

# Bibliografía alimentaria

y sobre otros productos de consumo

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N° 4 (2013)

# Temas:

Alergias

Alimentación sostenible

Alimentos funcionales

Bebidas energéticas

Etiquetado

Información del consumidor

Nutrición

Obesidad

Probióticos

# Artículos de revista

## Alimentación sostenible



• Federica Colucci, Patrizia Menegoni, Mariella Nocenzi y Ombretta Presenti, "L'evoluzione dei modelli di consumo e degli stili alimentari tra sostenibilità e benessere (The evolution of the food consumptions models and styles between sustainability and wellness)". *Rivista di Studi sulla Sostenibilità*, nº 2 (2012) 43-64.

#### Presentazione

I consumi agro-alimentari, dal dopoguerra ad oggi, sono stati caratterizzati da successive trasformazioni che è possibile leggere attraverso l'evoluzione di quegli stessi fattori - da quello economico, a quello politico e tecnologico, fra gli altri - che hanno determinato l'attuale identità culturale degli italiani. Ne emerge un profilo consumistico degli italiani legato al cibo che è analizzato in questo lavoro alla luce dei valori culturali dominanti. Un'introduzione sociologica sul significato del nesso fra etica e alimentazione nella contemporanea società della ricerca della safety/ security e della sostenibilità condurrà all'osservazione di nuove tipologie di consumo e di cibo, con particolare riguardo alle potenzialità di mercato dei cibi funzionali.

Keywords: cibo, consumi, sostenibilità, benessere, food safety and security, cibi funzionali

## Alimentos funcionales y probióticos



• M. Granata, G. Brandi, A. Borsari, R. Gasbarri y D. Di Gioia, "Synbiotic yogurt consumption by healthy adults and the elderly: the fate of bifidobacteria and LGG probiotic strain". *International Journal of Food Sciences and Nutrition*, Vol. 64 no 2 (2013) 162-168.

#### Abstract

Synbiotic dietary supplements are used to modulate the intestinal microbiota in adults; however, studies regarding elderly people are limited. The aim of this work is to determine the effect of regular consumption of yogurt containing *Lactobacillus rhamnosus* GG (LGG) and the fructooligosaccharide (FOS) Actilight® both in healthy adults and the elderly suffering from constipation. Yogurt was administered daily for 4 weeks; faecal samples were collected before starting, after 4-week administration and a 15-day wash out period, and analyzed for LGG and bifidobacteria counts. Constipation status in the elderly was recorded by a standardized questionnaire. Bifidobacteria did not increase in either groups; at the end of the intervention trial, LGG was detected in significantly different amount in the faeces of the elderly and adults, being higher in adults (95% vs. 30%). An increased evacuation number in the elderly was evidenced, probably due to the presence of FOS in yogurt.

Keywords: fructooligosaccharides, Lactobacillus rhamnosus GG, prebiotics, constipation, synbiotic dietary supplements



### **Bebidas energéticas**



• Kirrilly Pursey, Melinda Neve y Peter Stanwell, "What are the health implications associated with the consumption of energy drinks? A

systematic review". Nutrition Reviews (2013) DOI: 10.1111/nure.12005.

# New Publicado como avance *on line* el 29 de enero de 2013

#### Abstract

There is increasing interest regarding the potential health effects of energy drink (ED) consumption. The aim of the present review was to investigate the existing evidence on health outcomes associated with ED consumption. Studies published between 1966 and February 2011 were retrieved and included if they met the following criteria: were randomized or pseudo randomized control trials; studied a human population; reported a health-related measure; and investigated a whole ED (as opposed to individual ingredients). Study quality was evaluated and data extracted using standardized tools. Fifteen studies were identified, the majority of which had less than 30 participants and included a short term of follow-up (range: 30 min-3 h). The following outcome measures were included: cardiorespiratory effects, physiological measures, pathological measures, and body composition. The mean dosage of ED was 390 mL (range: 250-750 mL). Commercial ED funding and/or study associations were identified in six studies. Studies investigating longterm consumption and follow-up were lacking. The findings from this review do not allow definitive dietary recommendations to be made regarding safe levels of ED consumption; caution should be exercised when consuming these drinks until further high-quality research is undertaken to substantiate findings.

Keywords: caffeine, efficacy, energy drink, formulated beverage, safety

#### Para más información, consultar:

http://onlinelibrary.wiley.com/doi/10.1111/nure.12005/abstract;jsessionid=80E44712 0D585FFD093E52E378B054F8.d02t02?deniedAccessCustomisedMessage=&userlsAuthenticated=false

#### Etiquetado e información del consumidor



• Nerea Iraculis Arregui, "Sobre la prohibición de figurar declaraciones de propiedades saludables en las bebidas alcohólicas - A propósito de la STJUE de 6 de septiembre de 2012". Revista de Derecho de la competencia y la distribución, nº 12 (2013) 211-230.

## Nutrición y lucha contra la obesidad

• Mark McCarthy, Elodie Cluzel, Kerstin Dressel y Rachel Newton, "Food and health research in Europe: Structures, gaps and futures". *Food Policy*, Vol. 39 (2013) 64–71.

