CATALYSE

Relevant Publications and Reports – February 2025

PUBLICATIONS
Health
Glycemic control contributes to the neuroprotective effects of Mediterranean and green-Mediterranean diets on brain age: the DIRECT PLUS brain-magnetic resonance imaging randomized controlled trial *The American Journal of Clinical Nutrition* The objective of this study was to explore the contribution of specific diet-induced parameters to brain-volume deviation from chronologic age.
Effect of nut consumption on blood lipids: An updated systematic review and meta-analysis of randomized controlled trials *Nutrition, Metabolism and Cardiovascular Diseases* Nuts are nutrient-dense foods touted for their health-promoting effects, especially regarding cardiovascular health, yet inconsistencies in the literature remain in relation to their effect on blood lipids. Hence, a systematic review and meta-analysis of randomized controlled trials (RCTs) was conducted to determine the effect of nut intake on blood lipids.
Eating less sugar would be great for the planet as well as our health *The Conversation* Sugar addiction is on the rise. Globally, sugar intake has quadrupled over the last 60 years, and it now makes up around 8% of all our calories.
Conflicts of interest: moving towards zero tolerance The financial incentives that drove the tobacco industry to create a pandemic of smoking related disease are common to many other industries that supply potentially harmful goods and services. The first step in limiting the harms caused by commercial determinants is to end their competing interests with those who would regulate them.
Adipose tissue retains an epigenetic memory of obesity after weight loss *Nature* By using single-nucleus RNA sequencing, this study shows that both human and mouse adipose tissues retain cellular transcriptional changes after appreciable weight loss.

Nutrient-dense foods and diverse diets are important for ensuring adequate nutrition across the life course

PNAS

The world faces a global challenge of how to meet the nutritional needs of a diverse global population through diets. This paper defines the relative nutritional needs across each stage of the life cycle to support human health and identifies who is nutritionally vulnerable.

Ultra-processed food consumption is associated with the acceleration of biological aging in the Moli-sani Study

The American Journal of Clinical Nutrition

This paper examines the association of ultra-processed food (UPF) consumption with biological aging measured by circulating blood biomarkers.

Omega-3 LC-PUFA consumption is now recommended for women of childbearing age and during pregnancy to protect against preterm and early preterm birth: implementing this recommendation in a sustainable manner

Frontiers

This article presents data on suitable, efficacious alternatives to fish as a source of Omega-3 LC-PUFAs, so that while aiming to protect families and society against PTB and ePTB there is no increased burden on other species on our vulnerable planet. Finally, how the guidance can be implemented in practice is discussed, with consideration for those most at risk and effective ways of communicating this important message.

Why Do Only Some Cohort Studies Find Health Benefits From Low-Volume Alcohol Use? A Systematic Review and Meta-Analysis of Study Characteristics That May Bias Mortality Risk Estimates

Journal of Studies on Alcohol and Drugs

Assumptions about alcohol's health benefits profoundly influence global disease burden estimates and drinking guidelines. Using theory and evidence, this study identifies and test studies characteristics that may bias estimates of all-cause mortality risk associated with low-volume drinking.

Local Solutions to Improve Access to Nutritious and Safe Complementary Foods in Africa

Micronutrient Forum

Food systems fail to meet the nutritional needs of 64 million African children aged 6-23 months, depriving them of nutritious and safe complementary foods1 to grow and thrive. The recommended priority actions reflect the urgency and complexity of the task ahead, and underscore the need for coordinated and collective action across countries in 5 key areas.

Co-funded by the European Union

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Chemistry

Plastics pollution exacerbates the impacts of all planetary boundaries

One Earth

Plastics are an international governance priority because of extensive and resource-intensive production, uncontrolled environmental releases, and failure to control the chemicals within the materials. This papers examines the evidence that plastics have exceeded the planetary safe operating space, discussing how plastics pollution affects multiple Earth system processes along the impact pathway from resource extraction and production to release to environmental fate and impacts.

Antibiotic use in the past 8 years and gut microbiota composition

MedRxiv

Disruptions in gut microbiota have been implicated in cardiometabolic disorders and other health outcomes. Antibiotics are known gut microbiota disruptors, but their long-term consequences on taxonomic composition of the gut microbiome remain underexplored. This study investigated associations between register-based oral antibiotic use over 8 years and gut microbiota composition assessed with fecal shotgun metagenomics in 15,131 adults from the Swedish population-based studies SCAPIS, MOS, and SIMPLER.

