a banana has, the more sugar and antioxidants it contains.

According to nutritionists people with diabetes would benefit from eating green bananas as the under ripe fruit would be harder to digest and therefore not cause their sugar levels to elevate too quickly.

Source: <http://www.ift.org>

### Chili Pepper Compound May Slow Down Lung Cancer

A new study finds that capsaicin, the pungent compound in chili peppers, can successfully stop lung cancer metastasis.

Source: Piyali Dasgupta, Marshall University Joan C. Edwards School Of Medicine, Huntington, WV, <https://www.medicalnewstoday.com>

### High Dietary Intake Of Whole Milk And Full-Fat Dairy Products Does Not Exert Hypotensive Effects In Adults With Elevated Blood Pressure

Regular consumption of low- and nonfat dairy products reduces blood pressure (BP) in adults with elevated BP. Currently, it is unknown if conventional full-fat dairy products exert similar hypotensive effects.

Using a randomized controlled crossover design, 60 adults with elevated systolic BP (systolic/diastolic BP: 120-159/<99 mm Hg) participated in a 4-week high-dairy (4 servings a day of full-fat dairy products + regular diet) and a 4-week no-dairy condition (plant-based food items + regular diet) separated by a 2-week washout period. Data were analyzed based on time, condition, and sex. Seated office systolic BP did not change significantly in either condition.

There were no changes in systolic BP in male or female participants across either dietary period. Ambulatory (24-hour) systolic BP did not change significantly in the high-dairy ( $133 \pm 2$  vs  $131 \pm 1$  mm Hg) or no-dairy conditions ( $132 \pm 2$  vs  $131 \pm 1$  mm Hg). No significant changes were observed for diastolic BP or pulse pressure during condition for office or ambulatory measures. The researchers concluded that solitary addition of full-fat dairy products to the normal routine diet does not exert hypotensive effects in adults with elevated BP when compared to the no-dairy control.

Source: The University Of Texas, Austin,  
<https://www.sciencedirect.com/>

### Short-Term Probiotic Supplementation Enhances Cellular Immune Function In Healthy Elderly: Systematic Review And Meta-Analysis Of Controlled Studies

Immune function declines with advancing age. Probiotic supplementation has been proposed to slow or reverse these age-related changes. The primary objective of this study was to evaluate the effect of probiotic supplementation on cellular innate immune activity in healthy elderly subjects.

Researchers performed a systematic review and meta-analysis of controlled trials that reported polymorphonuclear cell phagocytic capacity or natural killer (NK) cell tumoricidal activity following short-term probiotic supplementation in the elderly. A total of 17 prospective controlled studies (18 comparisons) of 733 subjects were included. Probiotic supplementation duration ranged from 3 to 12 weeks.

The study concluded that short-term probiotic supplementation enhances cellular immune function in healthy elderly adults.

Source: [www.sciencedirect.com/](http://www.sciencedirect.com/)

### Nutrients From Food, Not Supplements, Linked To Lower Risks Of Death, Cancer

Adequate intake of certain nutrients is associated with a reduction in all-cause mortality when the nutrient source is foods, but not supplements. There was no association between dietary supplement use and a lower risk of death. In addition, excess calcium intake was linked to an increased risk of cancer death, which the researchers found was associated with supplemental doses of calcium exceeding 1,000 mg/day.

The study used a nationally representative sample comprising data from more than 27,000 U.S. adults aged 20 and older to evaluate the association between dietary supplement use and death from all causes, cardiovascular disease (CVD), and cancer. The researchers assessed whether adequate or excess nutrient intake was associated with death and whether intake from food versus supplement sources had any effect on the associations.

For the association between nutrient intake and the risk of death, the researchers found:

- Adequate intakes of vitamin K and magnesium were associated with a lower risk of death.
- Adequate intakes of vitamin A, vitamin K, and zinc were associated with a lower risk of death from CVD.
- Excess intake of calcium was associated with higher risk of death from cancer.

Source: Annals Of Internal Medicine

### Moderate Drinking Increases Stroke Risk

There is enough evidence to prove that consuming alcohol in excess is harmful to the body. However, a new study by researchers based in the UK and China have concluded that even light-to-moderate drinking can increase the risk of stroke. In order to arrive at the conclusion, the researchers examined 500,000 Chinese people for a period of over 10 years.

