

# Time for burning questions

Q&A



# Closure: any closer to clarity?

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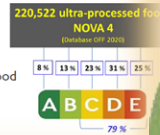
# Cleared the consommé, or steamed-up the kitchen?

## TAKE HOME MESSAGES (2/2):

While waiting for additional evidence from ongoing **research** on the impact of food processing on health and underlying mechanisms...

Practical advice for consumers = official public health recommendations in France and several countries:

- 1) Choose foods of better **nutritional quality** (highest level of evidence regarding health impact) → NutriScore
- 2) Consider two other dimensions (correlated but not colinear) to choose food products:
  - Prefer **minimally processed / unprocessed foods**, limit food additives
  - Prefer **organic products** when possible



## Implications for consumers

- Avoid liquid calories
- Slow down, small bites, choose foods to chew on
- Eat less, enjoy more
- From other fields → eat with attention

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## Communication messages



- Food processing is a complex topic
- Food processing per se is not bad
- Complex risks & benefits



Regardless of the ongoing debates:

- Some products contain unhealthy levels of nutrients, check the label
- Aim to eat lots of fruits, vegetables, pulses and wholegrains



## MESSAGES

Energy dense,  
**high** in salt, sugar (known and hidden), saturated fats,  
**low** in micro-nutrients and dietary fiber  
 and **not processing *sensu stricto***  
 is linked with overweight, obesity, increase risk of cardio-vascular disease,  
 type II diabetes, NAFLD, NASH and cancer.

My choice:  
 minimally processed, clean label,  
 OMAD, lifestyle,  
 freedom to eat healthy ≠ eating *ad libitum*

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**Thank you for joining us!**