Risk assessment of migrants released from multilayer packaging materials: Direct immersion-solid-phase microextraction coupled to gas chromatography-mass spectrometry

Food Packaging and Shelf Life

Milk is commonly contained in plastic multilayer pouches or cartons. Substances in these food packaging materials, such as additives, processing aids, degradation products, and residues may migrate into the milk, thereby causing contamination and human health risks. The migration of substances from six plastic multilayer pouches and five multilayer cartons that are commonly used as milk packaging materials into a model food (50 % ethanol) was studied.

Novel strategies for predicting allergenicity: development of a ranking method and screening tools to assess the allergy risk of innovative proteins

EFSA

To protect individuals who already have or are at risk of developing immune-mediated adverse reactions to food, novel foods and genetically modified organisms (GMOs) undergo an allergenicity risk assessment. There are shortcomings in this process that could be improved through use of well-defined clinically relevant allergen molecules with different allergenic potential. The objective of this project was to develop novel strategies for predicting allergenicity of innovative/novel proteins that address this issue.

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Plasma–Liquid Interaction for Agriculture—A Focused Review

In this review, an overview of the applications of plasma activated water (PAW) and its chemistry in the field of agriculture is given. This article concentrates on the chemistry of long-lived reactive species and their roles in plant cell mechanisms.

An Overview of Potential Alternatives for the Multiple Uses of Per- and Polyfluoroalkyl Substances

ACS Publications

Based on the functional substitution approach, this study develops an online database that documents all known uses of PFAS, describes the functions provided by PFAS in these uses, lists potential alternatives that can deliver equivalent or similar functions to PFAS, and evaluates the suitability of the identified alternatives to replace PFAS.

Microbiology

Strategies for effective high pressure germination or inactivation of Bacillus spores involving nisin

In this study, germination treatment combinations were evaluated for Bacillus spores involving moderate HP (150 MPa, 37°C, 5 min), very HP (vHP, 550 MPa, 60°C, 2.5 or 9 min), simple and complex nutrient germinants [L-valine, L-alanine, and tryptic soy broth (TSB)], nisin, and incubation at atmospheric pressure (37°C).

Radio frequency plus heat for in-shell egg pasteurization

Innovative Food Science & Emerging Technologies

Less than 3 % of the eggs in the United States are sold pasteurized because of the long thermal process (~ 60 min). However, this represents a food safety risk because of the possible presence of Salmonella spp. inside the egg. This research studied the inactivation of S. typhimurium in in-shell eggs using the novel technology radio frequency (RF) to enhance their food safety, evaluating quality, presence of sub-lethally injured cells (SICs), and cell recovery (7 °C).

Survival of Escherichia coli O157, Salmonella Enteritidis, Bacillus cereus and Clostridium botulinum in non-alcoholic beers

This study was conducted to (i) determine whether microbial pathogens were present in packaged alcohol-free and low alcohol beers, (ii) to assess whether pathogens can survive or grow in non-alcoholic beers, and (iii) to determine the impact of pH and bitterness on their growth and survival of pathogens in alcohol-free beer.

Salmonella virulence factors induce amino acid malabsorption in the ileum to promote ecosystem invasion of the large intestine

PNAS

This study identifies a strategy by which S. Typhimurium uses its virulence factors to manipulate the host environment in the small intestine to trigger downstream changes in the environment of the large intestine that enable the pathogen to overcome microbiota-mediated defenses.

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Differential stress responsiveness determines intraspecies virulence heterogeneity and host adaptation in Listeria monocytogenes

Nature Microbiology

Here, by combining comparative genomics and transcriptomics of a large collection of isolates of the model pathogen Listeria monocytogenes, time-lapse microscopy, in vitro evolution and in vivo experiments, we show that the individual stress responsiveness of L. monocytogenes isolates determines their respective levels of virulence in vivo and reflects their degree of host adaptation.

A Quantitative Risk Assessment Model for Listeria monocytogenes in Non-Ready-to-Eat Frozen Vegetables

Foods

A quantitative risk assessment (QRA) model was developed to evaluate the risk of invasive listeriosis from the consumption of non-ready-to-eat (non-RTE) frozen vegetables.

