

Scientific Advisory Committee on Nutrition

Annual Report 2002

Contents

	Page Number
Foreword	1
1) Introduction:	3
1.1 Overview	3
1.2 About the Committee	3
1.3 Membership	4
1.4 Remuneration and Committee Finance	4
1.5 Declaration of Interests	4
1.6 Procedures	4
1.7 Forward Look	5
1.8 Openness	5
2) Issues presented to the Committee for Discussion:	6
2.1 Royal Society Report ‘Genetically Modified Plants for Food Use and Human Health – An Up-date’	6
2.2 Food Advisory Committee ‘Review of Food Labelling 2001’	6
2.3 Gluten in weaning foods for infants aged 4 - 6 months	7
2.4 Advisory Committee on Novel Foods and Processes Opinion on DHA Gold™	8
2.5 Advice on the benefits of Oily Fish & Fish Oil consumption	9
2.6 Expert Group on Vitamins and Minerals Draft Report	9
3) Papers presented to the Committee for Information:	11
3.1 Fructo-oligosaccharides and Galacto-oligosaccharides in Infant Formulae	11
3.2 Briefing on the Advisory Committee on Research	12
3.3 Folic acid and the prevention of disease – An up-date	13
3.4 Food and Agriculture Organisation of the United Nations/ World Health Organisation Report on Evaluation of Health and Nutritional Properties of Probiotics in Food including Powder Milk with Live Lactic Acid Bacteria	13
3.5 Parliamentary Questions related to SACN	14
3.6 Committee on Medical Aspects of Food and Nutrition Policy Key Dietary Recommendations	15
4) Up-date on nutrition related activities:	16
4.1 Information presented by the Food Standards Agency	16
4.2 Information presented by the Health Departments	17

5)	Sub-Groups and Working Groups:	22
5.1	Sub-Group on Risk Evaluation	22
5.2	Sub-Group on Salt	22
5.3	Working Group on Iron	24
Annex 1	Administrative Matters: Terms of Reference	25 25
Annex 2	Membership and Biographies of the Committee, Sub-Groups and Working Groups	26
Annex 3	Register of Members' Declaration of Interests 2002	37

Foreword

I am pleased to present the 2002 annual report of the Scientific Advisory Committee on Nutrition (SACN), for the second year of its operation.

This report reflects the wide range of issues which the Committee has been asked to consider during the course of the year. These include matters which have been considered during its regular meetings, by its working groups and also by correspondence.

I was particularly interested to see the level of interest from Ministers over the course of the year with 14 Parliamentary Questions concerning SACN and its work. This demonstrates an increasing profile of the Committee and an awareness of its work.

I would like to thank the Sub-Group which produced a framework for use in the evaluation of evidence that relates food and nutrients to health. This work was completed during the year, and its importance will become increasingly obvious as the framework is used as the standard against which the available evidence is assessed. This framework has already found use in structuring the approach adopted by the Sub-Group on Salt, and the Working Group on Iron. I am grateful to the Sub-Group on Salt whose members continued their work throughout 2002. The task was more demanding than initially anticipated, with the need to review a much more extensive literature, and to engage more fully with public consultation. The Working Group on Iron held two meetings in 2002 and their work is progressing under the guidance of Professor Aggett. I look forward to their report. A new Sub-Group on Maternal and Child Nutrition was agreed at the end of the year, with Dr Anthony Williams as the chairperson.

I was interested to see the report by the FSA Review of Scientific Committees¹ which showed that SACN has managed to achieve a high standard in adhering to recommendations made by the review. I am most grateful to members of the Secretariat for their contribution to this achievement, and for the quality of their conscientious support throughout the year.

Finally, but most importantly, may I record my thanks to all the members of the Committee and its Working Groups for their dedication and commitment.



Professor Alan Jackson
CHAIR

¹ Food Standards Agency Report on the Review of Scientific Committees (2002).

1 Introduction

This is the second annual report of the Scientific Advisory Committee on Nutrition (SACN) and covers the calendar year 2002.

1.1 Overview

The full Committee met three times in 2002 on 27 March, 20 June and 3 October. Professor Jackson chaired all meetings. The 20 June meeting was the Committee's first open meeting.

The Sub-Group on Salt met four times in 2002 under the chairmanship of Professor Jackson. The Working Group on Iron met twice chaired by Professor Aggett and the Sub-Group on Risk Evaluation finalised their work in a single meeting in January. The Committee also agreed the membership of a Sub-Group to examine issues on maternal and child nutrition to be chaired by Dr Anthony Williams.

1.2 About the Committee

SACN is a UK wide advisory committee set up to advise the UK Health Departments as well as the Food Standards Agency (FSA) and is supported by a joint Department of Health (DH)/FSA Secretariat.

Its advice covers scientific aspects of nutrition and health with specific reference to:

- Nutrient content of individual foods and advice on diet as a whole including the definition of a balanced diet, and the nutritional status of people;
- Monitoring and surveillance of the above;
- Nutritional issues which affect wider public health policy issues including conditions where nutritional status is one of a number of risk factors (e.g. cardiovascular disease, cancer, osteoporosis and/or obesity);
- Nutrition of vulnerable groups (e.g. infants and the elderly) and health inequality issues;
- Research requirements for the above.

SACN's Terms of Reference are shown at Annex 1.

1.3 Membership

One member, Paulette Jones, left the Committee. The process to appoint a new member began. Biographies of members can be found at Annex 2.

1.4 Remuneration and Committee Finance

Remuneration for the Committee was in accordance with guidelines issued by the Office for the Commissioner of Public Appointments (OCPA), as follows:

For main meetings the Chair received an attendance fee of £114 plus a reading fee of £29. Members received £92 for attendance plus a reading fee of £24.

For Working/Sub-Groups, Chair remuneration was £92 attendance and £24 reading fee. Members received £74 attendance and £18 reading fee.

The sponsor departments also met travel and subsistence costs.

The cost of the Committee, excluding Secretariat resources, for 2002 was £31,548.35. DH and FSA met the cost on an equal basis.

1.5 Declaration of Interests

The Committee follows Government advice on declaration of interests. Members are requested to declare an interest at meetings where there may be a conflict of interest with regard to the issue under scrutiny. Members are also requested to provide the Secretariat with an annual declaration of interests, which have been detailed in Annex 3.

1.6 Procedures

Meeting agendas are compiled from a number of sources including outstanding items from previous meetings, items suggested by the Chair or Members, outside bodies including FSA and DH committees as well as items brought forward from the Committee work programme agreed in 2001. Up-dates from SACN Sub-Groups and Working Groups were regular features on the agendas as were reports on nutrition related Government activities in the FSA, and Health Departments.

1.7 Forward Look

Due to the number of ongoing issues already under the Committee's consideration, a forward work programme was not formally discussed during 2002.

1.8 Openness

SACN is committed to a policy of openness and engagement with stakeholders. Papers for the Committee's meetings, agendas and minutes are posted on the Committee web-site at www.SACN.gov.uk (subject to certain exceptions on grounds of commercial or other sensitivity). There were 2513 visits to the home page between April and December 2002.

