

Louis Bolk Institute – Projects and Publications Health and Nutrition

Connectedness, 2012. Many people no longer know where their food comes from; they buy their food in an impersonal, anonymous market. The lack of 'connection' with food producers could play a role in unsustainable eating habits. Our researchers are studying whether strengthening this connection could contribute to more sustainable diets and less food wasting.

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Mindful Eating, 2012. How can we help people to make a lasting change to their eating habits and enjoy their food more? Dietician Rya Ypma has developed a coaching method in which people learn to taste and experience what food does with them. This approach fits in with the objective of the Louis Bolk Institute to make consumers feel more connected with their food. To inspire a wider audience Mrs Ypma and physician-researcher Machteld Huber of the Louis Bolk Institute have described the mindful eating approach in a book. Ypma R and Huber M, 2012. Eten met aandacht ('Mindful eating'), ISBN 978 90 74021 41 8 (available in Dutch).



Health effects of organic food, as experienced by consumers, 2012. This consumer study, which has been published in the Journal of the Science of Food and Agriculture, provides valuable insight into the health effects experienced by consumers after changing their diets from conventional to organic foods. Van de Vijver LPL and Van Vliet M, 2012. Health effects of an organic diet – Consumer experiences in the Netherlands. Journal of the Science of Food and Agriculture, online publication 13/2/2012. DOI: 10.1002/jsfa.5614. (report in Dutch)



Effect of organic dairy consumption on breast milk composition, 2011. Within the framework of the KOALA project, researchers of the Louis Bolk Institute, Maastricht University and the Swiss Paracelsus Hospital have conducted a study on breast milk composition, comparing mothers who consume conventionally produced, organic or biodynamic dairy products. Results show that the breast milk of mothers consuming organic dairy contained higher levels of favourable fatty acids, compared to mothers using conventionally produced dairy. The most favourable fatty acid composition was found in the breast milk of mothers using biodynamic dairy. Simoes-Wüst AP, Rist L, Mueller A, Huber M, Steinhart H, Thijs C. Consumption of dairy products of biodynamic origin is correlated with increased content of rumenic and trans vaccenic acid in the breast milk of lactating women. Organic Agriculture, online publication 23/08/2011. DOI 10.1007/s13165-011-0013-4





Reviewing research on health effects of organic nutrition, 2011. Together with researchers of the international Food Quality and Health Organisation (FQH) we have reviewed the latest developments in research on organic nutrition and health. In this paper we also look ahead and suggest new directions for research. Huber M, Rembalkowska E, Rednicka D, Bügel S, Van de Vijver LPL. Organic food and impact on human health: Assessing the status quo and prospects of research. *NJAS Wageningen Journal of Life Sciences*, online publication 12/06/2011. DOI: 10.1016/j.njas.2011.01.004



Towards a dynamic definition of health, 2011. Commissioned by the Dutch Health Council and the The Netherlands Organisation for Health Research and Development (ZonMW), the Louis Bolk Institute organized an international conference on the concept of health in 2010. At this conference, together with a group of experts, we have coined a new definition of health, which fits in better with the concepts from organic agriculture such as resilience, adaptive capacity and self-regulation. This project has received the prestigious ZonMW-Parel award; see: <http://www.louisbolk.org/news/175/282/Prestigious-research-award-for-new-health-concept/d,UKnews>. Publication: Huber M, Knottnerus JA, Green L *et al.* How should we define health? *British Medical Journal*, 26/07/2011; 343:d4163. DOI 10.1136/bmj.d4163



Elaborating the dynamic definition of health for organic nutrition research, 2011. For the organic sector we have further elaborated the new definition of health. In particular, we focused on how this definition can be applied in research on health effects of organic nutrition. Huber M *et al.* The challenge of evaluating health effects of organic food; operationalisation of a dynamic concept of health. *Journal of the Science of Food and Agriculture*, online publication, 18/01/2012. DOI 10.1002/jsfa.5563.



Metabolomics of chicken feed, 2011. As part of the project '*Organic, more healthy?*' we have studied the effect of organically produced feed on the health of chickens. We found, among other things, that chickens raised on organic feed recovered more quickly after an immune challenge (see our publication in the *British Journal of Nutrition*, 2010; 103:663-676). In a follow-up publication (2011) we present a Metabolomics study of the feed, showing that this method was suitable to detect small differences between conventional and organic feed. Ruiz-Aracama A, Lommen A, Huber M, Van de Vijver L, Hoogenboom R. Application of an untargeted metabolomics approach for the identification of compounds that may be responsible for observed differential effects in chickens fed an organic and a conventional diet. *Food Additives and Contaminants part A*, Online publication 21/11/2011. DOI 10.1080/19440049.2011.641163.



Antibiotic resistance in organic agriculture, 2011. The prevention of antibiotic resistance in agriculture is a hot topic. The Louis Bolk Institute is investigating the extent of this problem in the organic sector. In collaboration with Utrecht University we further studied the development of antibiotic resistant strains of staphylococci on pig farms using different amounts of antibiotics. Tulinski P, Fluit A, Wagenaar J, Mevius D, Van de Vijver L, and Duim B. Methicillin-resistant coagulase-negative staphylococci on pig farms act as a reservoir of heterogenous SCCmec elements. (*Paper #AEM05594-11R2*) *Appl Environ Microbiol.* 78(2):299-304.

Louis Bolk Institute: Research and advice to advance truly sustainable agriculture, nutrition and health

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