



FrieslandCampina air

Institute

for dairy nutrition and health



FrieslandCampina Institute at a glance

About dairy, nutrition and health



With its expert knowledge of dairy and international network, the FrieslandCampina Institute participates with nutrition and health professionals to improve the health and well-being of people worldwide.

Questions?

The FrieslandCampina Institute provides nutrition and health professionals with extensive information about dairy, nutrition and health following the most recent scientific developments and is based on scientific agreement and official dietary guidelines. This information is solely meant for professionals and not for consumers, clients or patients. Are you a nutrition and health professional who wants to know all about dairy, nutrition and health? Please contact the FrieslandCampina Institute.

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Goal

The FrieslandCampina Institute stimulates the exchange of knowledge with the aim of better nutrition for all.

Why

Dairy plays an important role in worldwide nutrient security. We believe that disseminating more science-based information on the role of dairy in our diets, will improve the nutritional status of people worldwide.

How

Through stimulating scientific debates and by disseminating knowledge on dairy, nutrition and health, FrieslandCampina Institute actively engages with governments, NGOs, institutes, scientists and nutrition & health professionals all over the world.

What

FrieslandCampina Institute provides scientific information, accredited education programs, round table debates on scientific topics and practical tools on a wide variety of nutrition and health topics, ranging from general health in all stages of life to the nutritional composition of milk and dairy products.

FrieslandCampina Institute worldwide

FrieslandCampina Institute benefits from an international staff of approximately 600 research and development experts across the world, developing new insights concerning the relation between milk or dairy products and nutrition and health.



Partnerships

FrieslandCampina Institute partners with various organisations all over the world, to actively exchange knowledge, use each other's networks and work together on better nutrition for all. Some examples are:

- The European Federation of the Association of Dietitians (EFAD). The partnerships focus on educational programs for European dietitians.
- Dutch Association for Dietitians (NVD) to discuss the future trends and developments related to the profession of dietitians.



Key stakeholders

- Governments, NGOs, institutes
- Scientists
- Nutrition & health professionals, such as (youth) healthcare professionals, fitness professionals and personal trainers



Scientific partners

R&D experts from FrieslandCampina collaborate with internationally respected knowledge institutes, resulting in a broad global scientific community which gives FrieslandCampina Institute access to the latest scientific insights on important health issues, mobility, nutrient security and sustainable and affordable diets.

- European scientific partners: Wageningen University and Research Centre, VU University Amsterdam, Maastricht University, University of Groningen, TI Food and Nutrition and INRA Paris.
- Asian scientific partners: Universiti Kebangsaan (Malaysian), Institute of Nutrition Mahidol University (Thailand), National Institute of Nutrition (Vietnam), Centre for Applied Health Technology, Clinical Epidemiology (Indonesia) and Hong Kong University (China).



Science-based communication platforms

FrieslandCampina representatives are also active in science-based communication platforms on dairy consumption and health, founded by national dairy associations and other dairy companies:

- International Dairy Federation (IDF)
- European Dairy Association (EDA)
- Global Dairy Platform (GDP)



Activities/services

FrieslandCampina Institute works together with professional associations and builds sustainable partnerships. The Institute offers the following services and/or activities for nutrition & health professionals:

- Scientific conferences
- Accredited education programs
- Educational tools for professionals and their clients
- Round table debates on scientific topics


A smiling man with short brown hair, wearing a light-colored striped button-down shirt, is holding a black marker. He is standing in front of a whiteboard that has some diagrams and text written on it. The background is slightly blurred, showing what appears to be a meeting room or office setting.

Global developments nutrition and health

Who doesn't strive for a long and healthy life? No matter where you live or how old you are, an important aspect of a healthy lifestyle is to have a balanced intake of a wide variety of nutrients.

In this respect, looking from a global perspective, there are still some challenges ahead when it comes to nutrition and healthy living. Countering the double burden of malnutrition is one example of a major challenge the world faces. In line with the Sustainable Development Goals (SDGs) of the United Nations, FrieslandCampina aims to make nutritious foods accessible to everyone in the world. The rapid increase of the world population raises the question of how to feed the next generations in a healthy and sustainable way.

