

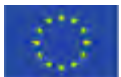
tds ► exposure

Towards Harmonized TDS in Europe: Pilot Studies

Jiri Ruprich (SZU) et al.



**Stakeholders' meeting
Brussels, October 8th 2015**



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration (Grant Agreement no. 289108)

www.tds-exposure.eu



STRATEGIC OBJECTIVES

□ Objective 1

To **harmonize** and **implement** basic TDS methodology on national or regional level in different European countries

□ Objective 2

To **perform** national or regional TDS **pilot studies** to collect practical information on **feasibility of harmonized TDS**.



What to see behind a term *implementation of TDSs*



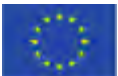
1. Resources limited just for pilot study, not for „full national TDS“
2. Work plan based on previous experience combined with outputs from other WPs
3. Harmonized work following SOPs and training how to use available instruments

e.g. setting of target LoQs, homogeneity testing, usage MCRA software followed by pilot study for the same food groups and chemical substances

Open door to deploy full national TDS based on newly harmonized principles.

PARTNERS: 5+1 BENEFICIARIES

- SZU (CZ), BfR (DE), EVIRA (FI), MATIS (IS) INSA (PT) + RIVM (NL)

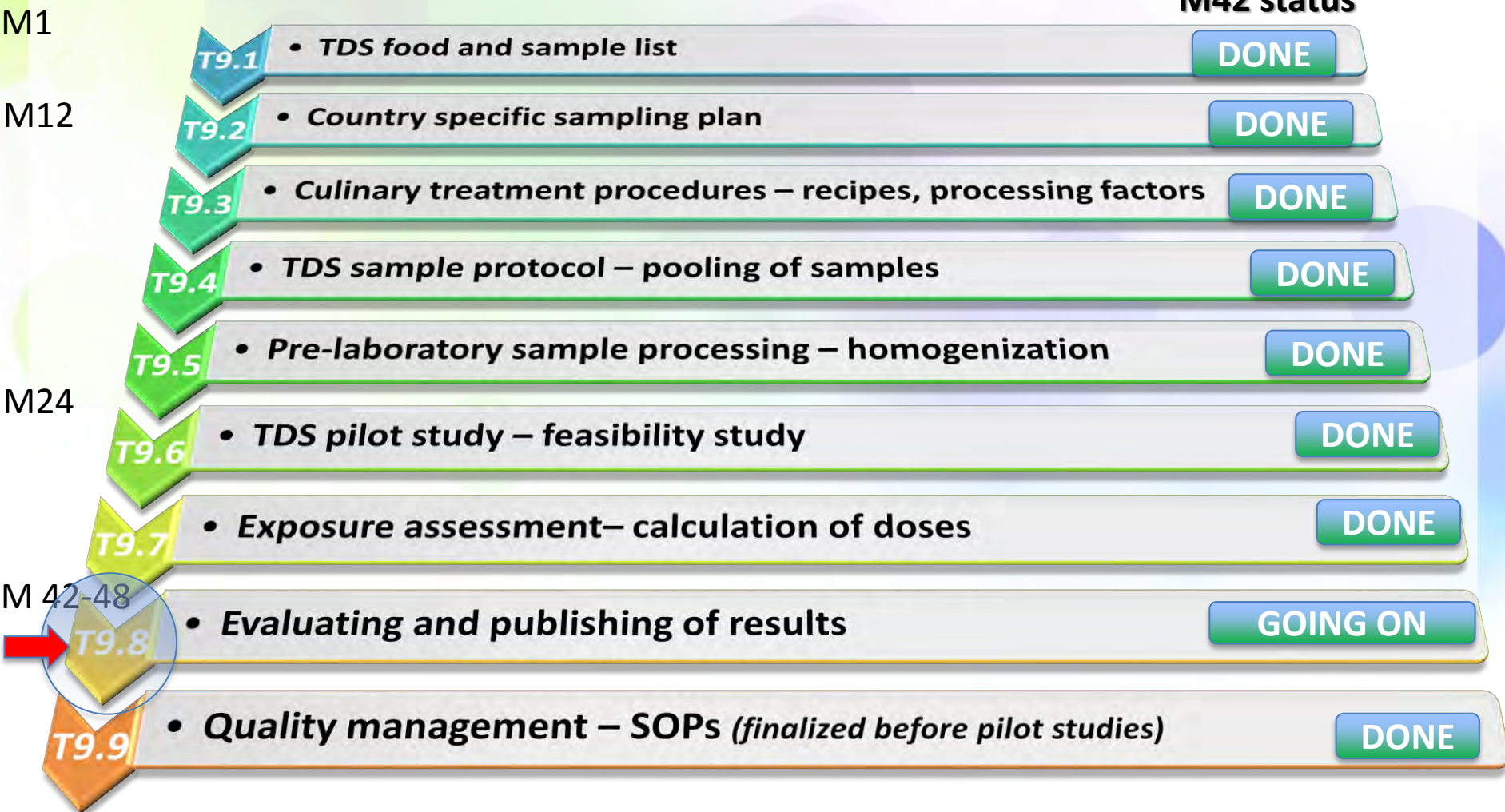


RESULTS AND CONCLUSIONS IN LOGICAL (*NOT CHRONOLOGICAL*) STEPS



WORK ROAD MAP – ORGANIZED INTO 9 TASKS

M42 status

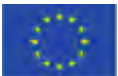


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1. TDS FOOD LIST

1. How to understand each to other?
2. How to harmonize selection of foods into TDS lists?
3. How many TDS food lists we need?

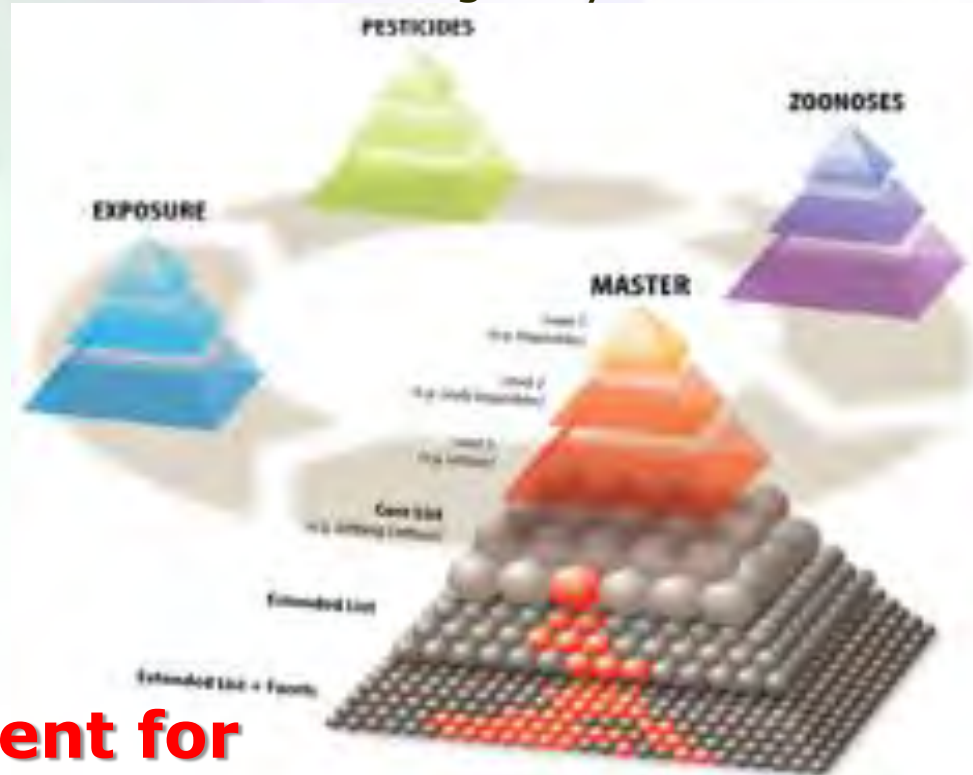


1. HOW TO UNDERSTAND EACH TO OTHER?

- **Standardized food classification/description system** developed by EFSA should be used obligatory for mutual „communication among MSs“

FoodEx2 allows:

- hierarchic food classification
 - 7 levels of details
- food description by facets
 - > 9 basic facets
 - e.g. cooking method, etc.