The study states that regular consumption of alcohol must be limited and the results of the study are applicable to all population. Researchers deduced that one or two drink every day increases stroke risk by up to 10 to 15 per cent. If one has four drinks, then the risk of having a stroke increases by 35 per cent.

Source: David Spiegelhalter, Professor, University Of Peking, Oxford University And The Chinese Academy Of Medical Sciences,

## Saturated Fat In Chocolate May Not Be As Bad As That In Meat

Eating dark chocolate is encouraged for its health benefits. Often, labels note a high amount of saturated fat. The fat in chocolate is not as harmful as the fat in meat. It comes from cocoa butter and is made of equal parts of oleic acid, a heart healthy monounsaturated fat found in olive oil, and stearic and palmitic acids. Stearic and palmitic acids are forms of saturated fat, which has been linked to heart disease, but stearic acid does not raise cholesterol, and palmitic fat makes up only a third of the fat in chocolate.

Source: Alice Lichtenstein, Director, Cardiovascular Nutrition Laboratory, Jean Mayer U.S.D.A. Human Nutrition Research Center On Aging, Tufts University

## Food Safety & Technology

### Could This Food Additive Make It Harder To Fight The Flu?

New research suggests that a chemical compound that helps packaged food stay fresh could weaken the body's immune response in the fight against influenza. The food additive bears the name "tert-butylhydroquinone" (tBHQ), and it is a synthetic antioxidant that prevents the oils and fats in foods from deteriorating through oxidation. This additive is often present in frozen meat, crackers, and fried foods.

Source: Robert Freeborn, Doctoral Researcher, Michigan State University, East Lansing, <https://www.medicalnewstoday.com>

### Consumers View Nutrition And Health Claims Differently Than Regulators

During this unique study an international team of researchers led by the University of Surrey investigated whether consumers in the United Kingdom, Slovenia, Germany, Spain and the Netherlands were able to differentiate between the various health and nutrition claims on food items that are required by EU regulation.

Results show that consumers may not consciously differentiate between a nutrition claim and a health claim in the way that regulatory experts do. Researchers found that consumers' pre-determined beliefs about nutrients and their relationship with health outcomes are key drivers in the way they interpret and understand claims. When nutrients in the claim are familiar and personally relevant to the consumer there is the potential for them to 'upgrade' the nutrition claims to health claims simply based on their previous knowledge.

Researchers believe that regulators need to consider making information available to ensure consumers' knowledge and beliefs are correct and well-informed so they can understand and respond appropriately to claims in the marketplace.

Source: Professor Monique Raats, Director Of The Food, Consumer Behaviour And Health Research Centre, University Of Surrey, Nutrients, 2019

## USDA Updates Fact Sheet On Food Product Dating To Reduce Food Waste

The U.S. Department of Agriculture (USDA) estimates that approximately 30% of the U.S. food supply is wasted. To help combat this issue, the USDA's Food Safety and Inspection Service (FSIS) has published an updated fact sheet on food product dating that is aimed at reducing food waste by encouraging food manufacturers and retailers to use a "Best if Used By" date label. The changes to the fact sheet include updating a hyperlink to FSIS' fact sheet on shelf-stable products and adding "Freeze By" to the list of commonly used phrases used on labels to describe quality dates.

Source: <https://www.fsis.usda.gov/>

## Europe May Move From Veggie Burgers To 'Veggie Discs'

According to The Guardian, the European parliament's agriculture committee has voted to ban producers of vegetarian food from using nomenclature usually deployed to describe meat. "Veggie disc" has emerged as one possible new name for plant-based burgers.

The protected designations would include steak, sausage, escalope, burger, and hamburger, under a revised regulation that passed with 80% approval. The measures will now be voted on by the full parliament after May's European elections, before being put to member states and the European Commission. It could take several years before the regulation comes into force.

Source: <https://www.theguardian.com/>

## Trust Gap Between Consumers And Industry Impacting Confidence

Greater trust needs to be built between consumers and the food sector to ensure public confidence. The study reveals timely transparency is a key strategy for consumer trust during a food incident and consumers are pessimistic regarding the sectors ability to implement strategies.