FrieslandCampina Institute performs various activities to share science-based information on the role of dairy, nutrition and health in our diets. We believe that in this way we can contribute to a better nutritional status for everyone, everywhere, and in every stage of life. From childhood to older adults the quality of diets is of vital importance.

A photograph of a woman and a young girl. The woman is on the left, smiling and looking towards the girl. The girl is on the right, holding a glass of milk and looking down at it with a smile. The background is a bright, blurred indoor setting.

The first years of life are characterized by rapid growth and development, processes which require a healthy and nutrient-rich diet. Together with plenty of physical activity, this is essential for children.

Infants

Toddlers

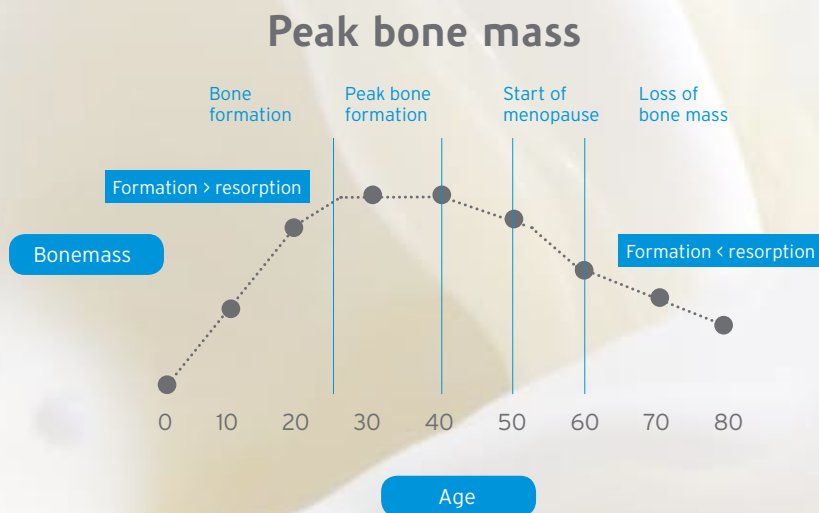
Children

Puberty

Adolescence

Healthy eating habits for growth and development of children

After the first years of life, growth in weight and height is not as rapid as during the early months, but still remains considerably high. Toddlers become more physically active, and begin to walk and say simple words. At the same time, muscle mass further increases, bones lengthen, and the brain rapidly develops. For young children it is important that nutritional requirements are met, so that the body can develop optimally. Learning healthy eating habits as well, appreciating the taste of basic foods, forms the foundation of major health later in life.



From birth until approximately the age of 30, bone formation exceeds bone mineral resorption, resulting in increased bone density and peak bone mass.

FrieslandCampina Institute stresses the importance of adequate child nutrition. Therefore, we organised and hosted already several science conferences on child nutrition for health professionals in the Netherlands, and supported in the communication of the Southeast Asia Nutrition Survey (SEANUTS) in Asia.

Conference on child nutrition

In the summer of 2016, on the occasion of the just updated Dutch national dietary guidelines, more than 300 (child) dieticians, youth healthcare practitioners and nurses gathered for a conference on the practical impact of the new guidelines for youth healthcare. A variety of experts was invited to share their knowledge. Edith Feskens, professor in Nutrition and Health over the Lifecourse at Wageningen University & Research: "Where the old Dutch dietary guidelines focused on nutrients, the new ones look at foods and eating patterns. Therefore, for dairy -and not for calcium- a recommendation has been set by the Dutch Health Council, which recommends two to three portions of dairy daily, including milk or yogurt."


The central message of the conference was that for life-long health, it is important to start learning about good eating habits at a young age. The national dietary guidelines form the perfect starting point, with the advice to eat varied and sufficient basic food products such as fruit and vegetables, fish or meat, legumes, grain products, potatoes, nuts and dairy. Furthermore, it was concluded that an important task lies ahead for the professionals, as they are an important point of contact for parents and children in matters of nutrition.

SEANUTS


FrieslandCampina was involved with the South East Asia Nutrition Survey (SEANUTS), a multicentre study, including 16,744 children between the ages of six months and twelve years in four countries; Malaysia, Indonesia, Thailand and Vietnam.