FoodEx2 = the key element for harmonization of TDS food/sample lists in EU.

2. HOW TO HARMONIZE SELECTION OF FOODS INTO LISTS?

► Used principles:

1. To select foods for individual population groups = more TDS food lists possible
2. To apply selection criteria for each foods group

Decision to include food item into the TDS food list – selection criteria

| | |
|---|--|
| 1 | Yes, as part of 90% of average consumption of any of 4 population group |
| 2 | Yes, as expected major contributor to exposure of any of selected population group |
| 3 | Yes, other reason (e.g. % of consumers, etc.) |
| 4 | Combined into one item (various brands/similar foods together) |
| N | No, as not part of 90% of average consumption, nor expected major contributor |

► Advantage/disadvantage:

- cover also minor food groups (e.g. spice)
- TDS food list is longer/more complex



3. HOW MANY FOOD LISTS WE NEED?

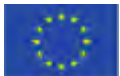
- Theoretically – TDS food list should reflect specific TDS objectives (for population of interest/substances)
- **At least two TDS food lists are minimum (for small children 0-3y and others 4+y)**

Y. AKHANDAF, S. DE HENAUW, M. DOFKOVA, J. RUPRICH, A. PAPADOPOULOS, V. SIROT, M.C. KENNEDY, H. PINCHEN, K. BLUME, O. LINDTNER, A.L. BRANTSATER, H.M. MELTZEG & I. SIOEN **Establishing a food list for a Total Diet Study: how does food consumption of specific subpopulations need to be considered?** Food Additives & Contaminants: Part A, 2015, 32 (1), 9-24

Usual population groups addressed during creation of TDS food lists

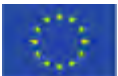
| Infants | | Toddlers | | Other children | | Adolescents | | Adults | | Elderly | | Very elderly | | Pregnant | Breastfeeding | Population |
|---------|--------|----------|------|----------------|--------|-------------|--------|--------|--------|---------|------|--------------|---|----------|---------------|------------|
| 3-11M | 12-35M | 4-9Y | 4-9Y | 10-17Y | 10-17Y | 18-64Y | 18-64Y | 65-74Y | 65-74Y | 75+Y | 75+Y | | | | | |
| M/F | M/F | M | F | M | F | M | F | M | F | M | F | F | F | | | M/F |

Used for pilot studies



2. TDS SAMPLE PROTOCOL – POOLING OF SAMPLES

1. How to pool individual foods into TDS samples?
2. How many subsamples should be minimally in one pooled TDS sample?
3. How to get better comparability of TDS food and sample lists among partners?



1. HOW TO POOL INDIVIDUAL FOODS INTO TDS SAMPLES?

- TDS sample is created by combination of individual food items into one pooled sample which can be simple or complex.

„**simple**“ (individual food approach)

Preferred in TDS pilot studies



„**complex**“ (mixed food approach)



2. HOW MANY SUBSAMPLES SHOULD BE MINIMALLY IN ONE POOLED TDS SAMPLE?

- Width of half of the 95% confidence intervals for estimates of mean (\bar{x}) concentrations obtained by TDS approach, based on given number of sub-samples pooled and given ratio of true standard deviation (σ) and true mean (μ) (low variability, $\sigma:\mu=1:3$ and high variability, $\sigma:\mu=1:1$). (MATIS, 2013)

| Level of confidence = 95% | | |
|---------------------------|---|------|
| n | trueSD (σ):true mean (μ) | |
| | 1:3 | 1:1 |
| 20 | ±16% | ±48% |
| 15 | ±19% | ±57% |
| 12 | ±22% | ±66% |

Expected RSD = 33%

Expected RSD = 100%

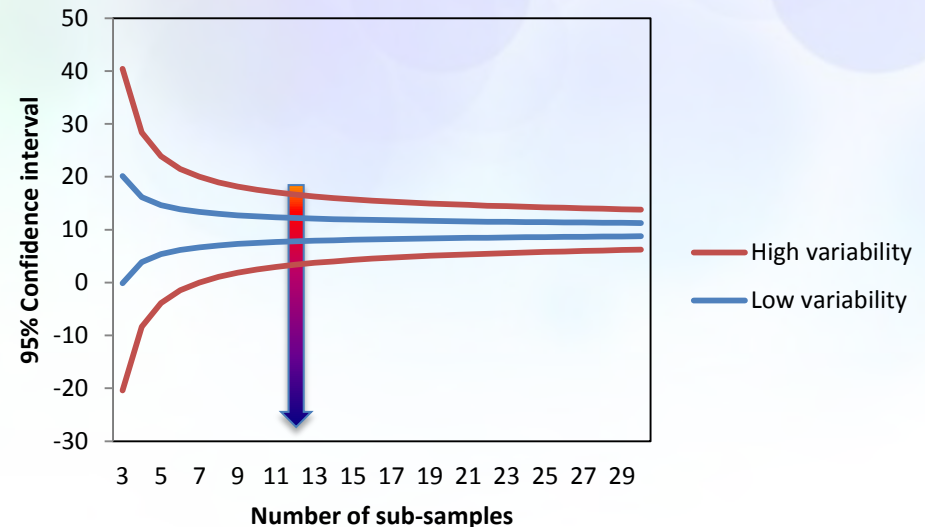


Figure 1. 95% confidence intervals around a sample mean ($\bar{x} = 10$) with high and low variability. (MATIS,2013)






3. HOW TO GET BETTER COMPARABILITY OF TDS FOOD AND SAMPLE LISTS?

Work organized in 3 steps – versions of TDS sample/food lists - consultations:

- ▶ **Version 1:** original national suggestions of TDS sample food lists
- ▶ **Version 2:** „intra food group harmonization“ based on comparison with results of other partners for particular food group
- ▶ **Version 3:** „inter food group harmonization“ based on comparison of whole TDS sample/food lists among countries



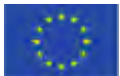
FINAL (NATIONAL) TDS SAMPLE LISTS

| Country | TDS samples defined | Food groups with the highest number of samples |
|--|---------------------|---|
| CZ  | 152 | Meat (24), Grains (23), Vegetables (22) |
| PT  | 166 | <u>Composite dishes (35)</u> , Fish (25), Vegetables (22) |
| DE  | 243 | <u>Composite dishes (36)</u> , Meat (26), Vegetables (26) |
| FI  | 128 | Vegetables (19), Grains (13), Meat (13) |
| IS  | 150 | Grains (25), Meat (19), Fish (17) |

Remark: number of TDS samples can be changed during the project.
Not all TDS samples will be analyzed during a pilot study.