Modeling inactivation of non-proteolytic Clostridium botulinum type B spores in a plant-based fish alternative

Frontiers

This study aims to assess the thermal inactivation of non-proteolytic type B Clostridium botulinum spores in a plant-based fish and to evaluate the potential of alternative heat treatments at temperatures below the safe harbor guidelines established for vacuum-packed chilled products of extended durability.

Revisiting secondary model features for describing the shoulder and lag parameters of microbial inactivation and growth models

International Journal of Food Microbiology

In this article, the Baranyi and Geeraerd models are revisited, focusing on the implications related to the assumption of an ideal substance whose dynamics define bacterial adaptation.

Research Note: Gut instincts: Salmonella contamination based on monitoring systems in the broiler sector

Poultry Science

This study evaluated the Salmonella status determined at farm level three weeks before slaughter using minimum 2 pairs of overshoes by comparing it with the Salmonella status at slaughter determined by testing the duodena and ceca contents of 153 flocks.

The pectin metabolizing capacity of the human gut microbiota

National Library of Medicine

This review explores the fermentation of pectin by various gut bacteria, focusing on the involved transport systems, CAZyme families, SCFA synthesis capacity, and effects on microbial ecology in the gut.

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Microbiological and Physicochemical Profile of Traditionally Produced Chouriça de Carne Dry-Fermented Sausages: Towards Benchmarking of Products Against Established Quality Groups

Foods

The physicochemical and microbiological properties of traditional Portuguese ready-to-eat dry fermented sausage chouriça de carne samples from 14 regional producers were analysed and subjected to multivariate analysis to determine the relationships between them and to evaluate how the quality and safety of these sausages is affected by these properties.

Modulating the human gut microbiome and health markers through kombucha consumption: a controlled clinical study

Nature

Fermented foods are becoming more popular due to their purported links to metabolic health and the gut microbiome. However, direct clinical evidence for the health claims is lacking. Here, we describe an eight-week clinical trial that explored the effects of a four-week kombucha supplement in healthy individuals consuming a Western diet, randomized into the kombucha (n = 16) or control (n = 8) group.

Hybrid Modeling for On-Line Fermentation Optimization and Scale-Up: A Review

Modeling is a crucial tool in the biomanufacturing industry, namely in fermentation processes. This work discusses both mechanistic and data-driven models, each with unique benefits and application potential.

Fermentation of native Brazilian fruits with kombucha: A novel opportunity for producing low-alcohol beverages

Food Bioscience

The biodiversity of Brazil includes native fruits such as red-araçá, butiá-da-serra, and jaboticaba, which are rich in bioactive compounds. Promoting the use of these fruits can help preserve them and provide consumers with new healthy beverage options. This study used kombucha as an inoculum to ferment pulp from these native fruits, and the resulting beverages were evaluated for their physicochemical properties, substrate consumption, metabolite production, total phenolic content, antioxidant activity, and microbial composition over 10 days.

Food Safety Management

Food Safety Short Stories

A collection of 87 different food safety cases.

Water, Sanitation, and Hygiene insecurity and infectious disease outbreaks among internally displaced populations in Gaza: Implications of conflict-driven displacement on public health

This study aims to assess the impact of Water, Sanitation, and Hygiene (WaSH) insecurity on the health of displaced populations and identify key factors associated with the spread of infectious diseases.

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Circular economy and food safety: A focus on ONE health

Applied Food Research

The present literature review uses a novel, cross-reference quantification methodology with NVIVO software, identifying topics with the strongest presence in the documented scientific-level state of the art.

Exploring the social dimensions of microbial food safety risk governance

Trends in Food Science & Technology

Despite global recognition among food safety authorities, policymakers, food practitioners, and academia on the importance of an MFSRG approach that embraces the integration of life and social sciences, the majority of scientific publications, legislations, and sector guidelines have, so far, mainly focused on the technical, hazard-oriented facet of MFSRG and less on its social, human-oriented domains. To address this discrepancy, the present paper has identified the key social dimensions that are currently underdeveloped and usually insufficiently included in MFSRG activities by means of a comprehensive literature review.

Evaluating the green credentials and performance of deep eutectic solvents in the extraction of antibiotics and mycotoxins in foods

Green Chemistry Letters and Reviews

This article provides a comprehensive and critical appraisal of recent studies on the synthesis and application of DES in the extraction of food chemical contaminants, particularly for antibiotics and mycotoxins.