SEANUTS resulted in a better understanding of the diet, health, dietary needs and general dietary patterns of children in Southeast Asia. The survey revealed that while overnutrition is a clear concern in Malaysia and Thailand, and an emerging problem in the urban areas of Vietnam and Indonesia, undernutrition still persists through Indonesia and rural Vietnam. Furthermore the vitamin D intake and status in these countries is a point of concern.

The findings of the survey have helped local governments and policy makers to develop and implement a scientifically grounded nutrition policy for children in Southeast Asia.

A photograph of a young man and woman smiling and looking upwards. The man is holding a glass of milk. The background is a bright, slightly blurred indoor setting.

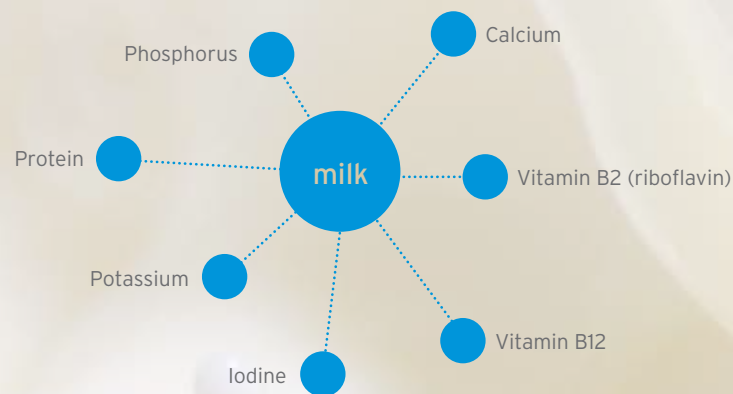
Milk helps to optimise people's diets in many regions throughout the world, from Europe and Asia through Africa and the Americas. Milk is recognized as an important contributor to the intake of valuable nutrients.

 Adult years

Staying healthy as an active adult

On average, the recommended daily intake of milk and dairy products worldwide is approximately two to three portions a day. Milk naturally delivers a significant amount of vitamins and minerals, such as vitamin B2 (riboflavin) and B12, calcium, iodine, phosphorus and potassium in semi-skimmed milk. The exact nutritional composition of milk differs around the world as a result of seasonal variations, the type and quality of animal feed and method of preservation (e.g. pasteurized, sterilized or powdered). Furthermore, milk can also be used as a carrier for added vitamins and minerals. In some countries, FrieslandCampina milk and milk products contain added vitamins such as vitamin A and D.

Micronutrients naturally occurring in milk



Milk, the basis of all dairy products, naturally provides essential nutrients such as protein, calcium, phosphorus, potassium, iodine, vitamin B2 (riboflavin) and vitamin B12.

Being physically active is essential for living a healthy life. There are many ways to be physically active such as taking a stroll to work, working in the garden or practise sports. The latter, when exercised several times a week often requires a close look at the nutritional needs for an optimal performance and recovery. FrieslandCampina Institute developed various communication materials for professionals, containing the latest insights in sports nutrition. We have worked together with sport nutrition experts, as well as Olympic athletes.

Brochures on nutrition for different types of sport

Nutrition plays a key role in sports performance and recovery. Not only for top athletes, but also for people who exercise regularly.

What is the optimal nutrition for different types of activity and athletes? What is the optimal planning for food intake? To answer this type of questions, in cooperation with the Dutch association for sports dietitians (VSN) and aligned with the guidelines of the American College of Sports Medicine, the FrieslandCampina Institute developed brochures on nutrition and strength, endurance and team sports.

Sports & Nutrition Conference

In November 2015, FrieslandCampina Institute organised a conference on Sports & Nutrition for 950 nutrition & health professionals in Papendal, the biggest top sports training centre of the Netherlands. Olympic champion and top gymnast Epke Zonderland was present as well. In 2017, the Institute will organise the second edition of the Sport & Nutrition conference.