3. ANALYZED CHEMICAL SUBSTANCES + COUNTRY SPECIFIC SAMPLING PLANS

1. What chemical substances will be analyzed?
2. What are the main drivers of exposure for selected substances?
3. What food groups will be analyzed?



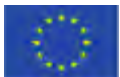
1. WHAT CHEMICAL SUBSTANCES WILL BE ANALYZED?

□ Which elements were measured?



| Country | Core analytes (obligatory) | | | | Additional Analytes (ICP-MS) | | | | | | | | | | | | | | | | |
|---------|-------------------------------|----|----|----|------------------------------|----|----|----|----|----|----|---|----|----|----|----|---|----|----|---|----|
| CZ | Cu | Hg | Mn | Se | Al | As | | Cd | | Cr | Fe | K | | Mg | Na | Ni | P | Pb | | | Zn |
| DE | Cu | Hg | Mn | - | Al | | | Cd | | | | | | | | | | Pb | | | |
| FI | Cu | Hg | Mn | Se | | | | Cd | | Cr | | | | | | Ni | | Pb | | | Zn |
| IS | Cu | Hg | Mn | Se | Al | As | Ba | Cd | | | | | | | | | | Pb | | | |
| PT | Cu | Hg | Mn | Se | | As | | Cd | Co | Cr | | | Li | | | Ni | | Pb | Sr | V | Zn |

Target (requested) LoQ has been set before analyses for every substance and TDS sample.



2-3. WHAT FOOD GROUPS WILL BE ANALYZED BY ALL PARTNERS?

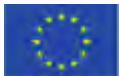


- ❑ 6 obligatory food groups (main exposure drivers)
- ❑ but all partners analyzed also 3 other food groups

| FoodEx2 food groups | CZ | DE | FI | IS | PT |
|--------------------------------------|----|----|----|----|----|
| Grains and grain-based products | X | X | X | X | X |
| Meat and meat products | X | X | X | X | X |
| Fish, seafood, ... | X | X | X | X | X |
| Fruit and fruit products | X | X | X | X | X |
| Legumes, nuts, oilseeds and spices | X | X | X | X | X |
| Milk and dairy products | X | X | X | X | X |
| Coffee, cocoa, tea and infusions | | X | X | | |
| Composite dishes | X | X | X | X | X |
| Eggs and egg products | X | X | X | X | X |
| Starchy roots or tubers and products | X | X | X | X | X |
| Vegetables and vegetable products | | X | X | | |

4. CULINARY TREATMENT PROCEDURES – RECIPES, PROCESSING FACTORS

1. Different food consumption data format is a challenge.
2. When we need to calculate „culinary factors“?



1. DIFFERENT FOOD CONSUMPTION DATA FORMAT IS A CHALLENGE FOR HARMONIZATION

| Food | Pork | | | | |
|-----------------|------------|---|-------------------------|---|--------------------|
| Reported amount | raw | Meat processing | raw, edible part | Culinary treatment | as consumed |
| | |  | |  | |



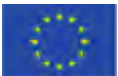
Not only FCS method is important but also standard data formats and collected details!

2. WHEN WE NEED TO CALCULATE „CULINARY FACTORS“?

- Food consumption data can be presented as:
 1. As consumed
 2. **Raw**
 3. **Raw, edible part** - specific case when we have format „as purchased“
- **Except for the first case, „culinary factor“ (yield) must be used for calculation of exposure doses.**
- Culinary factors are calculated for each TDS sample according to food consumption data format, as described in SOP4.

5. PRE-LABORATORY SAMPLE PROCESSING – HOMOGENIZATION

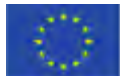
1. What TDS samples should we test before analyzes?
2. How to test homogeneity of TDS samples?



1. WHAT TDS SAMPLES WE SHOULD TEST BEFORE ANALYZES? *(mainly homogeneity of pooled samples)*

- ▶ Selection of TDS samples with expected challenges, from various food groups
- ▶ Number and type of selected TDS samples:

| Pilot lab/country | No of samples | Type of tested TDS samples |
|-------------------|---------------|---|
| SZU, CZ | 10 | Sandwich, pizza, fish fingers, table-grapes, multigrain bread, pasta, buns, tree nuts, salami, cow/ox/bull fresh meat |
| MATIS, IS | 9 | Bread, pumpernickel bread, muesli, popcorn, salted cod, deep fried chicken, liver sausage, dried vine fruits, table-grapes |
| BfR, DE | 7 | Pizza, egg based dishes, bread, candies, meat based dishes, pralines, muesli |
| EVIRA, FI | 5 | Freshwater fish, sweet orange, smoked cooked sausage, tomato, multigrain bread |
| INSA, PT | 10 | Beans, meat, and vegetables meal, meat based dishes, fish and rice meal, finger food, bivalve molluscs, table-grapes, flan tart, peanut, raw cured meat, dry and fermented sausages |
| Total | 41 | |



2. HOW TO TEST HOMOGENEITY OF TDS SAMPLES?

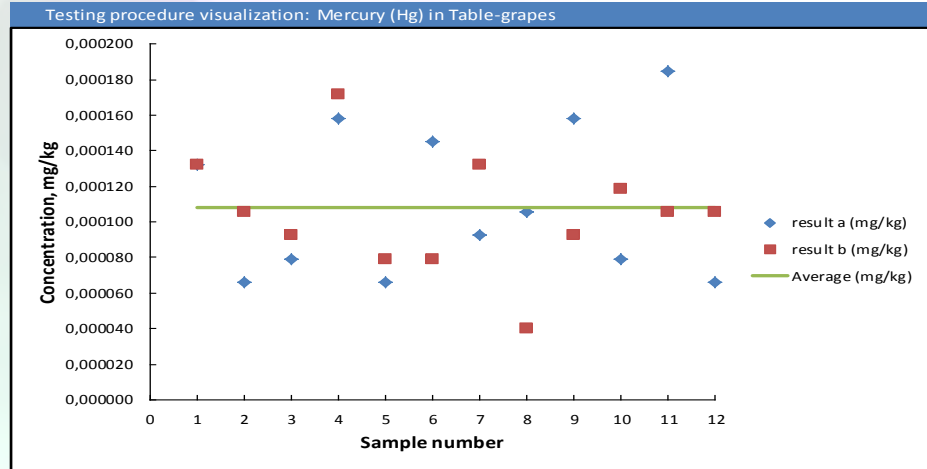
- Testing of homogenization tested according to the FAPAS protocol

Analyte and matrix analysed:

Mercury (Hg) in Table-grapes

| Target LOQ | Declared LOQ | Real Lab LOQ | Unit |
|------------|--------------|--------------|-------|
| 0,011900 | 0,000100 | 0,000040 | mg/kg |

