



## PERSONAL INFORMATION

dr. ir. P.J.F. (Jan) de Vries

Reuvekamp 26  
7213 CE Gorssel  
The Netherlands

e-mail:

[nutritionolutions@me.com](mailto:nutritionolutions@me.com)

telephone: +31 6 542 241 48

+31 575 49 00 53

[www.devriesnutritionolutions.nl](http://www.devriesnutritionolutions.nl)

skype: [pjf.de.vries](https://www.skype.com/people/pjf.de.vries)

gotomeet:

[gotomeet.me/nutritionolutions](https://gotomeet.me/nutritionolutions)

Nationality: Netherlands

Day of Birth: 29-5-1959

## WORK EXPERIENCE

Director/consultant De Vries Nutrition Solutions

Since September 2010

- Giving support to (industrial) issues and innovations in the area of nutrition and health; the organization and coordination of brainstorming and workshops that can be helpful for the identification of the right topics and direction can be taken care of as well.
- Giving support in the development of health related foods.
- Writing of scientific papers, reports and reviews on specific nutrition related topics, offering:
  - in depth analysis of existing literature on project basis
  - sustainable solutions for scientific literature reviews / meta-analyses
- Setting up and coordinating research projects related to nutrition & health questions (for the industry: that intend to release scientific support for nutrition & health claims, including the writing of claims dossiers and giving advice on acceptable claims).
- Developing and giving general and specific nutrition training to sales, marketing and executives.

Member of the Nutrition Consultants Cooperation

Since January 2017

Food and Nutrition Consultancy

Member of the METc Oost Nederland, chamber 4 (focus on nutrition studies)

Since May 2021

Member of the Medical Ethical Review Committee (METc)

UMCG Groningen

Since January 2016

Senior Nutritionist, CSM

2007 - 2010

Bakery Supplies Industry

- Development and implementation of a vision and strategy on Nutrition and Health in bakery supplies company.
- Maintain and improve nutrition knowledge in the company and coordinate implementation in product innovation and communication.
- Development of nutrition training programs for marketing and sales people.

## PERSONAL SKILLS AND COMPETENCES

**Mother tongue**  
Dutch

**Other languages**  
English (proficient user)  
German (basic user)

**Social skills and competences**  
Sensitive in interaction with others, strong team worker, stimulates others to cooperate where possible, give feedback where necessary, flexible and teaching others to learn how to adapt an effective working style, stimulate others to take action, integer, active participator in meetings, networker.

**Organisational skills and competences**  
Result driven, strong in controlling processes during meetings, high quality standard and organisational skills (being trained as facilitator).

**Technical skills and competences**  
Strong and broad background in life sciences, nutrition sciences, analytical, science driven.

**Computer skills**  
Advanced user of both Apple and Windows platforms and related office software.

- Maintain and expand scientific network in nutritional sciences on relevant nutritional areas for the company.
- Representation of the company in external scientific organisations and projects, like ILSI, TNO, TIFN, Healthgrain EU.

**Career from Senior Researcher to Senior Nutritionist**  
1994 - 2006

Friesland Campina (Friesland Coberco)  
Dairy Company

- Maintain nutrition knowledge in the area of dairy based functional foods and infant formula.
- Development, coordination and monitoring of internal and external research programs and projects.
- Writing of reviews/state of the arts of nutrition developments relevant for business development.
- Supporting commercial units with relevant nutrition knowledge, writing of brochures and other materials used in commercialisation of foods.
- Issue management in case of emergencies and recalls.
- Development of nutrition training programs for marketing and sales people.
- Maintain and expand scientific network in nutritional sciences on relevant nutritional areas for the company.
- Representation of the company in external scientific organisations, like ILSI, TIFN, TNO, Leatherhead Food RA.
- Organisation and coordination of brainstorming, workshops and research meetings as facilitator.

**Secretary**  
1991 - 1994

Dutch Food and Nutrition Council (nowadays part of the Health Council)  
Advisory Body for the Dutch Government

- Organisation and coordination of the activities of committees that served the council to write advice on issues related to food and nutrition in the Dutch population to the ministry of health and ministry of agriculture.
- Setting up and writing of the pre-advice.

**Rayon Manager**  
1990 - 1991

Glaxo (nowadays part of Glaxo Smith Kline)  
Pharmaceutical industry

- Sales of medicine to medical profession, in this case mainly to general practitioners and dermatologists.

