

Dietary supplements – where do they fit in human health and performance?



Prof. Michael J. Gibney
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University College Dublin

Biography

Michael Gibney, MAgrSc, MA, PhD, is Emeritus Professor of Food and Health at University College Dublin and served as the inaugural Director of the UCD Institute of Food and Health (2006-2013). He served on the Faculties of Veterinary Medicine at the University of Sydney (1973-1976) and of Medicine at the University of Southampton (1976-1984) and Trinity College Dublin (1984-2006).

A former President of the Nutrition Society, he served on the EU Scientific Committee for Food (1985-1997) and on the EU Scientific Steering Committee (1997-2000), chairing the EU working group on BSE. He was a member of the scientific advisory committee of the Sackler Institute of Nutrition of the New York Academy of Sciences, of the Nestle Nutrition Council and of the Google Food Innovation Lab. He chaired the board of the Food Safety Authority of Ireland and was inaugural editor-in-chief of the Nutrition Society suite of textbooks on human nutrition. His research interests lie in metabolic and molecular nutrition, in public health nutrition and in probabilistic risk analysis. He maintains a blog (<http://gibneyonfood.blogspot.ie>) and has published several popular books on diet and health: "Something to chew on: challenging controversies in food and health" and "Ever seen a fat fox – human obesity explored".

Professor Gibney has been elected a fellow of the American Society for Nutrition (2018), a fellow of the International Union of Nutritional Sciences (2012), a fellow of the International Union of Food Science and Technology (2015) and a fellow of the International Academy of Food Science and Technology (2018).

Whole foods versus supplements



Prof. Michelle McKinley

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Sport Ireland Institute

Biography

Michelle McKinley is Professor of Nutrition at the Centre for Public Health, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast and a registered Public Health Nutritionist in the UK.

Professor McKinley's research investigates the ability of dietary interventions to modify nutritional status and risk of chronic disease, particularly diabetes and cardiovascular disease, as well as exploring novel approaches to encouraging and supporting diet and lifestyle behaviour change and weight management throughout the life course. Her expertise in dietary interventions includes examining the effect of individual nutrients through to studies exploring interventions with whole foods, food groups and whole dietary patterns.

Examples of her behaviour change research include developing and evaluating complex interventions to support dietary and lifestyle change: in the school-setting; before, during and after pregnancy; and for people with type 2 diabetes. This work encompasses the use of mHealth and eHealth technology to support behaviour change.



Prof. Michelle McKinley

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Whole foods versus supplements

Abstract

Consumers are exposed to an ever-increasing range of dietary supplements that are readily available in shops and online.

Consumers can spend a large amount of money on these supplements in the belief that they are the panacea they have been looking for. But are supplements always, or ever, a good idea? What do we know about the effects of supplements versus foods on health? Does the food matrix affect the potency of nutrients and are health effects diminished or enhanced when a nutrient is isolated from a food and consumed as a supplement?

This talk will address these questions through discussion of the latest evidence regarding the relationship between whole foods versus supplements and health.

Sports nutrition – can supplements really give an edge?



Dr. Sharon Madigan
@madigan_sharon
Sport Ireland Institute

Biography

Sharon Madigan RD, BSc, MSc, PhD, FFSEM (Hon) is Head of Performance Sport at the Irish Institute of Sport. She has also significant experience as a clinical dietitian within the Belfast Trust. She has a PhD in Nutrition Education. From 2003 to present she has been the performance nutritionist with the Irish Boxing Team, working with young athletes right up to the elite international team. From 2002-2009 Sharon delivered services at the Sports Institute Northern Ireland. Part of this role included the provision of nutrition education to a range of sports. From 2008-2011 she was the performance dietitian with the Senior Ulster Rugby Team.

In 2010 she started work with the Sport Ireland Institute. She is responsible for delivery and coordination of nutrition services for elite Irish athletes across a range of Olympic and Paralympic sports. A strong focus of her position within Institute of Sport is also the engagement in high performance research. Sharon's main research interests focus on the interaction between diet and health and diet and sports performance. She is currently involved in co-supervision of a number of research projects including:

- Energy deficiency and its relationship with injury, illness, bone health and performance.
- Vitamin D and athletic performance
- Vitamin D and COPD
- Gut health and sports performance.
- Nutrition and sleep in elite sport.
- Female Health and Performance

She has delivered nutrition support to athletes over five Olympic cycles and other major championships such as European, World and EU championships. As well as working with individual athletes she has been involved with the science and medical committee of the OFI in the planning and logistics at two camp bases. She was awarded an Honorary Fellowship of the Faculty of Sport and Exercise Medicine, RSCI in Sept 2016.



Dr. Sharon Madigan
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Sport Ireland Institute

Sports nutrition – can supplements really give an edge?

Abstract

A google search of the term “sports nutrition” will throw up a substantial number of hits mentioning some form of supplements and how they will aid performance.

Therefore, for athletes, keen sportspeople or indeed those with an interest in fitness, it is exceptionally tricky to separate the practice of applying nutrition in the sporting environment without some mention of supplements.

This presentation will look at the evolution of nutritional supplements within practice and how there may be crossover between the clinical dietetics and performance sports worlds.

Examples will include how athletes are using supplements, where the mistakes are being made and where lessons can be learned as a practitioner working in both environments.

Dietary supplements – are they safe and how are they regulated?



Dr. Clare O'Donovan

@Clare_ODonovan @FSAInfo

Food Safety Authority of Ireland

Biography

Dr Clare O'Donovan is a CORU registered dietitian and member of INDI and the Nutrition Society. Clare completed her PhD in Personalised Nutrition at University College Dublin (UCD) in 2015. She subsequently worked as a part-time Assistant Lecturer in Athlone Institute of Technology (AIT) and Post-doctoral Research Fellow on the Irish National Food Consumption Surveys in UCD. During this time, she completed a Certificate in Learning and Teaching at AIT. Clare is a recent alumni member of the European Nutrition Leadership Platform (ENLP).

As Technical Executive in Public Health Nutrition within the Food Safety Authority of Ireland (FSAI), Clare is responsible for products governed under Regulation (EU) No 609/2013 Food for Specific Groups (FSG) including food for special medical purposes, infant and follow-on formula, total diet replacements and processed cereal based foods and baby foods. She represents Ireland's position at the EU FSG Expert Group meetings. Clare acts as a risk assessor on nutritional products including high dose vitamin and mineral supplements. Clare is also in charge of the FSAI Salt Monitoring Project, the aim of which is to monitor the reduction of salt in processed foods through reformulation.



Dr. Clare O'Donovan

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Food Safety Authority of Ireland

Dietary supplements – are they safe and how are they regulated?

Abstract

Dietary supplements are big business – the Food Safety Authority (FSAI) receives over 2000 notifications of food supplements every year. The term 'food supplement' covers a wide range of products including those containing vitamins and minerals, botanicals (substances derived from plants), performance enhancing substances (e.g. caffeine) and even bacteria. All of these supplements are primarily regulated under the same set of European rules, Directive 2002/46/EC.

However, since this legislation has come into force, no legal maximum levels for vitamins and minerals have been set. What does this mean in terms of the safety of supplements on the market in Ireland, considering excessive consumption of vitamins and minerals may have detrimental health effects? What about other supplements such as botanicals or those containing bacteria?

In this talk, the regulation of food supplements in Ireland will be explained including the mandatory notification of food supplements to the FSAI and risk assessment process used to evaluate safety. Practical advice to dietitians in relation to recommending supplements will also be discussed.