As part of the policy on openness, one of the Committee's three meetings is held in public. The event in 2002, held at the Royal College of Physicians, London, attracted a great deal of interest from the public and organisations, with over 70 attendees. A question and answer session completed the day's business at which members of the public put questions to the Committee. A summary of these proceedings is available on the web-site in the paper 'Transcript of question and answer session' under the details of June 2002 meeting.

2 Issues Presented to the Committee for Discussion

2.1 Royal Society Report ‘Genetically Modified Plants for Food Use and Human Health – an up-date’ SACN/02/03

The Royal Society commissioned an up-dated report on Genetically Modified (GM) foods based on research since the publication of its last report in 1998. The up-date *Genetically Modified Plants for Food Use and Human Health*² focuses on the effects that GM foods might have on human health and on the issues surrounding GM food safety testing.

The Committee was invited to comment on whether the SACN drafted *Framework for Evaluation of Evidence that Relates Food and Nutrition to Health* (see section 5.3) could be applied to suitable nutrition related GM issues highlighted in the report.

Members discussed the Committee’s role in the assessment of GM foods and agreed that while SACN was not responsible for food safety it was able to examine the nutritional impact of GM foods. It was agreed that a strategic decision on the nutritional assessment of GM foods was needed and requested that the issue be brought to the attention of the DH and the FSA for formal consideration. Comments were passed to the relevant FSA department and in response to members’ queries, a position paper was presented to the Committee outlining the current arrangements for the nutritional assessment of novel foods including GM foods (see section 3.4).

2.2 Food Advisory Committee ‘Review of Food Labelling 2001’ SACN/02/04

The *Review of Food Labelling 2001* was carried out by the FSA’s Food Advisory Committee (FAC) in response to the considerable changes in food production and processing that have taken place over the last decade (the last review was carried out in 1990). The review covered issues such as the purpose of food labelling, nutrition labelling, labelling of Genetically Modified foods, labelling of allergens and the declaration of ‘country of origin’.

² The Royal Society *Genetically Modified Plants for Food Use – an Up-date* (2002).

The Secretariat brought the Committee's attention to the report with specific reference to Recommendation 27 of the FAC Review. This refers to nutrition labelling stating that:

should be reviewed with the intention of significant simplification to avoid the current, complex listing. The Committee believes that all foods must in future carry a statement of energy and fat content, in a standard format. Additional voluntary labelling should be in the same format.³

Members noted that the report recommended basic nutrition labelling as being only for energy and fat and not for salt. Questions were raised about the proposal that symbols should be banned and that there was the need to define clearly what was meant by 'eating out'.

The Committee's comments were forwarded to the relevant parties in the FSA.

2.3 Gluten in weaning foods for infants aged 4-6 months SACN/02/08

Members were invited to comment on the correspondence received from the Parents Group, Tamworth Health Centre, seeking clarification as to whether gluten should be included in the diets of babies aged 4-6 months and its association with coeliac disease and autism.

Members recognised that there was continued debate and uncertainty on whether the late introduction of gluten defers the presentation of coeliac disease. Members also noted the Medical Research Council's (MRC) report on Autism⁴. The role of nutrients and other dietary components in the pathogenesis of Autism Spectrum Disorders is unclear at present and the evidence of an association between the early introduction of gluten and autism was limited.

³ FAC Review of Food labelling (2000) Paragraphs 88- 90.

⁴ Medical Research Council *Review of Autism Research Epidemiology and Causes* (2001).

Given the lack of evidence, the Committee agreed that it would be prudent to continue with the following recommendations made by the Committee on Medical Aspects of Food and Nutrition Policy (COMA) in 1994 in the *Weaning and Weaning Diet*⁵ that:

Where there is a family history of atopy or gluten enteropathy, mothers should be encouraged to breastfeed for six months or longer. Weaning before four months should particularly be discouraged and the introduction of foods traditionally regarded as allergenic should be delayed until six months at the earliest.

Also,

To prevent coeliac disease the cereals given to infants less than 6 months should preferably be gluten free, such as rice or maize.

2.4 Advisory Committee on Novel Foods and Processes Opinion on DHA Gold™ SACN/02/15

The FSA's Advisory Committee on Novel Foods and Processes (ACNFP) had been required to give an opinion on a novel food DHA Gold™, which is a docosahexaenoic acid (DHA) rich oil obtained from a marine microalgae of the *Schizochytrium* species intended for use as a nutritional food ingredient.

The ACNFP was satisfied that DHA Gold™ was safe for use as a nutritional food ingredient within stated guidelines.

SACN noted the opinion of the ACNFP and voiced concerns over assumptions that DHA effects would be similar to fish oils. Members highlighted some limitations in the research presented (small sample size and age range of study participants) and the importance of adequate labelling of the product.

The ACNFP Secretary, present at the meeting, agreed to forward SACN comments to the ACNFP.

Further information on the work of the ACNFP can be found at www.foodstandards.gov.uk/science/

⁵ Department of Health. Weaning and the Weaning Diet. Report on Health and Social Subjects 45. London: HMSO 1994.

2.5 Advice on the Benefits of Oily Fish & Fish Oil Consumption SACN/02/12

Due to on-going concerns about contamination of fish and fish oils, and the need for the FSA to ensure that consumers are provided with appropriate advice on the benefits and risks of fish and fish oil consumption, the FSA invited the Committee to comment on the health benefits of oily fish.

An *Ad-Hoc* Group was formed consisting of the SACN Chair, Professor Alan Jackson and SACN member Professor Christine Williams as well as Professor Tom Sanders from Kings College (London) and Professor Philip Calder, University of Southampton.

The *Ad-Hoc* Group was asked to consider evidence of the association between fish and fish oil consumption and the primary and secondary prevention of cardiovascular disease, published since 1994, when COMA had last reviewed the issue.

After consideration of the evidence, the *Ad-Hoc* Group concluded that overall the evidence on the health benefits of oily fish and fish oils strongly supports the COMA recommendation of 1994 that 'people eat at least two portions of fish, of which one should be oily, weekly'. The scientific evidence that an increase in fish consumption or fish oil supplementation would decrease the incidence of coronary heart disease (CHD) in the UK population was found to be stronger now than in 1994. The Group considered that if the COMA recommendation on n-3 polyunsaturated fatty acids intake level was revisited 'the strength of the current evidence would lead to a recommendation for a figure greater than 0.2g/d for the UK population'.

The Committee supported the conclusions of the *Ad-Hoc* Group paper in the context of the question asked. Further work on this topic will take place in 2003.

2.6 Expert Group on Vitamins and Minerals Draft Report SACN/02/12

The FSA's Expert Group on Vitamins and Minerals (EVM) is an *Ad Hoc* Group which was set up with the specific purpose of setting safe upper limits for vitamin and mineral intakes taking account of levels present in supplements and the diet.