## ANNEX

- Board experience
- Memberships of relevant organisations
- Knowledge areas
- Publication list
- List of advises worked on for the Dutch Food and Nutrition Council
- Network experiences
- Educational experiences
- Project management
- Facilitation activities
- Fundings

### Scientific Associate

1990 - 1991

University of Maastricht,  
University, pharmacological research

- PhD study on "the role of the atrial natriuretic peptide in cardiovascular disease".

## EDUCATION AND TRAINING

### Ph.D. Medical Sciences

Department of Pharmacology, University Maastricht  
September 1990

### Engineers examination

Human Nutrition, University of Agriculture Wageningen  
June 1986

### Doctoral examination

Biology, Catholic University Nijmegen, Faculty of Mathematics and Natural Sciences  
June 1983

### Baccalaureate

Canisius College (high school), Nijmegen  
June 1977

## BOARD EXPERIENCES

- Since 2021 Board member of the Dutch Society for METc's (NVMETc)
- 2021 - 2022 Member of the Scientific Committee of the 20th ICC conference 2022
- Since 2020 Secretary of the Steering group of FENS working groups on Improving Standards in the Nutrition Sciences
- Since 2020 Vice president of the Whole Grain Initiative Leaderships team
- 2019 - 2021 Member of the Program Committee of the Whole Grain Summit Rome 2021
- Since 2018 Board member of Healthgrain Forum
- Since 2017 President of Nutrition in Transition Foundation
- Since 2017 Chair of the International Working Group on the Economic Evaluation of Increased Whole Grain Intake (One of the WG as outcome of the Whole Grain Summit Vienna 2017)
- 2016 - 2017 Member of the Program Committee of the Whole Grain Summit Vienna 2017
- 2015 - 2016 Member of the Scientific Committee of the 4th ISEKI Conference
- 2015 - 2016 Board member Grains for Health Foundation
- 2014 - 2018 Member of the Village Council Gorssel
- 2012 - 2015 Member of the Scientific Advisory Committee Grains for Health Foundation
- 2011 - 2012 Member of the Program Committee of the Whole Grain Summit Minneapolis 2012
- 2010 - 2011 Vice-president Nutrition Division, American Association of Cereal Chemistry
- 2010 - 2012 Board member of Health Grain Forum
- 2008 - 2009 Member of the Program Committee of the Whole Grain Summit Newcastle 2009
- 2003 - 2007 Foundation of the Dutch Academy of Nutrition Sciences and Board member of the Dutch Academy of Nutrition Sciences, involved in national and international contacts
- 1998-2002 Vice-president of the Netherlands Society of Nutrition and Food Technology
- 1996-1999 Treasurer of the Leeuwarder Rowing Club Wetterwille
- 1993-1998 Chair of the working group Nutrition of the Netherlands Society of Nutrition and Food Technology and therewith member of the board of this society.

## MEMBERSHIP OF SCIENTIFIC SOCIETIES

- Since 2016 Membership of the American Society of Nutrition
- Since 2016 Membership of the International Association for Cereal Science and Technology
- Since 2010 Membership of Healthgrain Forum
- 2010 - 2015 Membership of Food Valley
- 2007 - 2011 Membership of the American Association of Cereal Chemistry
- 2007 - 2011 Membership of Cereals & Europe
- Since 2003 Member of the Dutch Academy of Nutrition Sciences
  - 2013 - 2016 Active in the Ethics Committee
  - 2014 - 2020 Active in the External PR committee
  - Since 2021 Member of the Integrity Committee
- Since 1993 Member of the Netherlands Society of Nutrition and Food Technology
- 1986 - 2011 Member of the Dutch Society of Pharmacology
- 1984 - 2011 Member of the Dutch Society of Physiology

## INNOVATION FIELDS

- Dairy products, fruit juices and Cardiovascular Health
- Potential effects of foods on mood
- Phospholipids and Functional Foods
- Eating disorders
- Overweight and weight management: definitions, population statistics and health concerns
- Satiety and satiation (effects of proteins, effects of dietary fibers)
- Energy metabolism
- Potential Health effects of Fermented Dairy Products (coaching of high school students)
- Protein digestion (coaching of junior researcher)
- Mucosal integrity (coaching of junior researcher)
- Nutrition and atopic disease in young children
- Propolis and the immune system
- Milk and bone metabolism
- Milk protein allergy in infants
- Age limits and Guidelines for a healthy diet.
- Folic acid and neural tube defects.
- Measures taken in relation to struma profylaxis
- Addition of essential nutrients to food
- Health claims on food and the use by consumers
- Cereal dietary fibers and gut health
- Dietary fibers and gut health
- Cereal dietary fibers and weight management
- Health effects of whole grains
- Nutrient profiling of foods
- Methodology of study design of human intervention studies
- Criteria for the validation of (bio)markers.



