

**NATIONAL PROCESSED RASPBERRY COUNCIL**  
**Research Committee**  
**Teleconference**

*June 29, 2015, 1:00 p.m., PDT*

**Committee Members Participating:**

<input checked="" type="checkbox"/> William Beadle	<input type="checkbox"/> Adam Enfield	<input checked="" type="checkbox"/> Val Shepler
<input type="checkbox"/> Sukh Kahlon	<input type="checkbox"/> Rob Dhaliwal	<input type="checkbox"/> Rolf Haugen
<input type="checkbox"/> Jon Cotton	<input type="checkbox"/> Erin Thoeny	

**Others Participating:**

<input checked="" type="checkbox"/> Tom Krugman	<input checked="" type="checkbox"/> Tarun Harit	<input checked="" type="checkbox"/> Britt Burton-Freeman
<input type="checkbox"/> Tom Skilton	<input checked="" type="checkbox"/> Allison Beadle	<input checked="" type="checkbox"/> Meghan Flynn

x = present

o = absent

**A. Call to Order; Establish Quorum; Approve Minutes**

The meeting was called to order by Tom at 1:05 p.m. A quorum was not present at this time, so approval of previous meeting minutes was deferred. It was decided to proceed with the call so that a progress report could be presented to committee members on the call.

**B. FY 2015 June Progress Report**

Tom began by noting that all projects were now underway and showing progress towards their stated objectives. There were some minor issues being addressed by researchers, mostly concerning the tartness of raspberry juice being used, and the impact of sweetener necessary to make the product palatable. At least two projects will be presented at scientific symposia and/or published in leading journals.

Allison noted that Crozier's study was now complete and will be submitted to the European Journal of Clinical Nutrition once some formatting changes were made. Sablani's study is proposed for presentation to the International Food Technologists next summer and will also be submitted for journal review.

Allison also noted that Juma's study has been having some issues with compliance and attrition, which they are working through. They think that this may be due to the volume of raspberry juice the participants are required to consume and GI issues being reported as a result of consumption. Allison is going to follow up with Juma to discuss recommendations included in Juma's report to decrease the sample size from 60 to 50 and Britt's recommendation that they consider recruiting *more* participants to account for issues with attrition.

Britt stated that tartness was a potential issue, especially if a study is long-term. In a short study, two weeks or less in duration, tartness is manageable, but in a study of twelve weeks or longer, it could cause some subjects to drop out due to GI Distress as being experienced by Juma. Using erythritol as a sweetener could also be a source of GI distress as reported by Losso. Allison will follow-up with both researchers and prepare a report back to the committee.

Returning to the question of long-term consumption, Britt reported that for long-term studies, her lab expects subjects to consume the product no less than five out of every seven days with consumption for no less than the three days prior to coming to the lab to provide samples. This flexibility provides subjects a sense of “I can do that”, and improves compliance and retention. The committee was asked their opinion on flexibility. William felt that in a study such as Juma’s looking at bone density change that consumption everyday was necessary, but recognized that this might not be practical.

Val said that there is bad press about consuming fruit juices due to a perception that they contained as much sugar as a soda. This turned discussion to questioning the need to have study subjects consumer juice as opposed to a freeze dried powder in a capsule. Allison brought up the point that we need to consider the intended message outcome for these studies—do we want all of our messages to be based on consumption of whole fruit, juice concentrate, puree...or all of the above? Tom commented that since juice concentrate and puree are used by manufacturers and in foodservice that being able to have messages that speak to the potential benefits of all forms would be preferable. Being able to make an association with a health state to consumption of a certain amount of processed raspberries was easier with puree or concentrate based samples than with freeze dried powder as it was whole fruit. Britt said that she would review the projects using juice and report back to Tom and Allison on any recommendations for changes to protocol.

William asked about Gill’s report noting no significant anti-oxidant activity with raspberry enrichment and whether this could be considered a successful project. Allison replied that this report was preliminary and to not look for “success” at this point. What was a success was that all projects are moving forward, even if their outcomes might eventually not be something that could be used to promote the consumption of raspberries. Britt noted that efforts to present at conferences and submit research to scientific journals was very positive and showed that overall, the research program is moving in the right direction. She suggested that researchers be contacted to see if any of their post-docs were interested in presenting a poster session at the upcoming Berry Health Benefits Symposium.

### **C. Adjourn**

Tom stated that he would contact Adam to see about setting up the next call for the Committee in the Fall to review the next series of progress reports. As there was no further business to discuss, the conference call adjourned at 1:45 p.m.