

## COMMITTEE ON FLAVONOIDS

### Objectives:

The Committee on Flavonoids seeks to expand scientific knowledge and gain consensus concerning the role of dietary flavonoids and health.

### Committee Activities:

Science points to the health benefits of food components beyond traditionally accepted “essential” nutrients, yet there is no framework around which to base dietary guidance. ILSI North America’s 2009 workshop at the annual meeting of the American Society for Nutrition (ASN) addressed factors critical to laying the groundwork for a nationally accepted approach to establishing dietary guidance for food components with long-term health benefits. This discussion continued at a joint 2010 meeting with the National Academies of Science, Institute of Medicine in which experts discussed considerations for a new paradigm, applying flavonoids as the case study. A critical component of this paradigm will be to understand the level of flavonoid intake that produces a health effect. To this end, the committee has engaged Tufts University for analysis of population intake data linking dietary flavonoids and cardiovascular outcomes. The Committee is developing guidelines to promote the appropriate methods and terminology when designing and reporting flavonoid research. Harmonization in the literature is critical to building the evidence body needed to support dietary guidance.

### Committee Members:

Campbell Soup Company  
The Coca-Cola Company  
The Hershey Company  
Mars, Incorporated  
Nestlé USA  
Ocean Spray Cranberries, Inc.  
Unilever

### Science Advisors and Liaisons:

John Erdman, PhD  
*University of Illinois*  
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*United States Department of Agriculture*  
(Liaison)

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