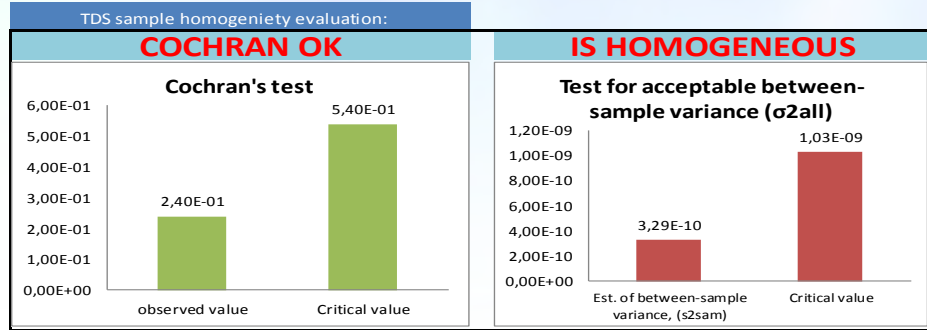
| Sample No. | result a (mg/kg) | result b (mg/kg) | D (a-b) | S (a+b) | D ² |
|------------|------------------|------------------|-----------|----------|----------------|
| 1 | 0,000132 | 0,000132 | 0,000000 | 0,000264 | 0,000000 |
| 2 | 0,000066 | 0,000106 | -0,000040 | 0,000172 | 0,000000 |
| 3 | 0,000079 | 0,000092 | -0,000013 | 0,000172 | 0,000000 |
| 4 | 0,000158 | 0,000172 | -0,000013 | 0,000330 | 0,000000 |
| 5 | 0,000066 | 0,000079 | -0,000013 | 0,000145 | 0,000000 |
| 6 | 0,000145 | 0,000079 | 0,000066 | 0,000224 | 0,000000 |
| 7 | 0,000092 | 0,000132 | -0,000040 | 0,000224 | 0,000000 |
| 8 | 0,000106 | 0,000040 | 0,000066 | 0,000146 | 0,000000 |
| 9 | 0,000158 | 0,000092 | 0,000066 | 0,000251 | 0,000000 |
| 10 | 0,000079 | 0,000119 | -0,000040 | 0,000198 | 0,000000 |
| 11 | 0,000185 | 0,000106 | 0,000079 | 0,000290 | 0,000000 |
| 12 | 0,000066 | 0,000106 | -0,000040 | 0,000172 | 0,000000 |
| Sum | 0,001333 | 0,001254 | | 0,002588 | 0,000000 |
| Avg | 0,000108 | | variance | 0,000000 | |
| | | | MSB | 0,000000 | |



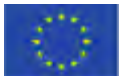
| | |
|---|-----------------------|
| Choose your Target Standard deviation (Target SD) | 0,000024 mg/kg |
|---|-----------------------|

| | |
|---|-----------------------|
| Average concentration of analyte in set of tested samples | 0,000108 mg/kg |
| Calculated Target SD (σ_{t1}) | 0,000024 mg/kg |

| | | |
|---|-----------------|-----------------|
| Cochran's test (ratio) | 2,40E-01 | Cochran's test |
| Estimate of analytical variance, s^2_{an} | 1,09E-09 | observed value |
| Test for acceptable between-sample variance, (σ^2_{all}) | 5,06E-11 | 2,40E-01 |
| Est. of between-sample variance, (s^2_{sam}) | 3,29E-10 | 5,40E-01 |
| Critical value | 1,03E-09 | |



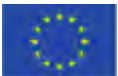
Remarks:



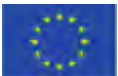
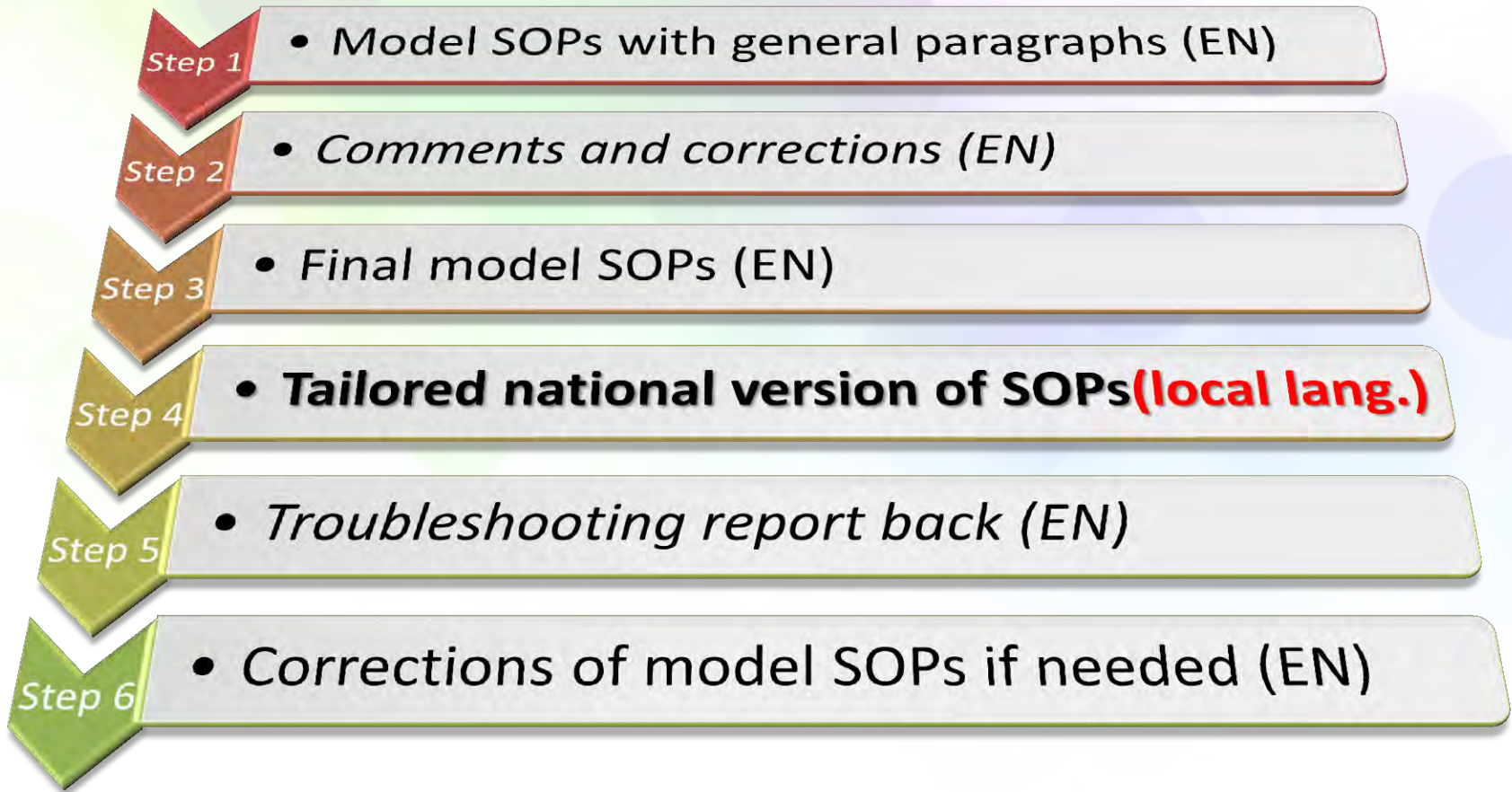
6. QUALITY MANAGEMENT – SOPs

(FINALIZED BEFORE PILOT STUDIES)

1. What principles were used to create harmonized SOPs?
2. What SOPs were prepared before pilot studies?



1. WHAT PRINCIPLES WERE USED TO CREATE HARMONIZED SOPs?



2. WHAT SOPs WERE PREPARED BEFORE PILOT STUDIES?

Preparation for food collection, sample preparation and analysis

SOP
01

Food collection

SOP
02

Reception of individual samples (at kitchen laboratory)

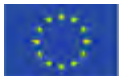
SOP
03

Sample preparation (at kitchen / pre-analytical laboratory)

SOP
04

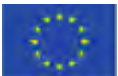
Chemical analysis of laboratory samples

SOP
05



7. TDS PILOT STUDY – FEASIBILITY STUDY

1. How to transport food samples?
2. How to document collected foods?
3. Is kitchen ready for TDS tasks?
4. How to work with quantity/quality of food samples?



