



IUNS - International Union of Nutritional Sciences

IUNS has set up (in September 1994) 24 Committees (in three commissions)

IUNS-Committee II/2 "NUTRITION and FOOD HABITS"

has
the proposed charge:

"To review the impact of changing food choice and habits on nutritional status."

Guidelines for IUNS Committees:

- * 6 - 8 members, keeping in view the geographic distribution and scientific competence (not more than 2 members of same nationality)
- * to specify the proposed charge of the committee and draw up the plans for scientific activity to be carried out during the 4 year term
- * the work can be accomplished either through correspondence or meetings; .. organize a workshop, ... to propose and to carry out projects, ...bring out a publication
- * IUNS may provide some "seed money"; IUNS encourages the committees to seek external funding

WHY? An IUNS Committee II/2 "NUTRITION and FOOD HABITS"

- * to improve the understanding of the interdisciplinary character of nutritional sciences and to stimulate interdisciplinary research cooperation
- in order to
- * to improve the existing models for explaining causes of nutrition related diseases (Nutrition Epidemiology)
- and
- * to improve and to facilitate nutrition policy (nutrition programs; reaching dietary goals).

Members of IUNS-Committee II/2 "NUTRITION and FOOD HABITS" (Current Status - April 1995)

- Africa: ?
- Asia: *Keyou Ge*; Inst.Nutrition, Chinese Academy of Preventive Medicine, Beijing, China
- Australia: *Tony Worsley*, Food Policy Research Unit, CSIRO, Adelaide, Australia
- Europe: *David Booth*; Psychology, Univ.Birmingham, England
Igor de Garine; CNRS, Boulogne, France
Elisabeth Helsing; WHO, Copenhagen, Denmark
Barbara Kofyuro; Human Nutrition, Univ.Warsaw, Poland
Ulrich Oltersdorf (Chairperson); Nutrition Sociology, Fed.Research Centre for Nutrition, Stuttgart,Germany
- L.America: ?
- N.America: *Marion Nestle*; Dep.Nutrition, Univ. New York, U.S.A.

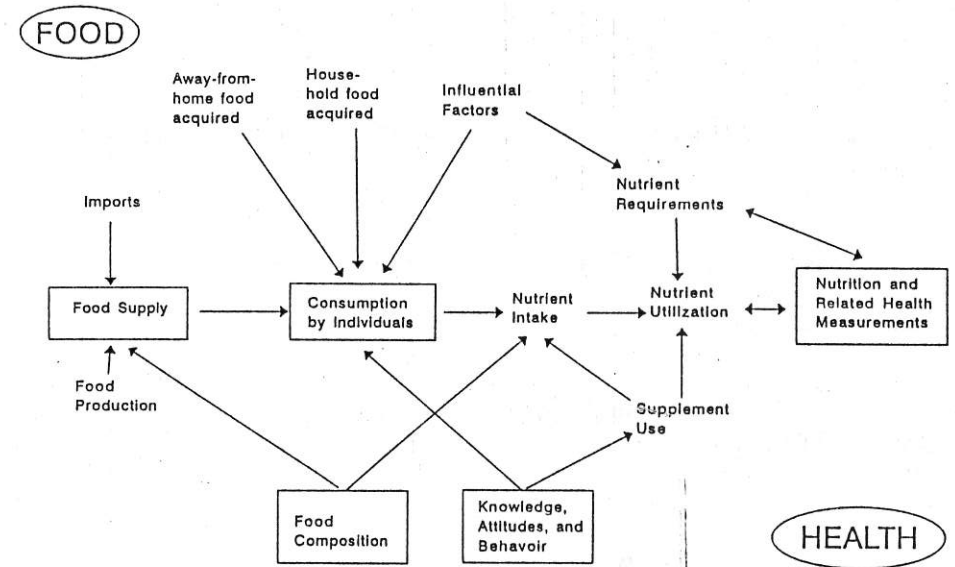
The models for explanation of nutrition related diseases

* had a substance orientation (nutrients, xenobiotics) in the beginning.