## LIST OF PUBLICATIONS

- Cramwinkel AB, Boeijen WGM, van 't Hof MA, Vries PJF de, en Waesberghe FMM van. Onderzoek naar factoren die van invloed zijn op het cariësvrij zijn van van 11- en 12-jarige kinderen. Ned. Tijdschr. Tandheelk 93: 190-193 (1986)
- Vries PJF de and Tyssen CM. The acute effect of calcium entry blockers on plasma irANP in conscious SHR. Naunyn-Schmiedeberg's Archives on Pharmacology, 337(supplement): r51 Abstract (1988)
- Vries PJF de, Tyssen CM and Smits JFM. The effect of different ANP analogues on the regional hemodynamics in conscious WKY and SHR. Pharm Wkbl Sci Ed 10, 227 Abstract (1988)
- Vries PJF de, Tyssen CM, Struyker Boudier HAJ and Smits JFM. Effects of deprivation from atrial natriuretic factor on central hemodynamic regulation in WKY, WKY with 5 weeks old myocardial infarction (IWKY) and spontaneously hypertensive rats (SHR). Pharmaceutisch Weekblad 11: J4 Abstract (1989)
- Vries PJF de, Daemen MJAP, Struyker Boudier HAJ and Smits JFM. Atrial natriuretic factor and cardiovascular homeostasis. Hypertension, brain catecholamines and peptides. Editors Nijkamp & de Wied, Elseviers Science Publishers BV pg 51-57 (1989)
- Vries PJF de, Tyssen CM and Smits JFM. Effects of atrial natriuretic peptides (ANF) on regional albumine clearance. Pflügers Archiv, Dutch Physiological Society, Young Physiologist Meeting. S199 Abstract (1990)
- Vries PJF de, Tyssen CM, Struyker Boudier HAJ and Smits JFM. Atrial natriuretic factor increases albumin extravasation in conscious rats. Pflügers Archiv 415: 507-509 (1990)
- Vries PJF de, Tyssen CM, Stuyker Boudier HAJ and Smits JFM. Physiological role of ANP under resting and volume expanded conditions in normotensive rats. Life Sciences 47: 2291-2298 (1990)
- Vries PJF de, Atrial Natriuretic Peptides, their role in cardiovascular homeostasis. Thesis, 1990.
- Beukelman CJ, Vries PJF de, Schaafsma A, Quarles van Ufford HC, Kuenen J, Kroes BH, van den Worm E, Berg AJJ van den, Labadie RP, Dijk H. Immunomodulating Properties of Propolis. Proceedings of 45th Annual congress of the Society for Medicinal Plant Research. September 7th-12th, 1997, Regensburg, Germany.
- Löwik MRH, Hulshof KFAM, Heijden LJM van der, Brussaard JH, Burema J, Kistemaker C and Vries, PJF de. Changes in the diet in the Netherlands: 1987-1988 versus 1992 (Dutch Nutrition Surveillance System). Int J Food Sci Nutr 49, (suppl 1) S1-S64 (1998)
- Schaafsma A, Pakan I, Hofstede GJ, Muskiet FA, Van Der Veer E, De Vries PJ. Mineral, amino acid, and hormonal composition of chicken eggshell powder and the evaluation of its use in human nutrition. Poult Sci.2000 Dec; 79(12):1833-8
- Schaafsma A, de Vries PJ, Saris WH. Delay of natural bone loss by higher intakes of specific minerals and vitamins. Crit Rev Food Sci Nutr. 2001 May;41(4):225-49
- Khayyal MT, el-Ghazaly MA, el-Khatib AS, Hatem AM, de Vries PJ, el-Shafei S, Khattab MM. A clinical pharmacological study of the potential beneficial effects of a propolis food product as an adjuvant in asthmatic patients. Fundam Clin Pharmacol. 2003 Feb;17(1):93-102
- Makkinga J, Walta M, De Vries PJF, and Schaafsma G. The Health Aspects Of Probiotics In Humans. Current topics in Neutraceutical Research 2003;1:235-244
- Westenhoefer J, Bellisle F, Blundell JE, De Vries J, Edwards D, Kallus W, Milon H, Pannemans D, Tuijtelaar S and Tuorila H. Passclaim – Mental State and Performance. Eur J Clin Nutr 2004 (Suppl II);43:II/85-II/117)
- Tetens I, Oberdörfer R, Madsen C and de Vries J. Nutritional characterisation of foods: Science-based approach to nutrient profiling. Eur J Clin Nutr 2007 (suppl 2);46:4-14