1. HOW TO TRANSPORT FOOD SAMPLES?

► Challenges

- Maintaining the low temperature for frozen and perishable foods during food collection
 - Currently using isothermal boxes
 - Thermoelectric cooling boxes could improve/facilitate the food collection
- Reaching 8-10 shops during one day
 - In some cases foods collected in two consecutive days
- Collecting 12 subsamples during one day
 - In some cases samples of the same batch (and expiry date) collected in several shops
 - More variation if collected in several days



2. HOW TO DOCUMENT COLLECTED FOODS?

- ▶ **Photographic documentation** is carried out for each purchased food
- ▶ Device used: Ipevo Ziggi HD
- ▶ We took 1-4 photos of each food sample (front view, ingredients, nutritional value, best before date and other important information on the package)



3. IS KITCHEN READY FOR TDS?

- ▶ Pre-analytical treatment of food samples is performed in the kitchen laboratory of MATÍS
- ▶ Homogenisation is carried out in trace element laboratory (next floor)
- ▶ Two persons are involved into this work
- ▶ Various heat treatment - boiling, baking, frying, roasting and stewing are applied during sample preparation
- ▶ Tap water and vegetable oil are used for culinary treatment



4. HOW TO WORK WITH QUANTITY AND QUALITY OF FOOD SAMPLES?

"No pain, no gain"

*Pilot study – training
is necessary before start
of the national TDS*



8. EXPOSURE ASSESSMENT– CALCULATION OF DOSES

- ▶ Basic exposure scenario
- ▶ Calculations by TDS version of the MCRA software
- ▶ Example of results:
 1. Should we use OIM or LNN model for calculation of exposure doses to total Hg?
 2. What are the main contributors to total Hg exposure for Adults+Elderly?
 3. What is molar ration between Se/Hg from consumed Fish/sea food?
 4. What is the difference between intake of Cu for Adults and Elderly and main sources among piloting countries?
 5. Why is intake of Mn for upper tail (P99) of Elderly consumers in Finland higher than in other countries?

BASIC EXPOSURE SCENARIO



Activity

Exposure route

Source

Target

Eating

Oral

Foods

Adults

Elderly

FoodEx2 food groups

Grains and grain-based products¹

Meat and meat products

Fish, seafood, ...

Fruit and fruit products

Legumes, nuts, oilseeds and spices

Milk and dairy products

Composite dishes¹

Eggs and egg products

Starchy roots or tubers and products¹

¹ not analyzed by PT



| Age | Adults | | Elderly | | Total |
|------------------|---------------------|------|---------|------|--------|
| | 18 ² -64 | | 65-74 | | |
| Gender | M | F | M | F | |
| No. respondents: | | | | | |
| Cz | 793 | 873 | 59 | 85 | 1810 |
| DE | 4592 | 5827 | 951 | 1055 | 12.425 |
| IS | 523 | 539 | 76 | 74 | 1212 |
| FI | 729 | 846 | 229 | 234 | 2038 |
| PT | 1363 | 1389 | 220 | 300 | 3272 |

²EVIRA: from 25 y

F: Females
M: Males

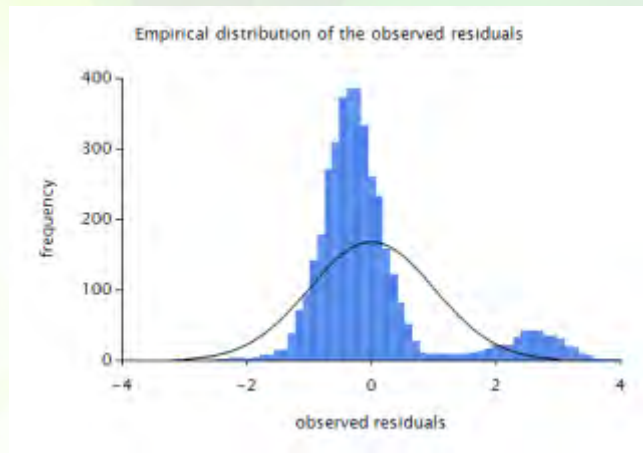
Calculations by MCRA

Software MCRA8.1-TDS settings

- ▶ Exposure type: chronic
- ▶ Advanced setting: use total diet study
- ▶ Compounds: Hg/Mn/Se/Cu
- ▶ Population groups: **Adults + Elderly (age 18-74, M+F); Adults x Elderly; M x F**
- ▶ Food: **9 food groups /only fish, seafood,...**
- ▶ Conversion: read across
- ▶ Replacement of non-detects: by zero (LB) and factor 1 x LOR (UB) (remarks: LB usually needed when number of ND is higher than 20%)
- ▶ Exposure model type: **OIM and/or LNN**
- ▶ Uncertainty: perform uncertainty analysis; min number of iterations 1000, number of resample cycles 100, resample individuals only
- ▶ Output: show means and percentiles for 50 90 95 99; percentage for upper tail 97,5; show % of population below level: Automatic

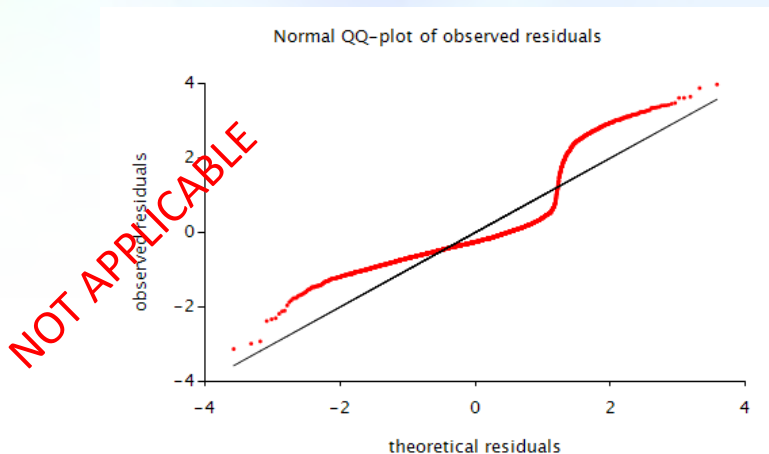
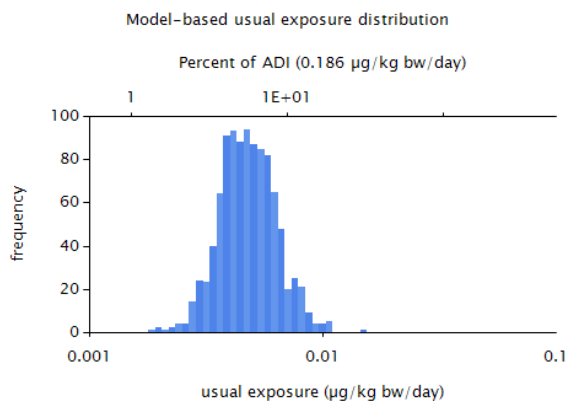
1. SHOULD WE USE OIM OR LNN MODEL FOR CALCULATION OF EXPOSURE DOSES TO TOTAL Hg? (CZ DATA)