#### Abstract

Background - Food and health research is concerned with production, marketing, choice, regulation and policy for food as it affects health, and the mechanisms and control of diet-related diseases, nutrition and obesity. It covers positive and negative impacts of food on health, as well as issues related to under and over consumption of food. The European Union-funded study FAHRE (Food and Health Research in Europe) has described structures and identified gaps and needs for food and health research across Europe.

Methods - FAHRE was conducted by a consortium of partners in 7 European countries, including private and public research organisations, university-based researchers and civil society organisations. National advisers in 32 European countries made reports on the structures of food and health research, and nine experts made reports on food and health research themes. At the end of this phase, a stakeholder conference was held to review and discuss the findings, and from this a Strategic Document was developed and distributed electronically for wider consultation at national level. This report presents the findings of the Strategic Document.

Results - FAHRE proposed that future research using public funding should address the global issue of unhealthy eating, including obesity, which causes preventable disability and disease, reduced working life and increased healthcare costs. FAHRE suggests a move of the focus of research from healthy food to healthy eating, and to overcome the existing separation between food research and health research through a shift of research towards food for health.

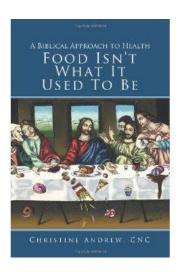
EU member states have widely differing national systems for research management, and information is poorly standardised for comparisons. There are many research programmes in both food and health, usually managed by ministries of science, but rarely in collaboration with ministries of health. Industry mainly contributes 'near product' research: few industry small and medium enterprises are engaged with food and health research, nor are civil society organisations. EU food and health research has been focused within the agriculture research theme, and not sufficiently linked to health research.

FAHRE recommends coordination of food and health research through an EU-level Coordinating Agency, with budget and representation from the three EU directorates Agriculture, Health and Research, the member states, and wider stakeholders including civil society and industry. There should be corresponding 'food and health research agencies' in the member states bringing together national policy-makers and stakeholders, and directing research funding. Food safety agencies may provide a model for this joint approach. Further proposals include strengthening social and policy research, accessing Structural Funds for research programmes, and more strategic approaches to determining research programmes and funding.

Conclusion - Food and health research in Europe should move from 'healthy food', which concentrates on food as a product, to research for 'healthy eating' which is concerned with appropriate intake and reducing disease. Coordination of research on this theme, at European level, and between member states, could deliver major economic and social returns.

Keywords: Europe, research policy, health, eating, obesity

# Libros y otros documentos



• Christine Andrew, "Food Isn't What It Used To Be: A Biblical Approach to Health". WestBow Press, Bloomington (2013) 206 págs.



• **Derek D.Headey**, "The Impact of the Global Food Crisis on Self-Assessed Food Security". World Bank Policy Research Working Paper No. 6329 (2013) 71 págs.

#### Abstract

The paper provides the first large-scale survey-based evidence on the impact of the global food crisis of 2007–08 using an indicator of self-assessed food security from the Gallup World Poll. For the sampled countries as a whole, this subjective indicator of food security remained the same or even improved, seemingly owing to a combination of strong economic growth and limited food inflation in some of the most populous countries, particularly India. However, these favorable global trends mask divergent trends at the national and regional levels, with a number of countries reporting substantial deterioration in food security. The impacts of the global crisis therefore appear to be highly context specific.

Consultar: <a href="http://ssrn.com/abstract=2205747">http://ssrn.com/abstract=2205747</a>

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• Julie Barnett, Konstantina Vasileiou, M. Hazel Gowland, Monique M. Raats y Jane S. Lucas, "Beyond Labelling: What Strategies Do Nut Allergic Individuals Employ to Make Food Choices? A Qualitative Study". PLoS ONE 8(1): e55293 (2013). doi:10.1371/journal.pone.0055293.

#### Abstract

Objective: Food labelling is an important tool that assists people with peanut and tree nut allergies to avoid allergens. Nonetheless, other strategies are also developed and used in food choice decision making. In this paper, we examined the strategies that nut allergic individuals deploy to make safe food choices in addition to a reliance on food labelling.

Methods: Three qualitative methods: an accompanied shop, in-depth semi-structured interviews, and the product choice reasoning task – were used with 32 patients that had a clinical history of reactions to peanuts and/or tree nuts consistent with IgE-mediated food allergy. Thematic analysis was applied to the transcribed data.

Results: Three main strategies were identified that informed the risk assessments and food choice practices of nut allergic individuals. These pertained to: (1) qualities of product such as the product category or the country of origin, (2) past experience of consuming a food product, and (3) sensory appreciation of risk. Risk reasoning and risk management behaviours were often contingent on the context and other physiological and socio-psychological needs which often competed with risk considerations.

Conclusions: Understanding and taking into account the complexity of strategies and the influences of contextual factors will allow healthcare practitioners, allergy nutritionists, and caregivers to advise and educate patients more effectively in choosing foods safely. Governmental bodies and policy makers could also benefit from an understanding of these food choice strategies when risk management policies are designed and developed.

#### Consultar:

http://www.plosone.org/article/fetchObjectAttachment.action?uri=info%3Adoi%2F10.1371%2Fjournal.pone.0055293&representation=PDF



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