

# ***Bibliografía alimentaria***

*y sobre otros productos de consumo*

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**N° 22 (2013)**

## **Temas:**

***Bebidas  
energéticas***

***Etiquetado***

***Información del  
consumidor***

***Nutrición***

***Plantas  
medicinales***

***Probióticos***

## ***Artículos de revista***

### **Bebidas energéticas**



- **Joel Rotstein**, “Energy Drinks: An Assessment of the Potential Health Risks in the Canadian Context”. *International Food Risk Analysis Journal*, Vol. 3 n° 4 (2013) 1-29.

#### Abstract

The purpose of this document is to develop a health risk assessment on energy drinks, based on health hazard and exposure assessments when consumed as a food in Canada. In this document, a typical energy drink is exemplified by the product known as Red Bull, where a single can serving of 250 ml contains 80mg of caffeine, 1000 mg of taurine, 600 mg of glucuronolactone and several B vitamins.

Health hazard data on energy drinks were found to be limited and therefore the hazard assessment was based on individual ingredients. Caffeine was identified as the ingredient with the greatest potential for intakes of possible health concern. On this basis, excess consumption of energy drinks would be expected to result in health consequences similar to those from excess exposure to caffeine. The more mild and transient health consequences could include anxiety, headache and insomnia and these health consequences can become chronic conditions. More severe health consequences may include irregular heartbeat, heart attack and, very rarely, death. Currently, the potential for taurine and glucuronolactone to interact with caffeine is unknown and therefore they may or may not exacerbate the effects of caffeine. In addition, the health effects of excessive intake of taurine and

glucuronolactone are also unknown. The health hazard assessment concluded that the general adult population could safely consume 2 servings of a typical energy drink per day, with no health consequences. This conclusion was based on the safety of the non-caffeine ingredients of energy drinks at this level of consumption, and the fact that caffeine from other dietary sources in addition to that in 2 servings of energy drinks would not pose a health hazard to the general adult population. The consumption of energy drinks by subpopulations, such as children, adolescents, and pregnant women, should be limited to their respective recommended maximum daily intakes of caffeine, as recommended by Health Canada.

Using exposure modelling, the potential health risk posed by energy drink consumption was examined. However, no Canadian intake data for energy drinks were available. Therefore, for the purpose of modelling intake, it was assumed that energy drinks are consumed in a manner similar to that of caffeinated carbonated soft drinks. In the worst case modelling exposure scenario, energy drinks were substituted for caffeinated carbonated soft drinks on a volume basis.



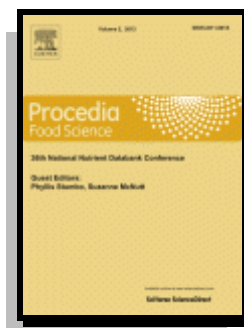
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### **Etiquetado e información del consumidor**



- **Luis González Vaqué**, “The New European Regulation on Food Labelling: Are we Ready for the ‘D’ day on 13 December 2014?”. *European Food and Feed Law Review*, nº 3 (2013) 158-167.

### **Nutrición y lucha contra la obesidad**



- **Jessica Leighton** y otros, “Nutrient Databases: Critical Tools for Policy Development”. *Procedia Food Science*, Vol. 2 (2013) 187–194.

#### Abstract

Nutrient databases provide critical tools for developing effective government policies to promote healthy diets and a nutritionally healthy food supply. This paper highlights the role of nutrient databases in various phases of policy development referencing folic acid as a historical illustration and providing more recent examples of trans fat and sodium reduction in the food supply. Limitations of both public and

proprietary nutrient databases are considered and improvements to enhance nutrient databases to support policy efforts are suggested.

Keywords: nutrient databases, policy, USDA, trans fat, sodium



- **Susana Fizman y Paula Varela**, “The satiating mechanisms of major food constituents – An aid to rational food design”. *Trends in Food Science & Technology* (2013) doi.org/10.1016/j.tifs.2013.05.006.

**New**

Publicado como avance *on line* el 31 de mayo de 2013

Highlights:

- The mechanisms of satiation delivery are very different for the different food constituents.
- Food constituents can themselves influence several factors, all of which can affect feeding behaviour.
- This knowledge could favour new food design with additional value.
- The selection of ingredients should consider their contributions to acceptable physical and sensory properties.
- High fibre/higher protein levels are the best options for formulating foods to control hunger.

The worldwide rise in the prevalence of excess weight lends great interest to preventive measures aimed at satiety/satiation. Human body-weight regulation is complex and is rooted in a superstructure that takes in sensory signals from food, neuro-hormonal signals from the digestive tract and signals from the body's energy reserves. Recent research has contributed more insight into the satiating mechanisms of constituents/ingredients for new food design. Knowing why to select them, what they contribute to the food's physical and sensory properties and how they are integrated into the food matrix will provide suitable tools for designing satiating foods.