EFAD Conference

In 2017, The FrieslandCampina Institute will organise a session during the conference of the European Federation of the Associations of Dietitians (EFAD). Luc van Loon (Maastricht University) and Emma Stevenson (Newcastle University) are expected to talk on the relevance of nutrition for exercise.

To enjoy senior years and old age, mobility, vitality and good health are essential. This starts with a nutrient rich diet and active life style.

Seniors

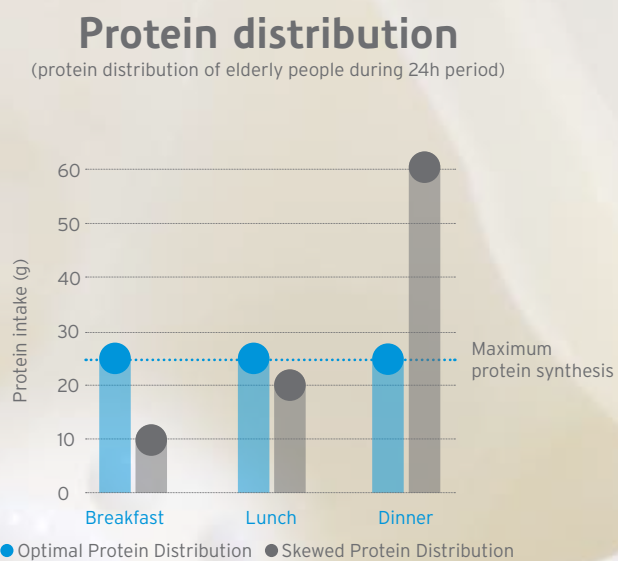


The elderly



Nutrition as the key to healthy ageing

Adequate nutrition and sufficient exercise are vital to healthy ageing. Nutritional guidelines for the elderly recommend adequate levels of micronutrients, fluids, energy and proteins to fulfil nutritional needs. A nutritious high-quality protein diet, in combination with exercise, supports the growth and maintenance of muscle mass. Strong muscles and bones are important during ageing, to stay mobile and independent. Milk is a natural source of protein and calcium. Protein contributes to the maintenance of muscle mass and normal bones. Calcium is needed for the maintenance of normal bones and contributes to normal muscle function. Milk and dairy drinks also help to get the recommended daily fluid intake.



Source: Paddon-Jones et al. 2009

Research suggests that muscle mass in frail elderly may benefit from the combination of muscle strengthening exercise and sufficient protein intake. An intake of 25 g protein per meal, distributed evenly over the day, was found to result in optimal muscle protein synthesis. As dinner generally delivers sufficient protein (see figure), increasing the protein intake of elderly people at breakfast and lunch, in combination with exercise, seems a promising approach. More research into this topic is currently ongoing.

Sources: ProMuscle study, Tieland 2012; Paddon-Jones et al. 2009

To address the nutritional needs of ageing consumers all over the world, FrieslandCampina Institute has launched several initiatives. Various expert meetings were organised, specifically focussing on the elderly in Asia.

Expert meeting: nutritional needs of ageing consumers in Asia

In 2016, the FrieslandCampina Institute hosted an expert meeting on the nutritional needs of Asian elderly. As their life expectancy increases and birth rates are decreasing, it is important to understand how healthy ageing can be achieved both conceptually and in practice.

Twelve senior nutrition experts gathered in Singapore and discussed the latest scientific insights and developments. They concluded that more education, research, support and initiatives on elderly nutrition and health are needed. There is a specific need to review existing relevant data from the different countries to formulate evidence-based recommendations for interventions.

Articles FrieslandCampina Institute website

On the FrieslandCampina Institute website you can find more publications and leaflets about the nutrition recommendations and habits of elderly. This information includes: what is an optimal diet for the elderly? How can they increase their protein intake? What are nutrients of attention? This information is based on the local nutritional guidelines and scientific insights.



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A varied and balanced diet is
a prerequisite for good health.
As a natural source of nutrients,
milk contributes to a healthy diet
throughout all stages of life.

Are you a nutrition or health professional? Do you want know more about
dairy, nutrition and health based on current scientific understanding?
Have a look at www.frieslandcampinainstitute.com or our social media
for insights, tools and videos on dairy, nutrition and health.

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