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From:
Sent: 28 August 2014 09:35
To: SACN
Cc:

Subject: ASO response to consultation on SACN carbohydrate report

Consultation on SACN carbohydrate report

Response from the Association for the Study of Obesity

Thank you for the opportunity to comment on the draft SACN report on carbohydrates and Health.

The Association for the Study of Obesity (ASO) welcomes the update to the existing population recommendations on carbohydrates, particularly on fibre and free sugars, given new evidence.

ASO considers the approach the committee has taken to the consideration to the evidence to be thorough and appropriate.

ASO agrees with the proposed use of the terms fibre and free sugars. However, it will be important to ensure careful communication of these changes, and to consider the implications for labelling, on-going population monitoring and messages for the public.

ASO largely agrees with the proposed population intakes. Given current population intakes, the recommendations will require a robust policy response, and as above, careful, consistent and clear communication of advice for the public.

ASO suggests that SACN consider strengthening the recommendations on sugar sweetened beverages (SSBs), given their contribution to daily intakes of free sugars, the strength of the evidence base and the significant opportunities for intervention. ASO is concerned that the current statement around 'minimising' SSBs is ambiguous. ASO would strongly support a recommendation that SSB should be avoided rather than minimised.

ASO notes that the proposed population intakes for children over age 2 has implications on existing advice for the appropriateness or otherwise of population 'healthy eating' recommendations for children under age 5. ASO also notes that the inclusion of fruit juice in the definition of free sugars will have implications for the existing 5 a day message. Clarity on these issues will be required. ASO would welcome consideration of the contribution of alcoholic beverages to intake of free sugars (highlighted within the body of the report but not the overall summary and conclusions).

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