The EVM draft report established Safe Upper Levels (SULs are defined as a maximum supplemental or total level of nutrient that can be taken safely, every day over a lifetime, for every individual) for 9 vitamins and minerals, based on either supplement intervention studies or animal studies. Where there were insufficient data, the EVM provided guidance on what might represent a safe intake.

SACN congratulated the EVM on the magnitude of their task and the production of an excellent reference document.

Members noted that detailed comment about sulphur had been excluded from the report. They were informed that sulphur was excluded because it was not used in supplements in the United Kingdom, and was primarily found in the diet as a constituent of amino acids. The Committee expressed some concern that in addition to that in amino acids, a significant proportion of sulphur in the diet came from food additives.

It was agreed to ask the EVM to reconcile the chapter on sodium chloride with the draft findings of the SACN Sub-Group on Salt.

3 Papers Presented to the Committee for Information

3.1 Fructo-oligosaccharides and Galacto-oligosaccharides in Infant Formulae SACN/02/01

Prompted by concerns in a number of Member States, the Scientific Committee on Foods (SCF), at the request of the European Commission, considered the safety of infant formulae containing fructo-oligosaccharides (FOS) and galacto-oligosaccharides (GOS). The initial conclusion of the SCF was that:

There are insufficient data to establish safe use of FOS and GOS as ingredients of infant formulae, which serve as the sole diet of infants during the first months of life. Appropriate studies should evaluate the potential adverse effects, particularly with respect to water balance and nutrient bioavailability.

Concerns of the SCF included stool frequency and reduced stool consistency resulting in possible dehydration in young infants. The SCF noted the particular risk to infants who might experience the stress of increased water losses, for example during times of fever and infectious diarrhoea. The SCF considered the risk of adverse effects amongst older infants to be very low and raised no concern about the use of FOS and GOS in follow-on formulae.

There are two products available in the UK containing FOS and GOS, *Omneo Comfort Stage 1* and *Omneo Comfort Stage 2* both marketed by Nutricia. Additional information from the manufacturer led to the SCF issuing the following statement concerning the product *Omneo Stage 1*;

The additional information made available, in particular with respect to growth and markers of water balance, does not provide any indication of adverse effects from the use of a formulae with up to 0.8 g/dl of a combination of 90% oligogalactosyl-lactose and 10% high molecular weight oligofructosyl-saccharose. Based on this data the Committee has no major concerns about this combination of oligofructosyl-saccharose and oligogalactosyl-lactose in infant formulae and follow-on formulae in total concentrations up to 0.8 g/dl in the product ready for consumption.

The SCF recommended that further information be collected on the suitability of short chain carbohydrates in infant formulae and follow-on formulae with particular attention given to the effects on growth and body composition, nutrient bioavailability, water balance, urine output and urine osmolarity in infants and neonates. The SCF also noted that short chain carbohydrates are to be reviewed further as part of the ongoing evaluation of the compositional requirements of infant formulae and follow-on formulae.

The Committee agreed with SCF's conclusions and advised that the addition of FOS and GOS should be considered when the overall composition of infant formulae is reviewed.

3.2 Briefing on the Advisory Committee on Research SACN/02/11

The Advisory Committee on Research (ACR) is a Committee of independent experts established by the FSA. It was formed in direct response to Recommendation 2 of the Arbuthnott Report⁶, "*to oversee [the Agency's] research strategy and to advise on and help it direct and co-ordinate its research effort.*" The ACR has also since been charged with helping the FSA Board in implementing other recommendations arising from the Report.

The Committee were provided with information, which clarified the remit of the ACR, assessing the Agency's overall research programme in line with the objectives of the FSA Board.

Members noted that the Chair of the ACR is an authority in nutrition, but queried whether the membership included sufficient specialist expertise in nutrition to contribute to discussions on specific aspects of nutrition research and whether there was any opportunity for cross-representation between the ACR and SACN. Members were informed that the ACR did not depend solely on the expertise of its members and had close links with many other committees. However, the wide range of issues that the ACR was required to address meant that it was not practical to have cross-representation with all FSA committees.

SACN highlighted the importance of having close links with the ACR. It was agreed that the views of SACN would be fed back to the ACR when appropriate.

⁶ Food Standards Agency *A Review of the Food Standards Agency's Research Portfolio and Research Management Systems (The Arbuthnott Report)* (2001).

3.3 Folic acid and the prevention of disease – An up-date SACN 02/19

The FSA introduced a paper highlighting the FSA Board decision on the fortification of wheat flour with folic acid (May 2002) which was subsequently forwarded to Health Ministers (July 2002). Members were reminded that COMA had concluded (2000)⁷ that fortification of wheat flour would reduce the number of births affected by neural tube defects (NTDs), the most common of which is spina bifida. Members were informed that the decision of Ministers will be based on the COMA conclusions, the responses to the Consultation carried out in 2000, and the advice from the FSA and the Chief Medical Officers. During the discussion it was noted that the original basis for the consideration of the fortification of flour with folic acid was the risk to women of childbearing age having a baby with an NTD. There were further health implications to fortification with folic acid, with a possible benefit for cardiovascular health and neurocognitive function in older adults, which had to be balanced by a possible risk of masking a deficiency of vitamin B12 in older adults. The balance of benefit and risk for all population groups has to be taken into consideration when fortification, which is likely to affect the entire population, is considered.

3.4 Food and Agriculture Organisation of the United Nations (FAO)/World Health Organisation (WHO) Report on Evaluation of Health and Nutritional Properties of Probiotics in food including Powder Milk with Live Lactic Acid Bacteria SACN/02/37

The FAO and WHO held a joint expert consultation on the health and nutritional properties of probiotics in food including powdered milk with live lactic acid bacteria, during a meeting between 1 and 4 October 2001. The latest information and scientific evidence available on the functional and safety aspects of probiotics was evaluated, as well as the methodology to assess such aspects.

SACN noted the resulting report⁸ and considered it to be a timely publication.

⁷ Department of Health. Folic Acid and the Prevention of Disease. Report on Health and Social Subjects 50. London: The Stationary Office 2000.

⁸ Report of a Joint FAO/WHO Consultation *Health and Nutritional Properties of Probiotics in Food including Powder Milk with Live Lactic Acid Bacteria* (2001).

3.5 Parliamentary Questions related to SACN SACN/02/38

The Committee was presented with a list of parliamentary questions and responses by the Secretary of State for Health (SoSH) on matters relating to SACN, that were published in Hansard. The questions covered the period between December 2001 and July 2002.

The Committee noted the paper.