Para más información, consultar:

<http://www.sciencedirect.com/science/article/pii/S0924224413001106>



## **Plantas medicinales**



- **Juncai Xu, Min Liu y Zhijie Xia**, “Will the Europe Union's Traditional Herbal Medicinal Products Directive (Directive 2004/24/EC) be against traditional Chinese medicine in EU market?”. *Journal of Evidence-Based Medicine*, Vol. 6 n° 2 (2013) 104–108.

### Abstract

As human civilization develops, biomedicine stays robust. Faced with the challenge of Europe Union's Traditional Herbal Medicinal Products Directive, if traditional Chinese medicine (TCM) wants to be still used as one kind of medicine to treat patients, China should be in line with scientific law, that is, each claim that TCM treats any disease or indication should be supported by the data of evidence-based randomized clinical trials. As a priority, there is an urgent need to conduct more scientific experiments and clinical trials to verify the concepts and mechanisms of TCM. Also, China is encouraged to get rid of non-scientific concepts and theories of TCM.

Keywords: EU 2004/24/EC directive, Traditional Chinese medicine (TCM), TCM future in EU market

## **Probióticos**

### THE LANCET Infectious Diseases

- **Carrie Arnold**, “The pros and cons of probiotics”. *The Lancet Infectious Diseases*, Vol. 13 n° 7 (2013) 571-572.



- **Geert Huys** y otros, “Microbial characterization of probiotics–Advisory report of the Working Group 8651 Probiotics of the Belgian Superior Health Council (SHC)”. *Molecular Nutrition & Food Research* (2013) DOI: 10.1002/mnfr.201300065.



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## Abstract

When ingested in sufficient numbers, probiotics are expected to confer one or more proven health benefits on the consumer. Theoretically, the effectiveness of a probiotic food product is the sum of its microbial quality and its functional potential. Whereas the latter may vary much with the body (target) site, delivery mode, human target population, and health benefit envisaged microbial assessment of the probiotic product quality is more straightforward. The range of stakeholders that need to be informed on probiotic quality assessments is extremely broad, including academics, food and biotherapeutic industries, healthcare professionals, competent authorities, consumers, and professional press. In view of the rapidly expanding knowledge on this subject, the Belgian Superior Health Council installed Working Group “8651 Probiotics” to review the state of knowledge regarding the methodologies that make it possible to characterize strains and products with purported probiotic activity. This advisory report covers three main steps in the microbial quality assessment process, i.e. (i) correct species identification and strain-specific typing of bacterial and yeast strains used in probiotic applications, (ii) safety assessment of probiotic strains used for human consumption, and (iii) quality of the final probiotic product in terms of its microbial composition, concentration, stability, authenticity, and labeling.

Keywords: identification, lactic acid bacteria, probiotics, product quality control, safety

Para más información, consultar:

<http://onlinelibrary.wiley.com/doi/10.1002/mnfr.201300065/full>

## Otros documentos

- **Joachim von Braun**, “International co-operation for agricultural development and food and nutrition security”. UNU-WIDER (2013) 25 págs.

## Abstract

Following an overview on the fast changing global context of agriculture, and food and nutrition security, this paper provides a framework for identifying the set of essential international public goods for a well-functioning world agriculture and food system: natural resource management related to biodiversity, water, and soils; climate change adaptation and mitigation; trade and food reserves; competition policy and standards for foreign direct investment; international research and innovation; responding to and preventing food and nutrition emergencies; and trans-

- **Boletín recopilado por el Gabinete de Información y Documentación de la Asociación Iberoamericana para el Derecho Alimentario (AIBADA)**



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boundary food safety and health related investments and .../

Keywords: public goods, agriculture, food security, governance, economic development, international cooperation



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NEW

- **Plamen Angelov Marchev**, “The Influence of Food Label’s Context Factors and Non-Label Information Upon Consumers’ Understanding of Health Claims and Attitudes to them with regard to Less Popular Functional Ingredients”. Business and Social Sciences, Aarhus University (2013) 96 págs.



Consultar: [http://pure.au.dk/portal-asb-student/files/53506825/Master\\_Thesis\\_ASB.pdf](http://pure.au.dk/portal-asb-student/files/53506825/Master_Thesis_ASB.pdf)



- **Tyler Ernst**, “Prophylactic Preemption of State Laws for the Mandatory Labeling of Genetically Modified Foods: An Argument for Paternalism”. Michigan State University College of Law (2013) 41 págs.



Consultar: <http://www.law.msu.edu/king/2012-2013/Ernst.pdf>



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