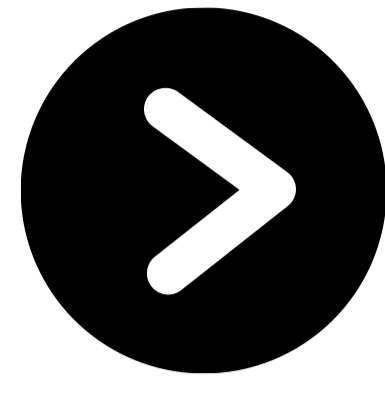




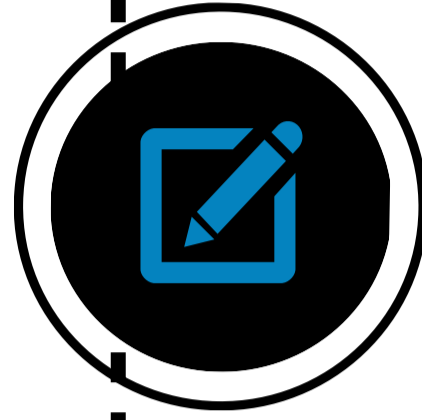
IAFNS Live Dietary Microbes Subcommittee



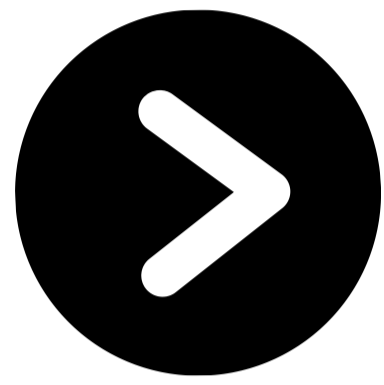
The IAFNS LDM Subcommittee aims to gather, develop, and drive science- and evidence-based decisions on dietary recommendations for live microbes.



The LDM Subcommittee is active with many projects underway (and several completed), in alignment with this mission, and in collaboration with other stakeholder groups.*



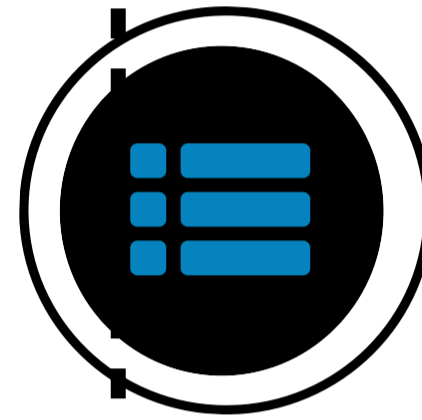
Aligning with a Framework



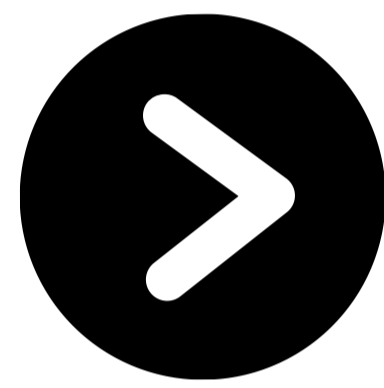
Identifying and Endorsing a Published Framework

The LDM Subcommittee has endorsed the **Framework for Developing Recommended Intakes of Bioactive Dietary Substances (2021)** as appropriate for evidence building and evaluation aligned with the mission.

- This framework was also endorsed by the American Society for Nutrition.



Understanding Dietary Intake

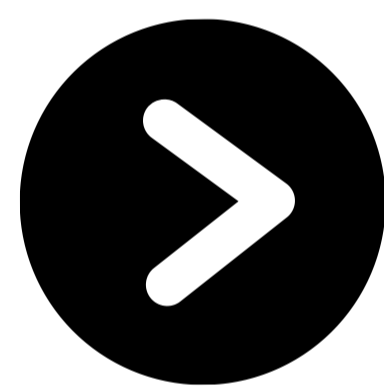


Live Microbes Attributes Added to the [USDA Global Branded Food Products Database in Food Data Central, 2022](#)

- Manufacturers can now add information to the USDA database on **beneficial live microbe levels in products**.