- Garsetti M, de Vries J, Smith M, Amosse, A and Rolf-Pedersen N. Nutrient profiling schemes: overview and comparative analysis. *Eur J Clin Nutr* 2007 (suppl 2);46:15-28
- Gemen R, de Vries PJF and Slavin JL. What is known about the relation between the molecular structure of cereal dietary fiber and health effects; a review with the focus on glucose/insulin response and gut health. *Nutr Rev* 2011;69:22-33
- Welch RW, Antoine J-M, Berta J-L, Bub A, de Vries J, Guarner F, Hasselwander O, Hendriks H, Jakel M, Koletzko BV, Patterson CC, Richelle M, Skarp M, Theis S, Vidry S and Woodside JV. Guidelines for the design, conduct and reporting of human intervention studies to evaluate the health benefits of foods. *BJN* 2011;106:S3-S15
- McKeown NM, Jacques PF, Seal CJ, de Vries J, Jonnalagadda SS, Clemens R, Webb D, Murphy LA, van Klinken JW, Topping D, Murray R, Degeneffe D, Marquart LF. Whole Grains and Health: from Theory to Practice—Highlights of the Grains for Health Foundation’s Whole Grains Summit 2012. *J Nutr* 2013;143:744S-758S
- De Vries J, Antoine J-M, Burzykowski T, Chiondini A, Gibney M, Kuhnle G, Méheust A, Pijls L and Rowland I. Markers for nutrition studies: review of criteria for the evaluation of markers. *Eur J Nutr* 2013;52:1685-99
- De Vries, Jan, Miller Paige E, Verbeke, Kristin. Effects of cereal fiber on bowel function: A systematic review of intervention trials. *World J Gastroenterol* 2015;21:8952-63
- De Vries Jan, Birkett Anne, Hulshof Toine, Verbeke Kristin, Gibes Kernon. Effects of Cereal, Fruit and Vegetable Fibers on Human Fecal Weight and Transit Time: A Comprehensive Review on Intervention Trials. *Nutrients* 2016;8:130
- Penders B, Wolters A, Feskens EF, Brouns F, Huber M, Maeckelberghe ELM, Navis G, Ockhuizen T, Plat J, Sikkema J, Stasse-Wolthuis M, van 't Veer P, Verweij M, de Vries J. Capable and credible? Challenging nutrition science. *Eur J Nutr* 2017;56:2009-12
- Jan de Vries, Cindy Le Bourgot, Wim Calame and Frederique Respondek. Effects of  $\beta$ -Fructans Fiber on Bowel Function: A Systematic Review and Meta-Analysis. *Nutrients* 2019;11:91
- Philip C. Calder, Edith J.M. Feskens, Aletta D. Kraneveld, Jogchum Plat, Pieter van 't Veer, Jan de Vries. Towards “Improved Standards in the Science of Nutrition” through the Establishment of Federation of European Nutrition Societies Working Groups. *Ann Nutr Metab* 2020;Feb 19:1-4
- Adèle R. Tufford, Philip C. Calder, Pieter Van 't Veer, Edith F. Feskens, Theo Ockhuizen, Aletta D. Kraneveld, Jan Sikkema, Jan de Vries. Is nutrition science ready for the twenty-first century? Moving towards transdisciplinary impacts in a changing world. *Eur J Nutr* 2020;59(Suppl 1):S1-S10
- James C. Griffiths, Jan de Vries, Michael I. McBurney, Suzan Wopereis, Samet Serttas, Daniel S. Marsman. Measuring health promotion: translating science into policy. *Eur J Nutr* 2020;59(Suppl 2):11-23
- Chris J. Seal, Christophe Courtin, Koen Venema, Jan de Vries. Health benefits of whole grain: effects on dietary carbohydrate quality, the gut microbiome and consequences of processing. *Compreh Rev Food Sci Food Safety* 2021;20:2742-2768.