Source: <https://www.foodsafetynews.com/>

## Food Safety, Excise Commissioners To Enforce Norms For Alcoholic Beverages

With the new regulations for alcoholic beverages notified by the FSSAI, coming into effect from April 1, the excise commissioners and food safety commissioners will be working closely to enforce these regulations at the State-level.

Since alcohol-beverage makers have been allowed to use old unused labels and printed cans for the next six months, the labelling norms for alcoholic beverages, which include putting a mandatory statutory warning, will only get implemented from October 1. The alcohol-beverage makers will need to get requisite approvals from the Excise Department for making changes in their labels.

Source: Food Safety And Standards Authority Of India

## Non Communicable Diseases

### IVF Children May Be At Increased Cancer Risk

Children conceived through in-vitro fertilisation (IVF) may be at an increased risk of cancer, according to the largest study of its kind. In the past three decades, IVF has gone from an experimental procedure to being more common. Pregnancies enabled by IVF frequently have more difficulties, with children born earlier and smaller even among singleton births. Scientists from the University of Minnesota in the US used data of 275,686 IVF children and 2,266,847 naturally conceived children. The study found that the overall cancer rate per 1,000,000 children of IVF children was about 17 per cent higher than for non-IVF children.

Source: Logan Spector, Professor, University Of Minnesota, Journal JAMA Pediatrics

### Gut Issues In Kids May Impact Mental Health

Children who face adversities such as parental separation are more likely to suffer from gastrointestinal symptoms which may lead to mental health issues in later life. The study found that gastrointestinal symptoms in children may have an impact on the brain and behaviour as they grow to maturity. The findings indicate that gastrointestinal symptoms in young children could be a red flag to primary care physicians for future emotional health problems.

Source: Nim Tottenham, Professor, Columbia University, US, Journal Development And Psychopathology

### Low Levels Of 'Bad Cholesterol' May Actually Increase Stroke Risk

A recent study warns that women with low levels of low-density lipoprotein cholesterol, sometimes called "bad cholesterol," may face an increased risk of bleeding stroke. According to the latest guidelines from the American College of Cardiology and the American Heart Association, a person's levels of low-density lipoprotein (LDL) cholesterol should remain under 100 milligrams per deciliter (mg/dl) to maintain health. That is because, generally, specialists have considered LDL to be "bad" cholesterol. LDL carries cholesterol to the cells that need to make use of it, but if its levels are too high, it can stick to the arteries, leading to all manner of cardiovascular problems.

However, new research from the Brigham and Women's Hospital and Harvard Medical School in Boston, MA, has found that women with LDL levels below 100 mg/dl may actually be more at risk of hemorrhagic (bleeding) stroke. This type of stroke, though less common than an ischemic stroke, is harder to treat and thus more dangerous to the person experiencing it. Strategies to lower cholesterol and triglyceride levels, like modifying diet or taking statins, are widely used to prevent cardiovascular disease.

Source: Pamela Rist, Brigham And Women's Hospital, Journal Neurology

## Whitening Products May Damage Teeth

Teeth whitening products – that promise to make the smile brighter – may also be causing tooth damage. US scientists have found that hydrogen peroxide, the active ingredient in over-the-counter whitening strips, can damage the protein-rich dentin tissue found beneath the tooth's protective enamel.

Source: Kelly Keenan, Associate Professor, Stockton University, US

### Digital Device Overload Linked To Obesity Risk

New research indicates that mindless switching between digital devices is associated with increased susceptibility to food temptations and lack of self-control, which may result in weight gain.

Source: Richard Lopez, Postdoctoral Research Fellow, Rice University, Brain Imaging And Behavior

### Scientists Identify New Metabolic Target To Prevent, Treat Heart Failure At Earliest Stage

Researchers have identified a metabolic process in the heart that, if treated, could someday prevent or slow the progression of heart failure. Researchers found that the amount of a reactive fat compound, called acyl-CoA, is nearly 60 percent lower in failing hearts compared to normal hearts. This disruption in the heart's normal metabolism creates toxic fats that impair the heart's ability to function and pump properly.