Gathering & Assessing Existing Evidence

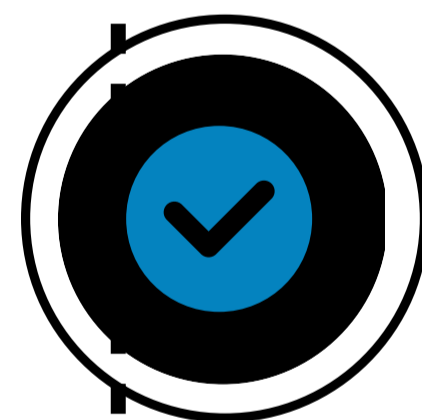


Review of Global Regulatory Frameworks on Fermented Foods, [Frontiers in Nutrition, 2022](#)

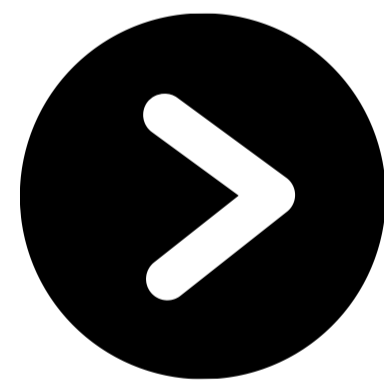
- Compares and contrasts global regulations with a view to the **expanding marketplace** of fermented products.

Live Dietary Microbes and Health Outcomes Evidence Map, [Journal of Food Science, 2024](#)

- **Positive associations identified** for several health endpoints include immune health, gastrointestinal health, and weight.

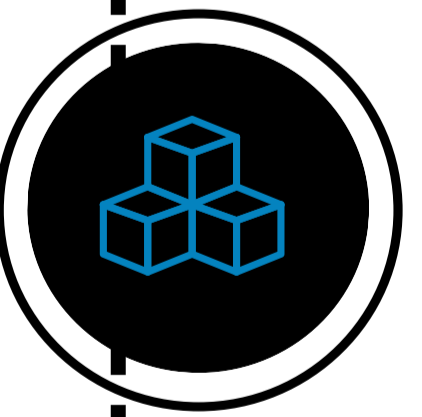


Building the Evidence Base

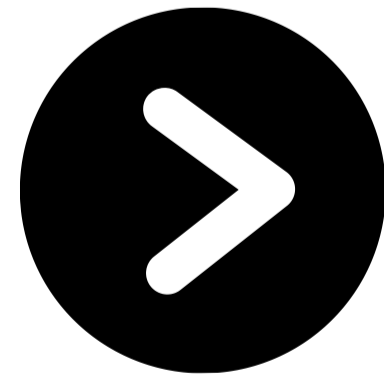


Analysis of Korean National Health and Nutrition Examination Survey, 2024

- A stronger signal for an impact of live dietary microbe intake on health may be possible given fermented foods that are traditional components of the Korean diet (expected completion, 4Q 2024).

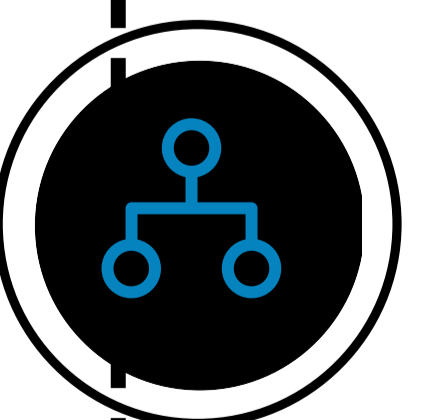


Communicating the Science

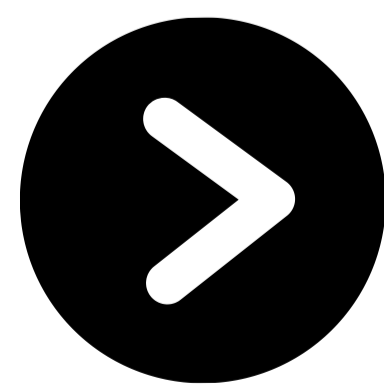


Public Webinar Series: January, February, September 2023 - Recordings Available at www.iafns.org

- These webinars convey the **state of the science** on live microbe benefits, **occurrence in the food supply**, and why data inputs into the **USDA database are critical**, and **how to enter data**.



Reaching Key Stakeholders



Sessions at Key Scientific and Trade Meetings

- Supply Side West, 2022
- Nutrition Society, Irish Section Conference, 2023
- American Society for Nutrition, [2024](#)
- American Association for Family Practitioners, 2024

*Including the International Scientific Association for Probiotics and Prebiotics.

The LDM Subcommittee is part of the IAFNS Nutrition for Gut Health Committee. To learn more, contact science@iafns.org.



Institute for the Advancement of Food and Nutrition Sciences