

## Online Tutorial on Total Diet Studies

With our diet, we ingest many substances every day which can either be beneficial or potentially harmful. The chronic exposure to some of these substances can lead to health concerns. The identification of critical compounds in our food and the determination of their levels can be conducted by means of Total Diet Studies (TDS). By combining levels of substances in foods with food consumption data, the dietary exposure of populations and associated risks can be assessed. Policy makers may consider these risks to make informed decisions in order to protect the safety of our food.

Several workshops on TDS were carried out in the past. From the first workshop in Kansas City (1999) to the most recent in Seoul (2015), significant progress was made in this field. Over the years, methods were optimised, knowledge was gained, and an exchange between TDS-supporting countries was achieved. Furthermore, more and more low- and middle income countries either initiated or showed interest in conducting a TDS.

In order to promote and support the implementation of TDS, the 6<sup>th</sup> International Workshop on TDS is co-sponsored by the World Health Organization (WHO) and the German Federal Institute for Risk Assessment (BfR).

Within the 6<sup>th</sup> International Workshop on TDS, a four day online tutorial shall provide insight into theoretical and practical aspects for starting and conducting a TDS. Target audiences are representatives from countries wishing to implement a TDS.

### Key topics are:

- Principles of TDS
- Planning of a TDS
- Food sampling and food preparation
- Chemical analysis and quality control
- Exposure assessment
- Data handling

The sessions of the tutorial will be held in English.

### Online Access:

We will inform you about the access data after registration.

### Registration/application:

Please apply online by 15 August 2022 on the website of the BfR Academy  
[www.bfr-akademie.de/english/tds-online-tutorial.html](http://www.bfr-akademie.de/english/tds-online-tutorial.html)

### Contact:

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### Organisers:

German Federal Institute for Risk Assessment (BfR)  
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[www.bfr.bund.de/en](http://www.bfr.bund.de/en)

World Health Organization (WHO)  
[www.who.int/](http://www.who.int/)

## Online Tutorial on Total Diet Studies

4–7 October 2022



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**Tuesday, 4 October 2022**

2:00–2:10 pm

**Welcome**

Matthias Greiner,  
German Federal Institute for Risk Assessment (BfR),  
Berlin

2:10–2:20 pm

**Welcome**

Elaine Borghi,  
World Health Organization (WHO),  
Geneva (Switzerland)

2:20–3:30 pm

**Introduction and objectives I**

Luc Ingenbleek,  
WHO, Geneva, Switzerland

3:30–3:45 pm coffee break

3:45–4:15 pm

**Introduction and objectives II**

Luc Ingenbleek,  
WHO, Geneva, Switzerland

4:15–5:00 pm

**General aspects of TDS**

Terry Councill,  
U.S. Food and Drug Administration (FDA),  
College Park (USA)

5:00–5:10 pm coffee break

5:10–6:10 pm

**Hands-on tutorial: implementation of a TDS**

Oliver Lindtner,  
BfR, Berlin

**Wednesday, 5 October 2022**

2:00–2:45 pm

**Food consumption surveys**

Agnieszka Balcerzak,  
Food and Agriculture Organization of the  
United Nations (FAO), Rome, Italy

2:45–3:30 pm

**Analyte spectrum**

Robert Dabeka,  
Health Canada, Ottawa, Canada

3:30–3:45 pm coffee break

3:45–5:15 pm

**Hands-on tutorial: development of a food list**

Sebastian Ptok,  
BfR, Berlin

**Thursday, 6 October 2022**

2:00–3:30 pm

**Food sampling, food preparation and SOPs**

Sophia Schendel, Mandy Stadion,  
BfR, Berlin

3:30–3:45 pm coffee break

3:45–4:30 pm

**Food sample analysis and LODs/LOQs**

Kara Cooper,  
FDA, College Park, USA

4:30–5:30 pm

**Visit of the MEAL study kitchen**

Irmela Sarvan,  
BfR, Berlin

**Friday, 7 October 2022**

2:00–3:30 pm

**Hands-on tutorial:**

**dietary exposure modelling using TDS data I**  
Gerda van Donkersgoed, Jacob van Klaveren,  
National Institute for Public Health and the  
Environment (RIVM), Bilthoven, The Netherlands

3:30–3:45 pm coffee break

3:45–5:15 pm

**Hands-on tutorial:**

**dietary exposure modelling using TDS data II**  
Gerda van Donkersgoed, Jacob van Klaveren,  
RIVM, Bilthoven, The Netherlands

5:15–5:35 pm

**Review and summary**

Luc Ingenbleek  
WHO, Geneva, Switzerland

5:35–5:45 pm

**Closing remarks**

Moez Sanaa,  
WHO, Geneva, Switzerland