- Population groups (18-74y, M+F). 9 food groups. **LNN (UB)**



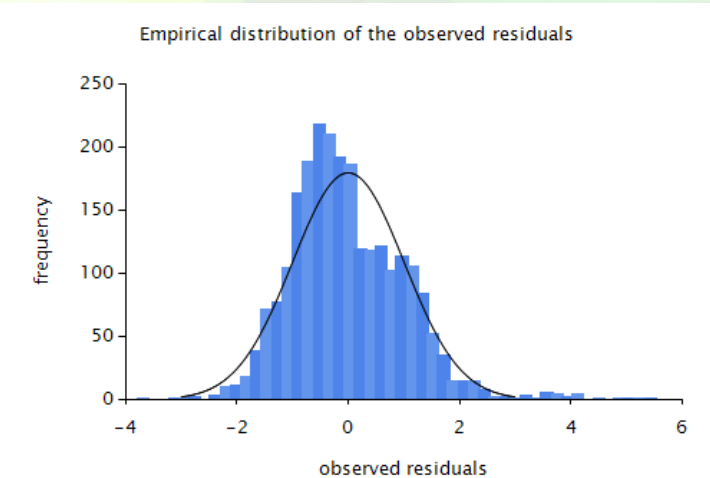
| Percentage | Exposure (µg/kg bw/day) | Lower Bound (p2.5) | Upper Bound (p97.5) | Percentage of reference dose |
|------------|-------------------------|--------------------|---------------------|------------------------------|
| 50.00 % | 0.004792 | 0.004405 | 0.005323 | 2.58 % |
| 90.00 % | 0.006793 | 0.005287 | 0.007929 | 3.65 % |
| 95.00 % | 0.007734 | 0.005363 | 0.009149 | 4.16 % |
| 99.00 % | 0.009537 | 0.00551 | 0.0117 | 5.13 % |

Q/Q – plot evaluates usage of this model

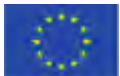
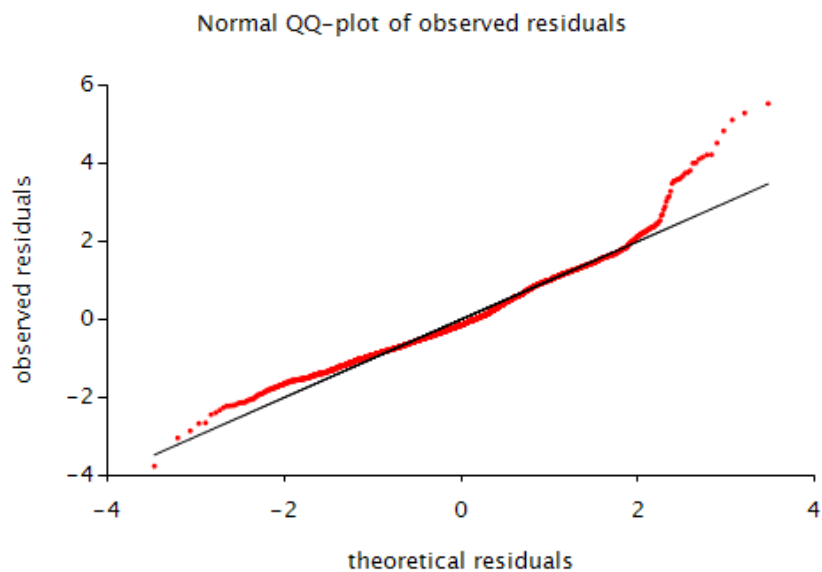
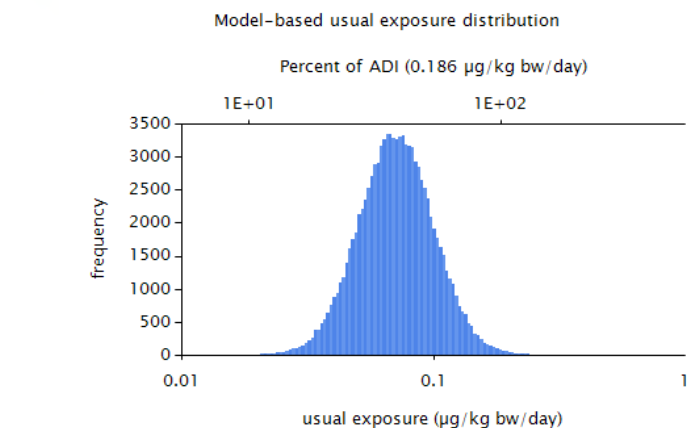


SHOULD WE USE OIM OR LNN MODEL FOR CALCULATION OF EXPOSURE DOSES TO TOTAL Hg? (IS DATA)

- Population groups (18-74y, M+F), 9 food groups, **LNN (UB)**



| Percentage | Exposure (µg/kg bw/day) | Lower Bound (p2.5) | Upper Bound (p97.5) | Percentage of reference dose |
|------------|-------------------------|--------------------|---------------------|------------------------------|
| 50.00 % | 0,07137 | 0,06732 | 0,07529 | 38,37% |
| 90.00 % | 0,1102 | 0,1018 | 0,1187 | 59,27% |
| 95.00 % | 0,1246 | 0,1136 | 0,1376 | 66,99% |
| 99.00 % | 0,1581 | 0,139 | 0,1778 | 85,00% |



2. WHAT ARE THE MAIN CONTRIBUTORS TO TOTAL Hg EXPOSURE FOR ADULTS+ELDERLY? - DOSES

- Population groups (18-74y, M+F), 9 food groups (PT-6 gr), **OIM**

| Hg | ED in ug/kg bw/day | | | | ED in ug/kg bw/day | | | | Remarks (number of not detected / number of detected) |
|-----|--------------------|-------|-------|-------|--------------------|-------|-------|-------|--|
| | LB | | | | UB | | | | |
| | mean | P90 | P95 | P99 | mean | P90 | P95 | P99 | TWI = 1,3 ug /kg bw/w = 186 ng/kg bw/d for MeHg (EFSA 2012) |
| CZ | 0,008 | 0,029 | 0,043 | 0,070 | 0,008 | 0,030 | 0,044 | 0,070 | 42/67 |
| DE | 0,006 | 0,014 | 0,032 | 0,072 | 0,007 | 0,015 | 0,033 | 0,073 | 104/120 |
| FI | 0,031 | 0,088 | 0,180 | 0,383 | 0,044 | 0,103 | 0,192 | 0,395 | 68/13, above TDI |
| IS | 0,058 | 0,107 | 0,15 | 0,676 | 0,089 | 0,141 | 0,187 | 0,722 | 65/34 |
| PT* | 0,110 | 0,391 | 0,607 | 1,189 | 0,120 | 0,393 | 0,609 | 1,190 | 48/120 |