Details of the questions follow, with the Hansard number reference in brackets. Further details can be obtained from www.parliament.the-stationery-office.co.uk/pa/cm/cmhansrd.tm

Mr Martyn Jones (Clywd South) - To ask the Secretary of State for Health (SoSH);

- if he will list the membership of a) SACN and b) its sub-groups (23882)
- which members of SACN have participated in previous investigations into dietary salt and health conducted by a) the Cardiovascular Review Group of the Committee on Medical Aspects of Food and Nutrition Policy, and b) other Government bodies since 1990. (23885)
- on what scientific evidence the Food Standards Agency based its statement on dietary salt and its effect on human health contained in its announcement on salt in bread on 29th November; and for what reason the statement was made by FSA before the salt review by SACN had been completed. (23890)
- what representations have been presented to SACN's sub-group on salt, other than the submissions sent to the Secretariat in response to the call for evidence. (53198)
- whether SACN's sub group on salt plans to produce an interim report of its review on the evidence on salt. (53200)

Mr David Borrow (South Ribble) - To ask SoSH;

- what the remit is of SACN's review of the evidence on salt since 1994. (40300)
- if stakeholders were a) contacted by SACN and b) asked to submit evidence to the review of salt. (40301)

- whether SACN will publish the evidence received from the stakeholders a) during and b) after the outcome of the dietary sodium review. (40302)
- what role the Department of Health plays in SACN's review of the evidence on salt in the diets of adults and children; and whether consultees will be given the opportunity to comment on the draft of SACN's report on salt prior to publication. (54245)

Mr Tim Boswell (Daventry) - To ask SoSH;

- when SACN review of the available evidence in relation to salt in the diets of adults and children plans to report; and whether its report will be published. (49811)

Mr John Gummer (Suffolk Coastal) - To ask SoSH;

- what other evidence the FSA's SACN will use in their review of the evidence on salt. (69978)
- if the FSA's SACN sub-group on salt received copies of the references, studies, research and evidence listed in the submissions. (69979)
- whether verbal summaries of the submissions were given to the FSA's SACN sub group on salt. (69980)
- when the FSA's SACN expects to contact the interested parties who submitted evidence to its review on salt and inform them of the procedure involved in the assessment of evidence. (69981)

3.6 The Committee on Medical Aspects of Food and Nutrition Policy (COMA) Key Dietary Recommendations SACN/02/26

The Committee requested further information on the Key Dietary Recommendations made by its predecessor, COMA, since the publication in 1991 of COMA's *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*⁹.

A summary of COMA recommendations was provided.

It was confirmed that Government dietary advice is currently based on the recommendations made by COMA.

⁹ Department of Health. *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*. Report on Health and Social Subjects 41. London: HMSO 1991.

4 Up-date on Nutrition Related Activities

4.1 Up-date on Nutrition Related Activities: FSA SACN/02/05,06,16,17,18,19,30,31

Research

The Committee received regular up-dates on research in the nutrition field sponsored by the FSA. The aims of current research programmes were outlined and a list of current projects presented.

The programme of workshops which match with the research programmes and detailed reports were presented at the workshops on complex carbohydrates and antioxidants.

Surveys

Ongoing FSA surveys including the National Diet and Nutrition Survey and information on the Low Income Diet and Nutrition Survey were detailed, including aims and methodology.

Promoting healthy eating practices

Details of the manner in which the Agency promotes healthy food choices were given including an outline of materials such as 'Catering for Health'. Details, aims and objectives of proposed nutrition campaigns which sought to raise awareness of healthy eating messages for young adults including activity targeting schools, were also presented.

FSA Committees

SACN were provided with regular reports of the ongoing deliberations of the FSA Expert Group on Vitamins and Minerals.

Up-dates from FSA Wales, Scotland and Northern Ireland

Included in the up-dates offered to the Committee were the FSA Scotland Diet and Nutrition Strategy draft document, and the Scottish version of 'Catering for Health'.

Information from FSA Wales included the consultation on the Nutrition Strategy for Wales providing resources and training tailored to the needs of Welsh children based on the Welsh curriculum; work to educate people about food issues outside the school setting, e.g. among caterers and the general public. Evaluation measures included an evaluation of the effect of new Welsh school meals regulations on children's diets and a pilot intervention and evaluation of the Bangor University "Food Dudes" project.

Information from Northern Ireland included that on the community partnership project "Decent Food for All".

SACN Comment

Members expressed strong support for the use of research workshops and programme reviews. It was emphasised that by bringing in expertise, raising standards, and by providing an opportunity for reflection, they made a useful contribution to the advancement of science.

The Committee made particular note of the importance and value of the rolling programme of dietary surveys, especially the importance of the methodology adopted and the value of longitudinal studies in the assessment of risk and the formulation of policy.

4.2 Up-date on Nutrition Related Activities: Health Departments SACN/02/05, 20, 21, 22, 32, 33, 34, 35, 36

Department of Health

Infant nutrition

Members were kept informed of the proposed reform of the Welfare Food Scheme and the associated consultation. At the time of its completion the COMA review of the Welfare Food Scheme had been placed on the COMA web-site, but had since been archived. Members were informed of action to increase breastfeeding rates in England, including the Infant Feeding Initiative, best practice projects and the annual National Breastfeeding Awareness Week.

5 A DAY Programme

DH up-dated members on the results of the evaluation of the 5 A DAY Community Pilot Projects which aimed to increase access to and availability of fruit and vegetables within disadvantaged communities. Evaluation of the pilot studies suggested that community-wide interventions can produce important changes in people's knowledge of, access to and intake of fruit and vegetables. Overall, the intervention was found to have had a positive effect on people with the lowest intakes. Those who ate less than five a day at baseline increased their intakes by 1 portion over the course of the study. Following successful piloting, the New Opportunities Fund has made £10m available to support the establishment of 66 new initiatives, led by Primary Care Trusts.

A 5 A DAY logo has been developed as part of the 5 A DAY communications programme. The logo is designed to be a trusted symbol that aims to provide a consistent 5 A DAY message and help consumers to meet the target.

Members were also regularly informed about the progress of the National School Fruit Scheme, which will from 2004 provide all 4-6 year old children in England with a free piece of fruit during the school day. The roll-out of the Scheme is being funded by the New Opportunities Fund.

Obesity and physical activity

Members were informed on action to tackle obesity and physical activity, such as the NICE guidance on the use of anti-obesity drugs, and new primary care trust led community physical activity pilots.

Other action

Other action which Members were informed about and given the opportunity to comment on included:

- Cross government action to improve nutrition and physical activity within schools, such as the Food in Schools programme and the National Healthy School Standard.
- Initiatives with the food industry to improve the overall balance of the diet, in particular, the joint DH/FSA discussions with the food industry to reduce the amount of salt in foods.

- The Policy Commission report on the Future of Food and Farming.
- The joint DH/FSA Nutrition Forum.
- Research on diet and nutrition commissioned under the Department of Health's Policy Research Programme.

The Scottish Executive

Scottish Diet Action Plan

Members were informed about the "healthy living" campaign, launched in January 2003. The campaign aims to increase consumer demand for healthier food through a call centre and web-site which provide practical advice to members of the public seeking to change their diet. This initiative is being taken forward as part of the implementation of the Scottish Diet Action Plan. It was noted that while the current priority is to implement the Scottish Diet Action Plan, the Executive recognises that further work is required on monitoring and evaluation (particularly for dietary intakes) and is considering how this can be achieved.