Food safety management systems: The role of cognitive and cultural biases in determining what is 'safe enough'

Trends in Food Science & Technology

The aim of this structured review is to firstly consider existing hazard analysis and risk assessment approaches to developing and implementing FSMS, and approaches to defining what is "safe enough' and, secondly to explore the role of cognitive and cultural biases in decision-making.

Digital Applications

Integrating near-infrared hyperspectral imaging with machine learning and feature selection: Detecting adulteration of extra-virgin olive oil with lower-grade olive oils and hazelnut oil

Current Research in Food Science

This study applies near-infrared hyperspectral imaging (NIR-HSI) and machine learning (ML) to detect EVOO adulteration with hazelnut, refined olive, and olive pomace oils at various concentrations (1%, 5%, 10%, 20%, 40%, and 100% m/m).

Development of a digital Net-Map tool to analyse multi-stakeholder networks in risk analysis of emerging food safety issues

Food Control

A comprehensive analysis of risk analysis networks addressing circularity-related food safety issues from a multi-stakeholder perspective is yet lacking. This study aimed to explore the complex risk analysis network for paper recycling in Belgium.

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Contribution of data acquired from spectroscopic, genomic and microbiological analyses to enhance mussels' quality assessment

Food Research International

In this study, a large amount of heterogeneous data (i.e., microbiological, spectral and Next Generation Sequencing data) were obtained analyzing mussels of different species and origin, to acquire a comprehensive view about the quality and safety of these products.

From data to nutrition: the impact of computing infrastructure and artificial intelligence

Open Exploration

This article explores the significant impact that artificial intelligence (AI) could have on food safety and nutrition, with a specific focus on the use of machine learning and neural networks for disease risk prediction, diet personalization, and food product development.

Rapid detection of poultry meat quality using S-band to KU-band radio-frequency waves combined with machine learning-A proof of concept

PubMed

This study demonstrates RF wave use for myopathy detection at four processing stages. Using 107 (48-day old) broilers, RF wave data in amplitude and phase were collected from live birds, pre-chilled without giblets (WOGs), post-chilled WOGs, and freshly deboned fillets (3-3.5 h post-slaughter) and examined by hand-palpation for woody breast categories (1-normal; 2-moderate; 3-severe).

Making food systems more resilient to food safety risks by including artificial intelligence, big data, and internet of things into food safety early warning and emerging risk identification tools

IFT

This review provides an overview of existing and experimental applications of artificial intelligence (AI), big data, and internet of things as part of early warning and emerging risk identification tools and methods in the food safety domain.

Autonomous LLM-Driven Research — from Data to Human-Verifiable Research Papers

NejmAI

The aim of this study was to develop and evaluate an AI-automation platform that performs transparent, traceable, and human-verifiable scientific research.

A DNA robotic switch with regulated autonomous display of cytotoxic ligand nanopatterns

Nature nanotechnology

This paper presents a stimuli-responsive robotic switch nanodevice that can autonomously and selectively turn on the display of cytotoxic ligand patterns in tumour microenvironments.

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Portable In-Field DNA Sequencing for Rapid Detection of Pathogens and Antimicrobial Resistance: A Proof-of-Concept Study

bioRxiv

A proof-of-concept study was conducted to evaluate a portable in-field microbial lab against a traditional molecular lab for DNA isolation, sequencing, microbial detection, antibiotic resistance gene identification, and plasmid classification.

Nanomotion technology: an innovative method to study cell metabolism in Escherichia coli, as a potential indicator for tolerance

Journal of Medical Microbiology

Antibiotic tolerance corresponds to the bacterial ability to survive a transient exposure to antibiotics and is often associated with treatment failure. Current methods of identifying tolerance based on bacterial growth are time-consuming. This study explores the use of a growth-independent method utilizing nanomotion technology to detect antibiotic-tolerant bacteria.

A Novel Application of B.EL.D™ Technology: Biosensor-Based Detection of Salmonella spp. in Food

Biosensors

In this study, a biosensor system able to perform robust and accurate detection of Salmonella spp. in meat products was developed. To achieve this, a portable device developed by EMBIO Diagnostics called B.EL.DTM (Bio Electric Diagnostics) and cell-based biosensor technology (BERA) were used.