*only 1 day consumption data

2. WHAT ARE THE MAIN CONTRIBUTORS TO TOTAL Hg

EXPOSURE FOR ADULTS+ELDERLY? - **FOODS**

- Population groups (18-74y, M+F), 9 food groups (PT-6 f gr), **OIM**

| Hg | Main dietary sources (LB) in % of total exposure dose | | | | | Remarks |
|-------------|---|---|---|---|---|--|
| | 1. | 2. | 3. | 4. | 5. | |
| CZ % | 43 | 10 | 8 | 7 | 6 | |
| food | Cod and cod-like fishes | Canned fish in oil | Processed fish products Herring marinated | Prepared fish salad | Other smoked fishes | |
| DE % | 31 | 14 | 7 | 5 | 4 | |
| food | Pollack, pollock | Processed fish products Herring canned | Ocean perch | Mixed vegetable salad | Dairy ice creams and similar | |
| FI % | 64 | 12 | 7 | 6 | 3 | |
| food | Freshwater fish | Rainbow trout | Canned fish in brine | Canned fish in oil | Other smoked fishes | High content of Hg in freshwater fish. |
| IS % | 27 | 23 | 7,6 | 5,3 | 4,0 | |
| food | Haddock | Processed fish products \$ shark, fermented | Halibut, atlantic \$ halibut, big, fillet | Other dried fishes, including freshwater and diadromous | Processed fish products \$ salted cod, desalted | |
| PT % | 28,5 | 26,2 | 13,5 | 11,2 | 3,7 | |
| food | Cod, dried | Hakes | Pelagic marine fishes-2 | Canned tuna in oil | Horse mackerel | |



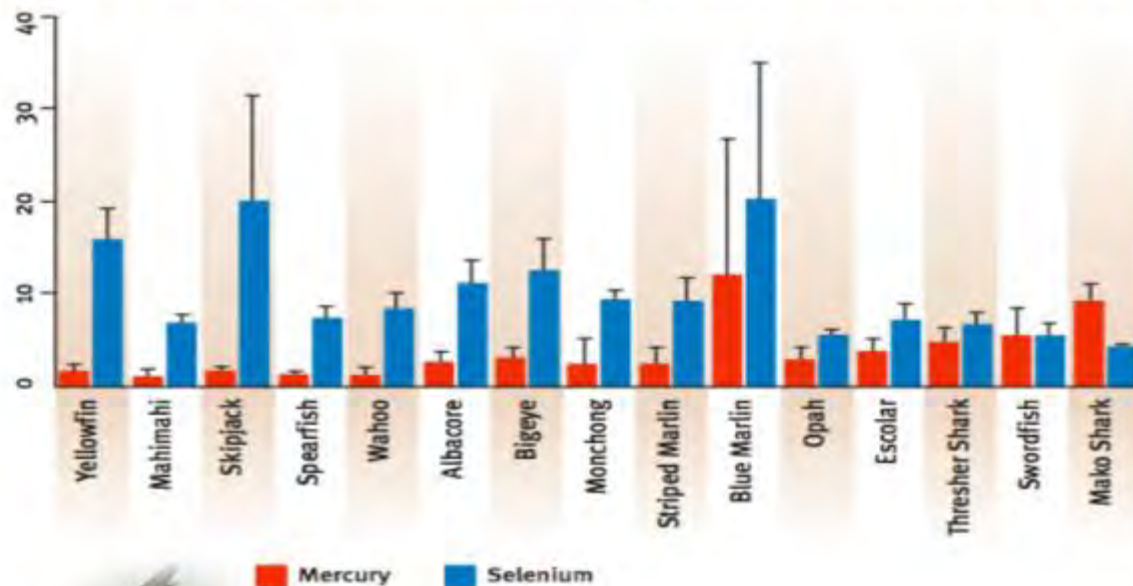
3. What is Se/total Hg molar ratio during intake?

Selenium in Ocean Fish Protects Against Mercury

Selenium, an essential element in our diet, is vital to the body's antioxidant system and proper immune system function. It has anti-cancer effects and is known to detoxify metals including mercury.¹

Regardless of the amount of mercury in fish, if the selenium level is higher, the fish is safe to eat. On the graph, molar concentrations of mercury and selenium in 15 Hawaii fish species are expressed as means ± standard deviations. The graph lists the species from lowest to highest mercury-to-selenium ratios.¹

All of our popular ocean fish are an excellent source of health promoting selenium as well as high quality protein and omega-3 fatty acids. (Mako shark is not popular or commonly eaten in Hawaii.) Our favorite fish are more likely to protect against mercury toxicity, than cause it.



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¹ Watson RC, Li B, Baskett D and Li B, eds. Importance of Methyl-Mercury in selenium-dependent protection against methylmercury toxicity. *Mar Freshw Ecol Res* 100: 102-108 (2011)

² Watson D and WVC Watson, eds. Selenium and Mercury in Pelagic Fish in the Central North Pacific, near Hawaii. *Mar Freshw Ecol Res* 100: 113-124 (2011)

3 main „fish/seafood“ sources of total Hg exposure of consumers: simultaneous usual intake of Se and total Hg and Se

CZ

Se/Hg mol ratio = 15

3.



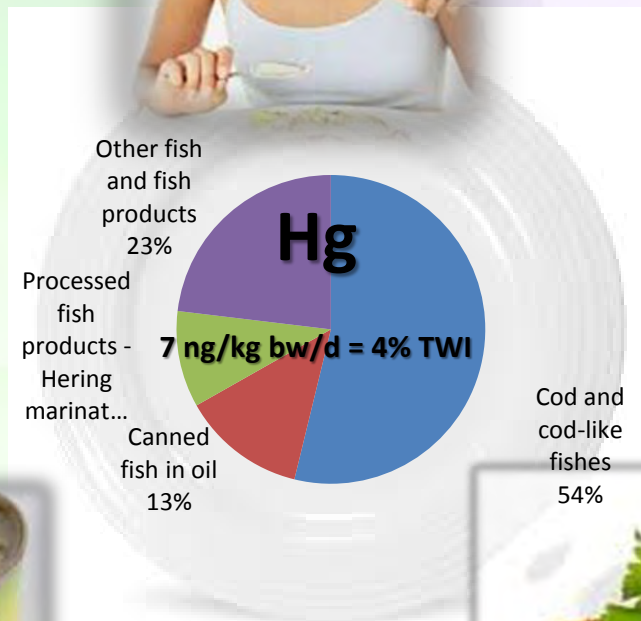
Se/Hg mol ratio = 40

2.



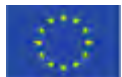
Se/Hg molar ratio e.g. „5“ means that per 1 nmol of total Hg intake we simultaneously consume 5 nmol of Se for consumption days only.