Infant feeding

The Health Department summarised the findings of the Infant Feeding Survey 2000. Members noted the increased incidence and duration of breastfeeding in Scotland which may have been due to the ability to target interventions based on good local data on breastfeeding.

Micronutrient intakes

Members expressed a number of concerns about the suggestion that alcoholic drinks might be fortified with thiamine, which was being considered in Scotland.

Members were informed about the work of the Scottish Vitamin D Working Group.

Other action

Members were also informed about and given the opportunity to comment on:

- The Berry Scotland Project, which aims to increase soft fruit consumption.
- Various action on food in schools, including a review of breakfast club provision and the publication of 'Hungry for Success' which sets nutritional standards for school meals in Scotland.

The Welsh Assembly

Nutrition Strategy

Members were informed about and given the opportunity to comment on the Nutrition Strategy for Wales and the Nutrition and Catering Framework for Wales. Members were of the view that the latter would help ensure that nutrition is an integral part of patient care.

Action in schools

Differences between the various school fruit schemes in the UK were noted. In Wales, schools are given small grants through their Local Healthy Schools Scheme to help establish fruit tuck shops.

Other Action

Members were also informed about and given the opportunity to comment on:

- The Assembly's Community Food Initiative, which aims to address healthy eating among disadvantaged groups.
- The Assembly's Healthy and Active Lifestyles Action Plan.

The Department of Health, Social Services and Public Safety (DHSSPS), Northern Ireland

Action in educational settings

Members were informed that a Fresh Fruit in Schools pilot scheme was launched in Northern Ireland October 2002.

Nutritional guidelines have been distributed to nurseries and playgroups and there is an on-going “Cook it” nutrition education programme.

Infant feeding

Members were up-dated on the prevalence of breastfeeding in Northern Ireland. There is a DHSSPS Breastfeeding strategy and a co-ordinator is in post to assist implementation.

Other action

Members were also up-dated on the 2 year community partnership project “Decent Food for All” to address food poverty issues.

5 Sub-Groups and Working Groups

5.1 Sub-Group on Risk Evaluation A Framework for Evaluation of Evidence that Relates Food and Nutrients to Health

A Sub-Group of SACN under the guidance of SACN member Professor Cummings finalised a working document for use by the Committee in evaluating evidence that relates food and nutrients to health. The guidance was agreed by the main Committee and has since been used by the Sub-Group on Salt in its work.

Issues for consideration by SACN may originate from a variety of sources, often in response to emerging evidence. Requests may come from the sponsoring departments, or from special interest groups, industry or because of developments in legislation at EU or other international organisations. Views from other expert bodies, either UK or international may also precipitate discussion. This document was produced not only to help the Committee and Sub-Groups to evaluate evidence but also to impart to interested parties at the outset how evidence will be considered.

The framework has been posted on the SACN web-site. Membership of the Sub-Group is at Annex 2.

5.2 Sub-Group on Salt

Background

The relationship between salt and blood pressure was previously considered in 1994 by the Committee on Medical Aspects of Food and Nutrition Policy (COMA) as part of a review on the *Nutritional Aspects of Cardiovascular Disease*¹⁰. COMA recommended a reduction in the average intake of salt by the adult population from 9g to 6g per day. A similar proportionate reduction in the salt content of children's diets was recommended, but insufficient data were available to enable quantification. The recommendations were made based on evidence of a causal relationship between salt intake and blood pressure level and also the rise in blood pressure with age.

¹⁰ Department of Health. *Nutritional Aspects of Cardiovascular Disease*. London: HMSO 1994.

The Government continued to receive representations from interested parties regarding the extent to which the evidence since 1994, on salt intake and health, has been considered. In September 2001, in response to such representations, SACN was asked by the FSA and the Chief Medical Officer of Wales to review the evidence since 1994 and to consider making recommendations for children. SACN established a Sub-Group on Salt to take this work forward.

Working procedures

A call to submit evidence to the SACN Sub-Group on Salt was placed on the web-site in October 2001. Eleven submissions were received and these were discussed by the Sub-Group at its first meeting on 25 January 2002 and were taken into account when the key issues for consideration were identified. These were: physiological requirements for sodium; salt sensitivity; effects of salt on blood pressure; and morbidity and premature mortality outcomes.

The framework for risk assessment developed by SACN (2002), was used as a template to identify and evaluate the available evidence since 1994. All the studies considered by the Sub-Group can be found on the SACN web-site.

The evidence was discussed at the second meeting on 18 April 2002 and the third meeting on 21 May 2002. The third meeting also agreed the content and structure of the report on the Sub-Group's findings. A draft of the report was considered by the Sub-Group at its fourth meeting on 11 September 2002 and by SACN on 3 October 2002. The draft report on *Salt and Health* was placed on the SACN web-site on 4 November 2002 and interested parties were invited to submit any comments by 3 January 2003.

The Sub-Group met for the last time on 7 February 2003 to finalise the report in the light of the responses received from interested parties. The amended report was circulated to SACN for their comments and agreement. The report concluded that, since 1994, the evidence for a direct association between salt intake and blood pressure has increased. The Group also endorsed the previous COMA recommendation that the target salt intake for adults should be 6g/day and identified proportionate target intakes for infants and children. The full report on *Salt and Health* can be found on the SACN web-site (www.sacn.gov.uk) and was published in May 2003. Membership of the Sub-Group on Salt Committee is at Annex 2.

5.3 Working Group on Iron

Background

National surveys have consistently identified that a substantial proportion of some groups in the population, particularly young women and children, have low iron status as defined by ferritin levels, and consequently they may be at risk of iron deficiency anaemia.

In 1998, the COMA Working Group on Diet and Cancer considered possible links between red meat consumption and large bowel cancer, and recommended that higher rate consumers should consider a reduction in red meat intake. However, COMA were “aware of the possible associated adverse implications of a reduction in meat consumption on other aspects of health, particularly iron status and recommended that this should be the subject of review” (DH 1998)¹¹. At the first meeting of SACN it was therefore agreed that the Committee should review the subject of iron status in the population.

The following Terms of Reference for the Working Group on Iron were agreed:

To review the dietary intakes of iron in its various forms and the impact of various dietary patterns on the nutritional and health status of the population and to make proposals.

SACN Members agreed that both beneficial and adverse effects of increasing iron intakes need to be considered including:

- The effect of low-grade infections/inflammation on iron status.
- The effect of iron status on mental and physical development.
- The effects of different dietary patterns on iron absorption and utilization.
- The potential adverse effects of excess iron, in particular, promotion of free radical damage and the risk of cardiovascular disease and cancer.

Activity

The Working Group on Iron met twice in 2002. Work is progressing well towards the proposed publication date in Autumn 2004. Membership is given at Annex 2.

¹¹ Department of Health. Nutritional Aspects of the Development of Cancer. London: The Stationery Office 1998.