CO2 conversion using non-thermal plasmas: The path towards industrialisation

Current Opinion in Green and Sustainable Chemistry

After briefly summarising the available non-thermal plasma technologies for CO_2 conversion, criteria for successful industrialisation are considered, and recent progress towards considering and meeting the technical and economic requirements is analysed. The needs identified include using consistent energy efficiency calculations that consider losses in the power supply and elsewhere, improved reactor design for plasma catalytic processes, detailed techno-economic analyses, and studies of the integration of individual plasma reactors into a modularised system and a complete chemical process.

Feature selection and extraction strategies for non-targeted analysis using GC-MS and GC-IMS: A tutorial

Analytica Chimica Acta

The objective of this tutorial paper is presenting the idea of feature selection and feature extraction techniques in GC-MS and GC-IMS data and then, comparing the performance of different strategies in NTA approaches.

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REPORTS

2024 Global Hunger Index

With the 2030 target date for achieving Zero Hunger fast approaching, the 2024 Global Hunger Index (GHI) makes it starkly clear that the world is far from meeting that critical goal.

Increasing access to nutritious local complementary foods: A whole-of-systems approach

ENN online

This proposes a comprehensive, whole-of-systems approach that addresses these barriers by increasing local production, stimulating demand, and establishing supportive policies.

New research report: Cell-based production of milk components

Aarhus University

Researchers from AU FOOD are investigating new methods to produce milk components using cell-based technologies and discussing their potential and challenges in the green transition.

Bite back – Out-of-home Report

Bite Back

This first phase of the OOH research set out to uncover how much the biggest OOH outlets have expanded over the past ten years across England, Wales and Scotland, particularly around schools and in more disadvantaged communities.

Framework for coordination of the FAO Strategic Priorities for Food Safety (2022–2031) and the WHO Global Strategy for Food Safety (2022–2030)

WHO &FAO

Following the two food safety conferences (First International Food Safety Conference & The International Forum on Food Safety and Trade), it was considered appropriate to develop a joint framework for coordination to ensure successful implementation of both strategic documents on food safety.

EuroHealthNet Magazine

Edition 24 on the Commercial Determinants of Health in our interactive flipzine. This edition offers a closer look at how commercial factors impact public health.

Pesticides in rivers, lakes and groundwater in Europe

European Environment Agency

Pesticides were assessed against effect or quality thresholds between 2013 and 2022. One or more pesticides were detected above their effect threshold at 9% to 25% of all surface water monitoring sites. Exceedances were often caused by imidacloprid, cypermethrin and metolachlor. Exceedances of one or more pesticides were detected at between 4% and 13% of groundwater monitoring sites, mainly by atrazine and its metabolites, glyphosate and bentazone. Differences in weather, crop type and reporting mean that changes between years may not be significant.

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GFSI revised Benchmarking Requirements (BMRs) 2024

GFSI

Aligned with Codex Alimentarius and ISO 22003, these science-based requirements enable a common understanding and mutual trust in the food supply chain ultimately meaning better assurances and outcomes for consumers.

Use of lower-sodium salt substitutes: WHO guideline

WHO

This guideline provides evidence-informed guidance on the use of lower-sodium salt substitutes (LSSS). The recommendation in this guideline can be used by policy-makers, programme managers, health professionals and other stakeholders in their efforts to promote reduction of sodium intake and reduce the risk of hypertension and related noncommunicable diseases through a range of public health policy actions and intervention programmes.

FDA Draft Guidance Addresses Management of Environmental Pathogen Hazards for Low-Moisture Ready-to-Eat Foods

Hogan Lovells

The draft guidance discusses: (1) establishing and implementing a sanitation program and routine environmental monitoring program; (2) conducting adequate root cause investigations (RCIs) following a pathogen contamination event; (3) applying a sanitizing treatment when remediating a pathogen contamination event; (4) taking steps to identify affected food; and (5) the limitations of relying solely on a product testing program as verification that pathogen contamination has been eliminated.

New advice and app to manage process water for fruit, vegetables and herbs

EFSA

Combining disinfection treatments and water replenishment can help maintain the microbiological quality of the water used in processing fresh and frozen fruit, vegetables and herbs. This is the main finding of an analysis carried out by EFSA's experts, which has resulted in several recommendations and the development of a new online tool.

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