TWI = 1,3 ug Hg/kg bw/w = 186 ng Hg/kg bw/d for MeHg (EFSA 2012)

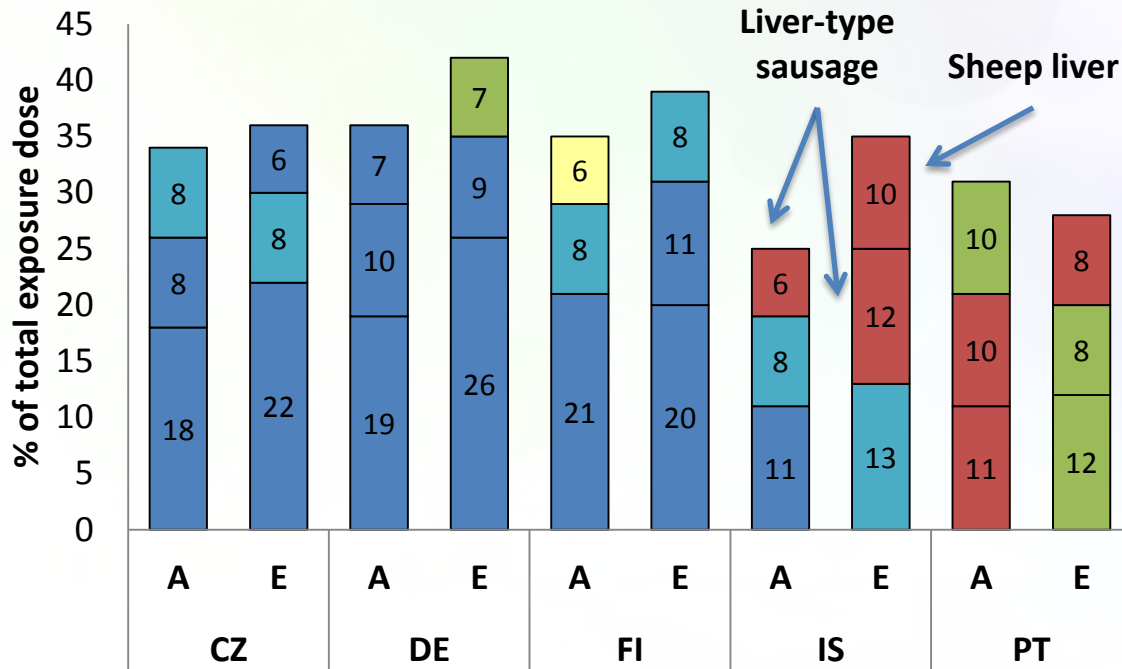


Se/Hg mol ratio = 20

1.



4. WHAT IS THE DIFFERENCE BETWEEN INTAKE OF Cu FOR ADULTS AND ELDERLY AND MAIN SOURCES AMONG PILOTING COUNTRIES?



| FoodEx2 food groups | |
|---------------------|-------------------------------|
| | Grains / grain-based products |
| | Meat and meat products |
| | Fish, seafood, ... |
| | Fruit and fruit products |
| | Legumes, nuts, ... |
| | Milk and dairy products |
| | Composite dishes |
| | Eggs and egg products |
| | Starchy roots or tubers ... |

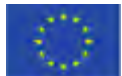
A: Adults
E: Elderly
UB: Upper bound

5. WHY IS INTAKE OF Mn FOR UPPER TAIL OF ELDERLY CONSUMERS IN FINLAND HIGHER IN OTHER COUNTRIES?

- ▶ Population groups (M + F), 9 food groups (PT: 6 groups), **OIM**

| Mn | ED in µg/kg bw/day UB Adults | | | | ED in µg/kg bw/day UB Elderly | | | | Remarks (number of not detected / number of detected) | |
|----|---------------------------------|------|------|------|----------------------------------|------|------|-------|---|-----------------------|
| | Partner | P50 | P90 | P95 | P99 | P50 | P90 | P95 | P99 | RfD = 140 µg/kg bw/d* |
| CZ | | 29,7 | 52,0 | 61,2 | 80,5 | 29,9 | 48,9 | 58,2 | 66,9 | 9/100 9/99 |
| DE | | 23,2 | 44,3 | 52,6 | 72,5 | 24,8 | 43,3 | 50,1 | 69,9 | 11/310 11/301 |
| FI | | 40,4 | 76,6 | 90,5 | 125,0 | 46,5 | 92,6 | 105,4 | 145,6 | 5/76 5/76 > RfD |
| IS | | 25,1 | 48,4 | 56,9 | 78,4 | 24,2 | 43,3 | 52,9 | 66,8 | |
| PT | | 2,2 | 16,3 | 23,3 | 50,3 | 2,0 | 15,0 | 23,4 | 72,2 | 1/300 1/284 |

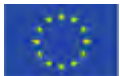
*U.S. EPA, IRIS 1996



WHY IS INTAKE OF Mn FOR UPPER TAIL OF ELDERLY CONSUMERS IN FINLAND HIGHER IN OTHER COUNTRIES?

- Population groups (M + F), 9 food groups (PT: 6 groups), **OIM**

| Mn | Main dietary sources (UB) in % of total exposure dose | | | | | | Remarks |
|------|---|--|--|--------------------------------|--|--|---|
| | Adults | | | Elderly | | | |
| | 1. | 2. | 3. | 1. | 2. | 3. | |
| CZ % | 42 | 12 | 5 | 49 | 7 | 6 | |
| food | Rye-wheat bread, refined flour | Wheat bread and rolls, white (refined flour) | Wheat flour white | Rye-wheat bread, refined flour | Wheat bread and rolls, white (refined flour) | Wheat flour white | |
| DE % | 31 | 17 | 10 | 39 | 20 | 5 | |
| food | Multigrain bread and rolls | Bread and similar products wholemeal | Wheat bread and rolls, white (refined flour) | Multigrain bread and rolls | Bread and similar products wholemeal | Wheat bread and rolls, white (refined flour) | |
| FI % | 31 | 13 | 10 | 26 | 21 | 17 | |
| food | Rye-wheat bread, wholemeal | Berries and small fruits | Processed and mixed breakfast cereals | Rye-wheat bread, wholemeal | Berries and small fruits | Processed and mixed breakfast cereals | Elderly, upper tail P97,5: berries 37 % |
| IS % | 16 | 14 | 9 | 18 | 12 | 11 | |
| food | Processed and mixed breakfast cereals | Wheat bread and rolls, white | Oat porridge | Oat porridge | Processed and mixed breakfast cereals | Wheat bread and rolls, white | |
| PT % | 36 | 12 | 7 | 32 | 15 | 8 | |
| food | Banana | Lupin | Fruit salad | Banana | Lupin | Pineapple | |



Key conclusions:

What was successfully tested/implemented

Methodology how to:

1. create specific (age/sex) TDS food and TDS sample lists
2. pool individual TDS samples
3. construct sampling and shopping plan for TDS study
4. apply standardized (national) culinary treatment
5. calculate culinary factors“ (3 possible scenarios)
6. test adequate homogeneity of TDS samples before laboratory analyses
7. predict target/requested LoQ for used analytical methods
8. create tailored national SOPs“, based on generic SOP’s- mandatory/recommended requirements, acceptance criteria, tolerance limits
9. practically perform pilot TDS studies (data collection)
10. calculate exposure doses by the advanced MCRA software and compare results



Now - M42-48 Publishing of results – expected two papers with comments on feasibility

KEY CONCLUSIONS

1. **FoodEx2 = was the key element for harmonization of TDS food/sample lists.**
2. **Food consumption data format and complexity = limiting factor.**
3. **Resulting number of TDS samples representing at least 90% of average diet was not the same (128 – 243).**
4. **Descriptive and visual documentation of foods was recognized as very supportive even when relatively time-consuming.**
5. **MCRA 8.1 software was successfully used to calculate exposure doses and produce fully comparable numeric and graphical format.**

All partners signaled feasibility of suggested harmonized TDS work methods.