Annex 1

Administrative Matters

SACN Terms of Reference

The Terms of Reference of SACN are to advise the CMOs and/or the FSA, and thus, through the CMOs or FSA, the Government on scientific aspects of nutrition and health with specific reference to:

- Nutrient content of individual foods, and advice on diet as a whole, including the definition of a balanced diet and the nutritional status of people.
- Monitoring and surveillance of the above.
- Nutritional issues which affect wider public health policy issues, including conditions where nutritional status is one of a number of risk factors (e.g. cardiovascular disease, cancer, osteoporosis and/or obesity).
- Vulnerable groups (e.g. infants and the elderly) and inequality issues.
- Research requirements for the above.

Individual Members may be invited to serve on SACN's Sub-Groups.

All Members and the Secretariat should regard it as part of their role to:

- Examine and challenge if necessary the assumptions on which scientific advice is formulated and ask for explanations of any scientific terms and concepts which are not clear.
- Ensure that SACN has the opportunity to consider contrary scientific views and the concerns and values of stakeholders before a decision is taken.
- Ensure that SACN's advice is clear and comprehensible.

Annex 2

Committee Members

Chair

Professor Alan Jackson
Professor of Human Nutrition, University of Southampton

Members

Professor Peter Aggett
Head of School, Lancashire Postgraduate School of
Medicine and Health, Professor of Child Health and
Nutrition, University of Central Lancashire

Professor Annie Anderson
Professor of Food Choice, Centre for Public Health Nutrition Research,
University of Dundee

Professor Sheila Bingham
Deputy Director, Medical Research Council's Dunn Human Nutrition
Unit, Cambridge

Professor John Cummings
Professor in Experimental Gastroenterology, Department of Molecular
and Cellular Pathology, University of Dundee

Miss Gill Fine
Head of Food and Health, Sainsbury's Supermarkets Ltd.

Dr Timothy Key
Reader in Epidemiology, University of Oxford
Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford

Professor Peter Kopelman
Professor of Clinical Medicine, Deputy Warden, Barts and the London,
Queen Mary's School of Medicine and Dentistry, University of London

Dr Ann Prentice
Director, MRC Human Nutrition Research, Cambridge

Professor Emeritus Andrew Rugg-Gunn
Newcastle University Dental School

Dr Anita Thomas
Consultant Physician in General (Internal) and Geriatric Medicine,
Derriford Hospital, Plymouth

Mrs Stella Walsh
Senior Lecturer, Leeds Metropolitan University

Dr Anthony Williams
Senior Lecturer and Consultant in Neonatal Paediatrics, St. George's
Hospital, London

Professor Christine Williams
Professor of Human Nutrition, University of Reading

Until September 2002 Ms Paulette Jones
Senior Mentoring Development Officer, DIVERT Trust, London

Observers

Mr Tom Murray
Food Standards Agency

Ms Imogen Sharp
Department of Health

Dr Martin Donaghy
Scottish Executive, Health Department

Mrs Maureen Howell
The Welsh Assembly, Health Promotion Division

Dr Elizabeth Mitchell
Department of Health, Social Services and Public Safety, Northern
Ireland

Secretariat

Department of Health

Dr Sheela Reddy
Dr Adrienne Cullum
Mr Fayaz Aziz (until October 2002)
Mrs Parminder Nijjar (from June 2002)

Food Standards Agency

Dr Alison Tedstone
Mr Ben Walters
Mr Jeff Allder
Ms Orla Yeates (until July 2002)
Ms Angela Inwood (from November 2002)

Membership of Working Group on Iron

Chair	Professor Peter Aggett (SACN member) Head of School, Lancashire Postgraduate School of Medicine and Health, Professor of Child Health and Nutrition, University of Central Lancashire
Vice Chair	Dr Ann Prentice (SACN member) Director, Medical Research Council's Dunn MRC Human Nutrition Research Unit, Cambridge
International Observer	Dr Bruno de Benoist Senior Advisor, Micronutrients Department of Nutrition for Health and Development, World Health Organisation
Members	Professor Philip Calder Foetal Origins of Adult Disease Division, University of Southampton Professor Sue Fairweather-Tait Head of Nutrition and Consumer Science Division, Institute of Food Research Professor Sally Grantham-McGregor Centre for International Child Health, Institute of Child Health Dr Tim Key (SACN member) Reader in Epidemiology, University of Oxford Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford Professor Joe Lunec Director of Chemical Pathology Leicester University Professor Kim Michaelsen Research Department of Human Nutrition, The Royal Veterinary and Agricultural University, Denmark Professor Martin Pippard Professor of Haematology, University of Dundee Professor Mark Worwood Department of Haematology, University Hospital, Wales
Until September 2002	Ms Paulette Jones (SACN member) Senior Mentoring Development Officer, DIVERT Trust, London

Membership of Sub-Group on Risk Evaluation

Chair Professor John Cummings
Professor in Experimental Gastroenterology, Department of Molecular and Cellular Pathology, University of Dundee

Members Professor Christine Williams
Professor of Human Nutrition, University of Reading

Dr Timothy Key
Reader in Epidemiology, University of Oxford
Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford

Membership of Sub-Group on Salt

Chair Professor Alan Jackson
Professor of Human Nutrition, University of Southampton

Members Professor Peter Aggett (SACN member)
Head of School, Lancashire Postgraduate School of Medicine and Health, Professor of Child Health and Nutrition, University of Central Lancashire

Professor Sheila Bingham
Deputy Director, Medical Research Council's Dunn Human Nutrition Unit, Cambridge

Miss Gill Fine
Head of Food and Health, Sainsbury's Supermarkets Ltd.

Membership of Sub-Group on Maternal and Child Nutrition

Chair Dr Anthony Williams
Senior Lecturer and Consultant in Neonatal Paediatrics, St.George's Hospital, London

Members Professor Peter Aggett (SACN member)
Head of School, Lancashire Postgraduate School of Medicine and Health, Professor of Child Health and Nutrition, University of Central Lancashire

Professor Annie Anderson
Professor of Food Choice, Centre for Public Health Nutrition Research, University of Dundee

Professor Alan Jackson
Professor of Human Nutrition, University of Southampton

Dr Timothy Key
Reader in Epidemiology, University of Oxford
Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford

Dr Ann Prentice (SACN member)
Director, Medical Research Council's Dunn MRC Human Nutrition Research Unit, Cambridge

Mrs Stella Walsh
Senior Lecturer, Leeds Metropolitan University

Biographies of Main Committee Members

Professor Alan Jackson (Chair)

Professor of Human Nutrition, School of Medicine at the University of Southampton. Professor Jackson's current work explores the extent to which modest differences in maternal diet and metabolic competence influence foetal development, predisposing to chronic disease in adulthood. Professor Jackson was a member of the Committee on Medical Aspects of Food and Nutrition Policy (COMA) for ten years and was a Consultant Adviser to the Chief Medical Officer on Nutrition from 1989 to 2002.