The team tested mice that overexpressed a gene for a protein called ACSL1 that is known to make acyl-CoA. When exposed to conditions that cause heart failure, the mice kept making normal amounts of acyl-CoA and the extent of heart failure was reduced and delayed. By maintaining this fat compound, acyl-CoA, the hearts retained their ability to burn fat and generate energy. Importantly, overexpression of ACSL1 also reduced toxic fats, normalized cell function and reduced the progressive loss of function in the enlarged mouse hearts.

Source: Doug Lewandowski, Director, Translational Research, Ohio State's Dorothy M. Davis Heart And Lung Research Institute, The Ohio State University College Of Medicine And The Ohio State University Wexner Medical Center, Circulation

## Physical Activity And Lifestyle

### Living In Stressful Neighbourhood Is Related To Ageing Faster

Living in a stressful neighbourhood is related to ageing faster, according to new research using telomeres as a marker for biological ageing. Telomeres are part of people's DNA which give a measure of 'miles on the clock,' or biological age. The study, combined population health and molecular biology research and found that people who reported problems in their local area – such as assaults, burglaries, litter and vandalism – had shorter telomere lengths, and the effect was more marked among women.

Source: Prof Anne Ellaway, University Of Glasgow MRC/CSO Social And Public Health Sciences Unit And Prof Paul Shiels, Gerontologist, University's Institute Of Cancer Sciences, PLOS One

## Walking, Cycling May Help You Live Longer

Taking the stairs, cycling or walking to work may help a person live longer, regardless of age, sex and starting fitness level. People think they have to start going to the gym and exercising hard to get fitter.

But it doesn't have to be that complicated. For most people, just being more active in daily life – taking the stairs, exiting the metro a station early, cycling to work – is enough to benefit health, since levels are so low to start with.

Source: Elin Ekblom-Bak, Swedish School Of Sport And Health Sciences, Stockholm, European Association Of Preventive Cardiology (EAPC) In Portugal

## Psychologists Find Smiling Really Can Make People Happier

Using a statistical technique called meta-analysis researchers combined data from 138 studies testing more than 11,000 participants from all around the world.

According to the results of the meta-analysis, facial expressions have a small impact on feelings. For example, smiling makes people feel happier, scowling makes them feel angrier, and frowning makes them feel sadder.

These findings are exciting because they provide a clue about how the mind and the body interact to shape our conscious experience of emotion.

Source: Nicholas Coles, UT Phd Student In Social Psychology, University Of Tennessee At Knoxville, Psychological Bulletin, 2019; DOI: 10.1037/bul0000194

## Study Says Physical Activity Rather Than Diet Helpful In Preventing Weight Regain

A new study reveals that physical activity does more to maintain substantial weight loss than diet. By providing evidence that a group of successful weight-loss maintainers who engage in high levels of physical activity to prevent weight regain -- rather than chronically restricting their energy intake -- is a step forward to clarifying the relationship between exercise and weight-loss maintenance.

The findings reveal that successful weight-loss maintainers rely on physical activity to remain in energy balance (rather than chronic restriction of dietary intake) to avoid weight regain. In the study, successful weight-loss maintainers are individuals who maintain a reduced body weight of 30 pounds or more for over a year.

Source: University Of Colorado Anschutz Health And Wellness Center (AHWC), CU Anschutz Medical Campus, Obesity

## Novel 5-Minute Workout Improves Blood Pressure, May Boost Brain Function

Five minutes daily of Inspiratory Muscle Strength Training (IMST) lowers blood pressure, improves vascular health, boosts fitness and sharpens memory, according to preliminary results of a new study.

Source: Daniel Craighead, Postdoctoral Researcher, University Of Colorado Boulder Integrative Physiology Department, <https://www.sciencedaily.com>

## Exercise Adds Up To Big Brain Boosts

Researchers have formed that brain changes occur after a single workout and predictive of what happens with sustained physical training over time.

Source: Michelle Voss, University Of Iowa

## Exercise Helps Prevent Cartilage Damage Caused By Arthritis

Exercise helps to prevent the degradation of cartilage caused by osteoarthritis. The researchers show for the first time how mechanical forces experienced by cells in joints during exercise prevent cartilage degradation by suppressing the action of inflammatory molecules which cause osteoarthritis.