Recently

* food habit factors have been included (dietary patterns, eating style, diets <like Mediterranean, Vegetarian>, including lifestyle).

Food to Health*



* Adapted from: U.S. Department of Health and Human Services and U.S. Department of Agriculture. Ten-Year Comprehensive Plan for the National Nutrition Monitoring and Related Research Program. 1992

The objectives of nutrition education were based initially mainly on

* nutrients - (e.g. recommended dietary allowances)

and became more food related

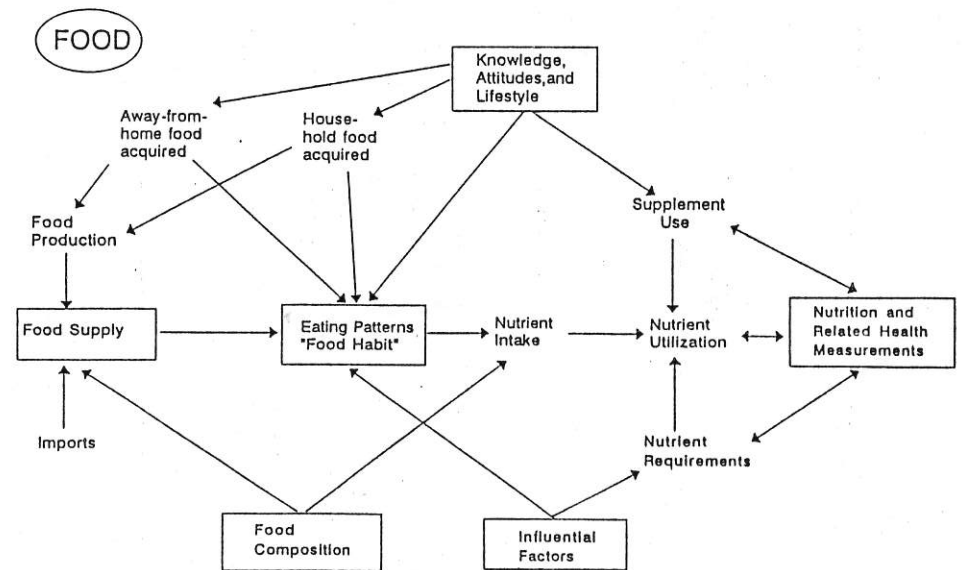
(e.g. dietary goals in U.S.A. 1977; food guide pyramid 1992)

For fostering the dietary changes needed to improve health and nutritional status of the society more emphasis has to be given to the factors food habits and lifestyle. (e.g. Healthy People 2000 Nutrition Objectives)

Extending the Model FOOD TO HEALTH into FOOD HABIT TO HEALTH

(ref. Nutrition Monitoring in the U.S.; USDHHS, USDA, 1992)

Food Habit to Health



HEALTH

A Comparison of the Dietary Guidelines 1980 and 1990

{Nutr. Rev. 52 (11) 394 (1994)}

1980	1990
Eat a variety of foods	Eat a variety of foods
Maintain ideal weight	Maintain healthy weight
Avoid too much fat, saturated fat, and cholesterol	Choose a diet low in fat, saturated fat, and cholesterol
Eat food with adequate starch and fiber	Choose a diet with plenty of vegetables, fruits, and grain products
Avoid too much sugar	Use sugars only in moderation
Avoid too much sodium	Use salt and sodium only in moderation
If you drink alcohol, do so in moderation	If you drink alcoholic beverages, do so in moderation

Nutrition is a natural and a social science

Human nutritional behaviour

Human activities, handling of food
(Influenced by personality, closer and wider environment)

Analysis at the food- or activity level
(search for structures, patterns, causes, possibilities of intervention, etc.)

Food intake triggers physiological reactions

Range of socio-psychological sciences (soft sciences)

Range of natural sciences (hard sciences)

Analysis (evaluation) mostly at the nutrient level (seldom with regard to diet) (healthy/neutral/ inadequate diet)

Determined by interactions of compounds and

- different functions of the organisms
- different body statuses
- different times of exposition
- different physical requirements

Physiological characteristics
Body composition
Body performance and functions

Human nutritional status



