

Functional foods in the USA: emphasis on probiotic foods

Mary Ellen Sanders* and James T Heimbach†

**Dairy and Food Culture Technologies, 7119 S. Glencoe Ct., Centennial, CO 80122-2526, USA. Tel. 303-793-9974. Email MES@mesanders.com. Website <http://www.mesanders.com>*

†*JHEIMBACH LLC, 4530 Broad Branch Road, NW, Washington, DC 20008, USA. Tel. 202-237-8406, Fax 202-478-0986 fax. Email Jim@jheimbach.com. Website <http://www.jheimbach.com>*

Abstract

The role that functional foods might play in enhancing human health is continuing to develop. Comprehensive approaches, which will enable scientists both to understand the total human physiological response to diet (through application of human genomics and metabolomics) and evaluate health maintenance rather than disease incidence, will advance this field greatly. In the United States, functional foods remain of interest to consumers, although there is currently no legal definition of a functional food. One functional ingredient, probiotics, shows much promise as a health-promoting addition to foods, or as a basis for dietary supplements. A growth industry in the United States, the probiotics industry must develop a proactive policy in order to bolster consumer confidence in commercial probiotic products. Many publications suggest that commercial probiotic products do not comply with label claims. This article seeks to examine probiotics as functional food ingredients and the regulatory framework for labelling and describing the benefits of functional foods, as well as dietary supplements.

Keywords: probiotic, functional food, regulatory, dietary supplement, *Lactobacillus*, *Bifidobacterium*

1. Introduction

Quit worrying about your health. It'll go away.

American humorist, Robert Orben.

There is a fundamental awareness among all cultures that what we eat matters. Unfortunately, the dietary advice received by modern Americans is anything but clear, since emerging science is reported in the media as established fact and public health policy is frequently influenced by politics (Taubes 2001). 'A consistent feature of news about food...has been a lack of context in the reporting of food news, an absence of perspective necessary for consumers to actually make use of the information', states a report by the International Food Information Council (IFIC) regarding US food news coverage (IFIC 2003).

In all fairness, however, making general dietary recommendations to the public today is a difficult undertaking, with the focus for nutrition having shifted from concentration on single nutrient deficiency diseases to sustaining health and preventing chronic disease. German *et al.* (2003) state that 'the importance of diet to health has become even more obvious with the realization that many of life's modern diseases are the results of subtle but chronic metabolic imbalances related in part to diet'. The question of optimal diet is complicated by

matters such as food consumption patterns, food synergy, interactions between food components, and the impact of sustaining dietary patterns over the long term. The effect of interventions for all metabolic functions, and not for just a single physiological parameter, is rarely understood. Finally, of paramount importance is the genetic and physiological status of the individual. These issues converge when attempting to assist the public on decisions regarding healthy food choices.

The value of understanding an individual's response to a particular dietary intervention can be clearly illustrated with diets that are low in saturated fat. Such diets have been recommended as part of US public health policy in order (HHS 2004) to reduce the risk of cardiovascular disease (CVD). However, studies have shown that for a significant portion of the public, such a diet can lead to worsening of serum lipid profiles and hence increasing the risk of CVD (Krauss 2001a, 2001b).

Embedded in the discussion of diet and health is the concept of *functional foods*, frequently defined as foods that offer health benefits beyond basic nutrition. Although the term functional foods has no legal definition in the US, it has not deterred the public's interest in the topic. For

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