Professor Peter Aggett

Head of School, Lancashire Postgraduate School of Medicine and Health, Professor of Child Health and Nutrition, University of Central Lancashire. Professor Aggett is interested in nutrition and metabolism and is experienced in issues relating to food composition and metabolism. He has initiated and chaired a variety of advisory committees at national and international levels relating to clinical nutrition, public health and preventative medicine. He has participated in various Department of Health and MAFF advisory committees, including the COT, ACNFP and EVM and was a member of COMA for 7 years.

Professor Annie Anderson

Professor of Food Choice at the Centre for Public Health Nutrition Research, Department of Medicine, Ninewells Medical School, University of Dundee. Professor Anderson has participated in a number of Department of Health, Food Standards Agency and Scottish Executive advisory committees on topics ranging from nutrient standard of school meals to the Low Income Diet and Nutrition Survey. Her main research interests are dietary assessment methodologies, nutrition education and interventions in children and adults living in disadvantaged communities. She is currently the editor of The Journal of Human Nutrition and Dietetics.

Professor Sheila Bingham

Deputy Director of the Medical Research Council's Dunn Human Nutrition Unit. Professor Bingham is recognised for her work in the prevention of cancer through diet. She is a principal investigator of the UK European Prospective Investigation into Cancer (EPIC) study, which is a European wide collaboration. She was a member of COMA for 9 years and has served on a number of other government sub-committees and working groups including the Food Standards Agency Committee on Toxicity of Chemicals (COT), Working Group on Phytoestrogens.

Professor John Cummings

Clinical Scientist at the Department of Molecular & Cellular Pathology, University of Dundee. Professor Cummings is a practising gastroenterologist and has maintained a clinical interest in gastroenterology for over 30 years. He has published many research papers on the influence of diet in relation to gut and other diseases. Professor Cummings has served on many public bodies, both national and international, with specific interest in nutrition and public health and is regarded as an expert in dietary fibre and colonic health.

Miss Gill Fine

Head of Food & Health at Sainsbury's Supermarkets Ltd. with responsibility for developing and implementing the company's nutrition strategy. Miss Fine is a qualified Public Health Nutritionist with 18 years experience in both private and public sectors. In her previous job at the British Nutrition Foundation (BNF), she was involved in developing the Foundation's strategy to improve nutrition education in the UK and was responsible for the initiation and subsequent development of the BNF/MAFF 'Food a Fact of Life' programme for schools. She has experience of working as a nutritionist in industry, nutrition education and consumer communication.

Dr Timothy Key

Reader in Epidemiology at the University of Oxford, Cancer Research UK Epidemiology Unit in the Radcliffe Infirmary, Oxford. Dr Key studied veterinary medicine, nutrition and epidemiology. He has special interests in the interactions between nutrition and hormones, cancer and cardiovascular disease. He is the lead investigator of the Oxford component of the European Prospective Investigation into Cancer (EPIC) which is a European-wide collaborative study, and chair of the EPIC working group on nutrition and prostate cancer.

Professor Peter Kopelman

Professor of Clinical Medicine, Deputy Warden at Barts and The London, Queen Mary's School of Medicine and Dentistry, University of London. Professor Kopelman has considerable experience, from a clinical perspective, in the delivery of diabetes care and the management of obesity to all age groups. He has worked closely with Health Authorities and national organisations in addressing nutritional matters and has chaired a large number of committees within the university sector, the NHS, Health Authorities and the Royal College of Physicians.

Dr Ann Prentice

Director, MRC Human Nutrition Research, Cambridge. Dr Prentice's main research interests are nutritional aspects of bone health and osteoporosis; dietary requirements for human growth, pregnancy and lactation, and old age with particular reference to micronutrients. She has published extensive peer-reviewed articles, book chapters and reports. She also chaired COMA's Sub-Group on Nutrition and Bone Health.

Professor Emeritus Andrew Rugg-Gunn

Recently retired as Clinical Professor, Newcastle University and Newcastle NHS Trust. Professor Rugg-Gunn was previously a member of the COMA Panel on Sugars and Human Disease. He is adviser to the British Dental Association on nutrition and oral health and formerly Director of the WHO Collaborating Centre for Nutrition and Oral Health and Co-Director of Newcastle University Human Nutrition Research Centre. Author of several textbooks, one of which is a definitive work on nutrition and dental disease, he has published extensively in the field of preventative dentistry and nutrition.

Dr Anita Thomas

Consultant Physician in General (Internal) and Geriatric Medicine, Derriford Hospital, Plymouth. Dr Thomas has a scientific background in health, nutrition and old age and has a doctorate on the subject of the nutritional status of elderly inpatients. She has served on various Department of Health committees and is currently a member of the EVM.

Mrs Stella Walsh

Senior Lecturer, Leeds Metropolitan University. Mrs Walsh has a long-standing interest in the subjects of food and nutrition. Until recently she was the Secretary of the National Federation of Consumers (NFC) and is a representative of the NFC on the Institute of Grocery Distribution. She has experience of replying to government and industry consultations on behalf of consumers. She has published several refereed articles for academic and professional journals, book chapters and conference papers on consumer issues.

Dr Anthony Williams

Senior Lecturer & Consultant in Neonatal Paediatrics, St George's Hospital, London. Dr Williams was the Chair of COMA's Panel on Child & Maternal Nutrition and a member of COMA. He represented COMA/PCMN on the Welfare Food Review Group. He is currently a member of the Food Standards Agency's Expert Group on Vitamins and Minerals. Dr Williams has published peer-reviewed articles, book chapters and reports on child health.

Professor Christine Williams

Professor of Human Nutrition, University of Reading. Professor Williams is currently President of the UK Nutrition Society. She is an established international authority in human lipid nutrition and hormone metabolism in humans. She was a member of COMA's Working Group on Nutrition and Cancer. Professor Williams has extensive collaborations with researchers in Europe and the food industry.

Until September 2002

Ms Paulette Jones

Senior Mentoring Development Officer, DIVERT Trust (The National Charity for the Prevention of Youth Crime), London. Ms Jones' achievements include supporting and advising the mentoring projects throughout London, writing the DIVERT mentoring handbook, setting up and managing projects, spearheading the Charity's development of parental support. Represents DIVERT at the Associate Parliamentary Group on Parenting, co-ordinates a London mentoring and befriending forum. She has an interest in nutrition through her work with the elderly.

Biographies of Working Group on Iron Members

(not otherwise covered as SACN members)

Dr Bruno de Benoist

Dr de Benoist is a senior adviser on micronutrients at the Department of Nutrition for Health and Development, at the World Health Organisation.

Professor Philip Calder

Professor of Nutritional Immunology, University of Southampton. Professor Calder's research interests include the identification of the influence of dietary fatty acids on the immune and inflammatory systems and understanding the mechanisms of action of specific fatty acids.

Professor Sue Fairweather-Tait

Head of Nutrition Division and Theme Leader for Diet and Health Research, Institute of Food Research. Professor Fairweather-Tait's main interests are in human mineral requirements and bioavailability. She served on the 1991 Committee on Medical Aspects of Food and Nutrition Policy (COMA) Panel on Dietary Reference Values and the 1995 British Nutrition Foundation's Task Force on Iron.