Source: Mr. Su Fu, Queen Mary University Of London, Journal Osteoarthritis And Cartilage

## Agriculture & Climate Change

### CO<sub>2</sub> Levels Hit Record High In 3 Million Years

The levels of the greenhouse gas carbon dioxide (CO<sub>2</sub>) in the atmosphere are higher today than ever before in the past three million years. Scientists have succeeded in doing a computer simulation that fits ocean floor sediment data of climate evolution over this period of time.

The study found that ice age onset, and the start of the glacial cycles from cold to warm and back, was mainly triggered by a decrease of CO<sub>2</sub>-levels. Today, it is the increase of greenhouse gases due to the burning of fossil fuels that is fundamentally changing the planet. Global mean temperatures never exceeded the preindustrial levels by more than 2 degrees Celsius in the past three million years, the study shows. The current climate policy inaction, if continued, would exceed the 2 degrees limit already in the next 50 years.

Source: Potsdam Institute for Climate Impact Research, Germany

### Georgia Aims To Grow Grapes On Mars

Georgia is immensely proud of its ancient wine-making tradition, claiming to have been the first nation to make wine. Now it wants to be the first to grow grapes on Mars.

After Nasa called for the public to contribute ideas for a "sustained human presence" on the Red Planet, a group of Georgian researchers and entrepreneurs got together to propel the country's winemaking onto an interplanetary level. Their project is called IX Millennium — a reference to Georgia's long history of wine-making. Since archaeologists found traces of wine residue in ancient clay vessels, the country has boasted that it has been making wine for 8,000 years — longer than any other nation.

Source: Times Of India, 10 April 2019

## Survey

### The Number Of People Affected By Food Crisis Remains At Alarming Levels

More than 113 million people across 53 countries experienced acute hunger requiring urgent food, nutrition and livelihoods assistance in 2018, according to a new report published in Brussels. The 2019 Global Report on Food Crises, a product of the Global Network against Food Crises, was presented jointly by the European Union, the Food and Agriculture Organization of the United Nations (FAO), and the UN World Food Programme (WFP) at a high level event dedicated to food and agriculture in times of crisis.

According to the report, the worst food crises in 2018, in order of severity, were in: Yemen, the Democratic Republic of the Congo (DRC), Afghanistan, Ethiopia, the Syrian Arab Republic, Sudan, South Sudan and northern Nigeria.

These eight countries accounted for two thirds of the total number of people facing acute food insecurity -- amounting to nearly 72 million people. Over 100 million people annually faced periods of acute hunger in the last three years. The figure of 113 million people represents a slight improvement over the number for 2017 presented in last year's report, in which an estimated 124 million people in 51 countries faced acute hunger. The modest decrease is largely attributed to changes in climate shocks.

Source: European Commission Joint Research Centre

## Activities Update

### ILSI-India

#### Forthcoming Activity

- ILSI-India Annual Meeting – 26 April, 2019, New Delhi
- Seminar on Value Addition to Agriculture through Food Processing – 26 April, 2019, New Delhi

#### Activities Under Discussions- 2019

- Workshop on How to build Robust Food Safety System
- Workshop on Protein Availability, Quality and Way Forward

#### Research Projects / Monographs

- Monograph Of Role Of Probiotics In Promoting Healthy Microbiome For Health And Immunity - Ongoing
- Assessment Of Sugar Consumption Levels Among Rural And Urban Population In India- Ongoing
- Assessment Of Fat / Saturated Fat Consumption Levels Among Rural And Urban Population In India- Ongoing
- Monograph On Risk Assessment - Ongoing
- Study On Healthy Foods and Healthy Diets- Ongoing
- Standardization of Methodologies for Research on Microbiome –Under Discussion

Contact: ILSI-India for further Information

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## Other ILSI Entities

### ILSI North Brasil

Food for Health Workshop – 2019 Canadian Nutrition Society Annual Meeting

2019-05-02, Niagara Falls, Ontario

Experimental Biology 2019

2019-04-06 – 2019-04-09, Orlando, FL, USA

### ILSI Europe

FIT4FOOD2030 Workshop 'Research and Innovation Showcases in the Food System'

2019-04-17, Brussels, Belgium

ILSI Europe's Roundtable on 'Foodborne Viruses: Detection, Risk Assessment, and Control Options in Food Processing' at IAFP's European Symposium on Food Safety 2019