## LIST OF ADVISES WORKED ON FOR THE DUTCH FOOD AND NUTRITION COUNCIL 1991 - 1994

- Report on the age limit to be adopted in connection with Guidelines for a healthy diet.
- Report on folic acid supply in relation to neural tube defects.
- Report on the review of measures taken in relation to struma profylaxis.
- Intermediate report on the addition of essential nutrients to food.
- Further report on folic acid supply in relation to neural tube defects (drafted by a combined committee of the Health Council and the Dutch Food and Nutrition Council).
- Report on the addition of essential nutrients to food.
- Report on health claims on food (not published as advice due to the judgement of the Council that not enough scientific evidence was available to give advice to the Government).



## NETWORK EXPERIENCE

- Coordination of the scientific contacts for Wageningen Centre for Food Sciences with regard to Nutrition and Health topics as Focal Point
- Coordination of activities related to the International Life Sciences Institute Europe within Friesland Foods and several Task Force involvements:
  - Involvement in the Task Force Functional Food of the ILSI
  - Working group on mental performance
  - Involvement in the PASSCLAIM process
  - Expert group Nutritional Characteristics
  - Expert group Design of Human Intervention Studies
  - Involvement in the Task Force Nutrition and Genetics of the ILSI as task force coordinator
  - Involvement in the Task Force Weight management and Public Health as task force member
  - Involvement in the Task Force Appetite Regulation as task force member
  - Organisation and chairing of the workshop on "Beyond Passclaim".
- Participation in international congresses on nutrition (General Nutrition, Obesity, Weight Management, Nutrient Profiling, etc)
- Contributions to Dutch Dairy Association activities on Nutrition & Health
- Contributions to European Dairy Association activities on Nutrition & Health
- Keeping track of the developments of legal affairs of infant foods and functional foods
  - Participation in the dutch Society of Manufactures of infant Foods and Foods for Special Dietary Uses. Participation in meetings from the IDACE within which discussions take place about the development of regulations of the European Community.
- Representation of CSM in the Healthgrain project
- Organisation and representation of CSM in the AACC Annual meeting 2009
- Member of Food Valley
- Member of Food and Nutrition Delta
- Grains for Health Foundation:
  - Membership of the Board of Directors
  - Organization and participation in set up of Public Private Partnership project
  - Membership of the Scientific Advisory Committee.



- Healthgrain Forum:
  - Coordination of several interactive workshop meetings
  - active participation in the Task Force Health Benefits.
- Federation of Nutrition Societies:
  - Working groups on the Improved Standards in the Science of Nutrition.



## EDUCATIONAL EXPERIENCE

### During study phase

- Supervising Assistant in practical laboratory teaching at the University of Nijmegen, Wageningen University and Maastricht University.

### During PhD phase

- Mentorship of student groups in problem oriented education, Medical Faculty, University of Maastricht.
- Organisation and supervision of practical laboratory teachings for 2nd years medical students, Medical Faculty, University of Maastricht.

### During work phase

- Coaching and supervision of High-School and University students in relevant topics for Friesland Foods during their times of practice in Friesland Foods (see reference Makkinga et al 2003).
- Development of training courses in basic nutritional knowledge and contribution in transferring this knowledge to participants of the training courses, especially to marketing and sales managers.
- Coaching of colleague in PhD-phase (see references Schaafsma et al 2000, 2001).
- Coaching of Wageningen University student in a stage at CSM Innovation Centre (Bingen, Germany. See reference Gemen et al 2011).



## PROJECT MANAGEMENT

- Leading, coordination and motivating project groups on research projects on infant foods and functional foods.
- Safety analysis protocols for new and existing sources potentially applied in infant foods and/or functional foods.
- Coordination of in vitro and in vivo animal experimental studies.
- Coordination of human intervention studies.
- Observational study on predisposing factors for atopic diseases in relation to nutrition from birth on.
- Development of dairy products with high nutritional value for low economy countries.
- Improving resistance with milk components.
- Development of a high-throughput screenings tool with spectrophotometric method to determine bacterial growth inhibition.

- Setting up a cell culture laboratory (based on EU Marie Curie grant: Minor Components).
- Principles of intensification of satiation and extending satiety, steering in the development of product prototypes that are more satiating.
- Development of a behavioural competence matrix for the R&D organisations of Friesland Foods.



### FACILITATION EXPERIENCE

- Knowledge and broad experience in facilitating brainstorming, project start ups and project evaluations.
- Organisation/design of and participation in a number internal and external (scientific) meetings.



### FUNDINGS

- Writing applications for State-aided grants for scientific projects in relation to functional foods. Responsibility on reporting and follow up of the projects included in the grant-applications.
- EU Marie-Curie grant for two industrial fellows on life sciences for 2 years each.
- Sport Innovator Feasibility study on Sports Nutrition.

