

INVITED LECTURE 1 [INVL1]



Title: "Foodomics: Last Advances in the Binomial Food & Health"



Antonia Trichopoulou, MD, PhD

President of the Hellenic Health Foundation
Director of the World Health Organization Collaborating Centre of
Nutrition, Medical School, University of Athens Professor
Emeritus, School of Medicine, University of Athens.
e-mail: atrichopoulou@hhf-greece.gr

Antonia Trichopoulou^{1,2} Eleni Peppas¹, Effie Vasilopoulou^{1,2} and Elissavet Valanou¹

¹Hellenic Health Foundation, Athens, Greece, info@hhf-greece.gr

²Department of Hygiene, Epidemiology and Medical Statistics, WHO Collaborating Center for Nutrition and Health, Unit of Nutritional Epidemiology and Nutrition in Public Health, University of Athens Medical School, Athens, Greece, efivasil@med.uoa.gr

Abstract

Introduction

The existing Greek Food Composition Tables (GrFCT), compiled by the Hellenic Health Foundation (HHF) [1] are being expanded in order to meet recent challenges and be applied to food consumption data from the HYDRIA, the Greek National Nutrition and Health survey [2].

Results and discussion

The GrFCT are in the process to be enriched with data on the composition of food brand names and of the most widely consumed food supplements in Greece, as well as the Glycemic Index [3] of commonly consumed foods, based on the HYDRIA database. The data retrieved from the HYDRIA survey refers to the dietary habits of a recent representative sample of more than 4,000 individuals, male and female over 18 years of age, from all 13 regions of Greece. Thus, values are currently being added to the nutrient database of 1700 food items mention in the HYDRIA study.

For risk assessment issues, data, from various sources, on the content for contaminants and additives for several food items is scheduled to be added in the GrFCT data. The developed database when applied to consumption data from the HYDRIA study will contribute to risk assessment analysis for the Greek population.

In addition, taking into account sustainability issues of the Greek diet, collaboration with FAO is planned in order to include data on food biodiversity of Greek foods in the FAO/INFOODS Food Composition Database for Biodiversity [4].

Conclusion

Following the development of this enrichment of the GrFCT databases, relevant pilot studies dietary habits as well on risk assessment will be implemented using the HYDRIA database.

References

- [1] <http://www.eurofir.org/>
- [2] HYDRIA study http://www.hhf-greece.gr/hydria-nhns.gr/index_eng.html
- [3] Olendzki BC, Ma Y, Culver AL, Ockene IS, Griffith JA, Hafner AR, Hebert JR. Methodology for adding glycemic index and glycemic load values to 24-hour dietary recall database. Nutrition. 2006 Nov-Dec;22(11-12):1087-95.
- [4] <http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/>