2019-04-25, Nantes, France

Workshop on Application of Threshold of Toxicological Concern (TTC) in Risk Assessment

2019-05-22 – 2019-05-23, Beijing, China

### ILSI Brasil

Atualização Sobre Suplementos Alimentares e Probióticos

2019-05-16, São Paulo, Brasil

III Hot Topics em Pediatria

2019-05-18, São Paulo, Brasil

### ILSI Research Foundation

Crop Composition as a Component of Food and Feed Safety Assessment and Hands on with the ILSI Crop Composition Database

April 2, 2019, Tarragona, Spain

OECD Task Force on the Safety of Novel Foods and Feeds

2019-04-04 – 2019-04-05, Paris, France

OECD Working Group on the Harmonization of Regulatory Oversight in Biotechnology

2019-04-08 – 2019-04-10, Paris, France

### ILSI Mesoamerica

Curso e-learning: programa de etiquetado general y nutricional de alimentos envasados

2019-06-17, San José, Costa Rica

### ILSI North America

Experimental Biology 2019

2019-04-06 – 2019-04-09, Orlando, FL, USA

### ILSI Southeast Asia Region

Science Symposium on Smart Eating – Harnessing Innovative Approaches & New Technologies for Health and Sustainability

2019-04-23, Sheraton Imperial Kuala Lumpur, Malaysia

Human Variability in Food and Nutrition: The Challenges and Opportunities for Industry and Academic Research

2019-05-14 – 2019-05-15, Sydney, Australia

Human Variability in Response to Food and Nutrients: Building the Bridge to Personalized Nutrition – Challenges and Opportunities for Industry, Public Health and Academia

2019-05-14 – 2019-05-15, Sydney, Australia

## Nutrition Reviews Of ILSI

Volume 77, Issue 4 & 5  
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### Lead Article

[Maximizing the intersection of human health and the health of the environment with regard to the amount and type of protein produced and consumed in the United States](#)

[Dietary intake and diet quality in children receiving treatment for cancer](#)

### Special Articles

[Nutrient-rich, high-quality, protein-containing dairy foods in combination with exercise in aging persons to mitigate sarcopenia](#)

[Adherence to the Mediterranean diet and risk of depression: a systematic review and updated meta-analysis of observational studies](#)

[Environmental enteric dysfunction and child stunting](#)

[Milk A1  \$\beta\$ -casein and health-related outcomes in humans: a systematic review](#)

[Risks and benefits of consuming edible seaweeds](#)

### Nutrition In Clinical Care

[Perioperative nutritional supplementation and skeletal muscle mass in older hip-fracture patients](#)

[Associations between vitamin D status in pregnancy and offspring neurodevelopment: a systematic literature review](#)

### Nutrition Science ↔ Policy

[Food safety considerations for commercial complementary foods from global operational guidance on infant and young child feeding in emergencies](#)

## Browse ILSI Recent Publications at [www.ilsi.org](http://www.ilsi.org)

[Identification of a Surrogate to Validate Irradiation Processing of Selected Spices](#)

[LWT - Food Science and Technology, 2018 - ILSI North America](#)

This study was conducted to determine the relationship between the populations of inoculated *E. faecium* and *S. enterica* after irradiation processing of selected spices.

[Dinâmica da Composição do Leite Humano e Suas Implicações Clínicas](#)

[2018- ILSI Brasil](#)

Volume 8 da Série de Publicações ILSI Brasil: Nutrição da Criança

[Analyzing chemical substitution decisions among chemical and product manufacturers](#)

[Clean Technologies and Environmental Policy, 2018 - Health and Environmental Sciences Institute](#)

The HESI Sustainable Alternatives Committee completed a study to understand potential tradeoffs concerning final product design and redesign decisions using a set of six factors affecting product design: business strategy, economic considerations, functionality and performance, health/environmental endpoints, public perception, and regulatory factors. The results are published here.

[Mineral Intake Ratios Are a Weak but Significant Factor in Blood Pressure Variability in US Adults](#)

[The Journal of Nutrition, 2018 - ILSI North America](#)

Higher intakes of potassium, calcium, and magnesium and lower intakes of sodium have been associated with a lower risk of hypertension and cardiovascular disease. In this study, the associations of mineral intake and mineral-sodium intake ratios with blood pressure were investigated.

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