



IDF PRESS RELEASE

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The Role of Dairy in Sustainable Diets: demonstrating the key role of dairy in a nutritious diet

The upcoming IDF Symposium on the Role of Dairy in Sustainable Diets in Seville, 1st and 2nd February 2018, will demonstrate the role on dairy as part of a nutritious diet.

Dr Ian Givens, professor of food chain nutrition at Reading University, will discuss whether dairy products increase the risk of death from any cause and from either serious heart problems or cardiovascular disease. Dr Givens studies the relationship between consumption of animal-derived foods across the key life stages, nutrient supply and chronic disease risk with particular emphasis on cardiovascular disease and dairy foods, saturated, trans and n-3 fatty acids.

Results of a meta-analysis show there were no associations between total dairy, high- and low-fat dairy, milk and all-cause mortality, coronary heart disease or cardiovascular disease. *“There’s been a lot of publicity over the last five to ten years about how saturated fats increase the risk of cardiovascular disease and a belief has grown up that they must increase the risk, but they don’t always.”* said Dr Givens.

Following her presentation, Dr Silvia Valtueña Martínez, Senior Scientific Officer at the Nutrition Unit of the European Food Safety Authority (EFSA), will explore with participants health claims on dairy products. Dr Valtueña Martínez deals with the scientific evaluation of health claims made on foods, novel foods, infant formulae/dietetic foods,

dietary reference values and upper tolerable intake levels of nutrients, and food allergens for labelling purposes.

This session will be chaired by Jean-Marc Delort, who is the Chair of the Science and Programme Coordination Committee of the International Dairy Federation.

The full programme is available at <https://www.fil-idf.org/idfevent2018/>

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International Dairy Federation

The International Dairy Federation is the leading source of scientific and technical expertise for all stakeholders of the dairy chain. The IDF engages all stakeholders in productive activities and research projects to further current knowledge and science on a wide range of issues. Today, dairy is one of the most vibrant and strategic sectors, with a major impact on national economies, public health and the environment.

Through its working bodies, events and work programme, IDF provides a common platform, systems and processes for the global dairy sector to come together to reach consensus. Given its consensus-building capacity, IDF represents the global voice of dairy towards stakeholders and intergovernmental organisations.

For more information, please visit www.fil-idf.org.

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