Professor Kim Fleischer Michaelsen

Professor of Paediatric Nutrition, Department of Human Nutrition, The Royal Veterinary and Agricultural University, Frederiksberg and Senior Consultant, Paediatric Nutrition Unit, Rigshospitalet, University Hospital, Copenhagen. Professor Michaelsen is advisor to the Danish Health Agency on paediatric nutrition, a member of the Swedish Expert Committee on Paediatric Nutrition and secretary for ESPGHAN Committee on Nutrition. His research interests are nutrition during the first years of life including growth, breast-feeding, LCPUFA, probiotics and long-term effects.

Professor Sally Grantham-McGregor

Professor of Child Health and Nutrition, Centre for International Child Health, Institute of Child Health. Professor Grantham-McGregor is an international expert on nutrition (energy and micronutrients) and child development, cognitive function and school achievement. She has spent thirty years in Jamaica, where she has built up a strong research base looking at the cognitive development of children. She is also an adviser to UNICEF and the WHO.

Professor Joe Lunec

Head of the Department of Clinical Biochemistry, University of Leicester. Professor Lunec was founder member and chairman of the European Standards Committee on Oxidative DNA Damage (ESCODD). He is currently serving on various other committees including the European Committee on Functional Effects of Antioxidants. He has worked in the area of free radicals and pathology for over 20 years. His specific areas of interest are iron, oxidative stress and chronic inflammation from which he has developed methodological interests in DNA damage measurement. He is currently investigating the effects of iron catalysed lipid peroxidation products in colon cancer and oxidised lipoprotein metabolism and cardiovascular disease.

Professor Martin Pippard

Professor of Haematology and Medical Undergraduate Teaching Dean, University of Dundee. His main clinical and research interests are in disorders of iron metabolism, particularly iron overload, and abnormal erythropoiesis. He was a member of the 1995 British Nutrition Foundation Task Force on Iron. He is a scientific adviser to the UK Haemochromatosis Society and is an Associate Editor for the British Journal of Haematology.

Professor Mark Worwood

Personal Chair in the Department of Haematology, University of Wales College of Medicine. Professor Worwood is a registered clinical scientist. His interests include iron absorption, biochemical and diagnostic testing of iron status, genetic and functional studies of human tissue ferritins and haemochromatosis. He was editor of the British Journal of Haematology from 1986 to 1991. He was a member of the 1995 British Nutrition Foundation's Task Force on Iron and is scientific adviser to the Haemochromatosis Society. He is author of numerous articles and books on iron biochemistry.

Annex 3

SCIENTIFIC ADVISORY COMMITTEE ON NUTRITION REGISTER OF MEMBERS' DECLARATION OF INTERESTS

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
Professor Alan Jackson	None	N/A	1. Nutricia Clinical Care 2. Baxter Healthcare	Sponsors of Annual Nutrition Course	None
Professor Peter Aggett	None	N/A	1. Astra-Zeneca 2. Smith Nephew 3. Nestec 4. ILSI 5. Abbott 6. Food Standards Agency 7. Wellcome 8. Yakult 9. International Copper Association	1 – 9. Chairmanship (meetings) and lecture fees. Departmental research and education in medicine and health, including food safety and metabolism	None
Professor Annie Anderson	None	N/A	None	N/A	None
Professor Sheila Bingham	None	N/A	None	N/A	None
Professor John Cummings	Danone	Chair, Advisory Biotherapeutics Committee	1. PACKAGE (an EU programme on bar code reading of foods) 2. ORAFTI	1. Consultant 2. Grant for work on pro s and prebiotic	None

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
Miss Gill Fine	Sainsbury's PLC	Shareholder	Sainsbury's Supermarket Ltd	Employee	<ol style="list-style-type: none"> 1. Committee member of Project Management Committee for BBSRC Eating, Food & Health Programme. 2. Steering Group for the Department of Health's Diet & Cancer Reduction Project (five a day Pilot), BNF Governor, Nutrition Society Member, Royal Society of Health Fellow, British Dietetic Association Affiliate Member.
Ms Paulette Jones (until September '02)	None	N/A	None	N/A	None
Dr Timothy Key	None	N/A	None	N/A	<ol style="list-style-type: none"> 1. Member of Vegetarian Society of the UK 2. Member of Vegan Society
Professor Peter Kopelman	Weight Watchers (UK) Ltd	Medical Adviser	<ol style="list-style-type: none"> 1. Johnson & Johnson 2. Servier Research & Development 3. Abbott Pharmaceuticals 4. Alizyme Pharmaceuticals 5. Sandoz Pharmaceuticals 	<ol style="list-style-type: none"> 1. Clinical trial sponsor 2. Clinical study sponsor 3. Clinical trial sponsor 4. Clinical trial sponsor 5. Clinical trial sponsor 	Trustee, International Association for the Study of Obesity (IASO) (Registered Charity).
Professor Andrew Rugg-Gunn	<ol style="list-style-type: none"> 1. Colgate-Palmolive 2. British Dental Association 	<ol style="list-style-type: none"> 1. Consultancy 2. Member of Accreditation Panels: Chair of Food & Drink Panel, Member of Dentifrice Panel 	None	N/A	None

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS			ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest		
Dr Anita Thomas	None	N/A	None	N/A	None	
Mrs Stella Walsh	None	N/A	None	N/A	1. Consumer representation for National Federation of Consumers. 2. FSA and DEFRA committees and working parties, including Cattle Movement, and Food Borne Disease.	
Dr Anthony Williams	None	N/A	1. Rank Prize Funds 2. Children Nationwide	1. Sponsorship of college course 2. Sponsorship of college course	Provision of un-paid advice to the following organisations: National Childbirth Trust, La Léche League, Baby Milk Action, UK Association for Milk Banking, Breastfeeding Network, UNICEF(UK) Baby Friendly Initiative, Child Advocacy International, Nutricia Trustee, Women & Children First (charity organisation).	
Professor Christine Williams	Masterfoods	Lecture honorary	1. Unilever UK Ltd. 2. Hoffmann La Roche	1. Research funding 2. Research funding	None	

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
Dr Ann Prentice	<p>1. British Nutrition Foundation</p> <p>2. ILSI Europe</p> <p>3. Nestle Nigeria</p> <p>4. Cow & Gate / Nutricia</p>	<p>1. Scientific Governor</p> <p>2. Conference expenses</p> <p>3. Conference expenses</p> <p>4. Conference expenses</p>	<p>As Director of MRC Human Nutrition Research responsibility for institutional interests as listed:</p> <p>1. Arthritic Association</p> <p>2. Brook Bond Tea Co.</p> <p>3. Carlton TV</p> <p>4. Cereal Partners</p> <p>5. Coca-Cola</p> <p>6. Cochrane Centre</p> <p>7. Cohn & Wolfe</p> <p>8. Countrywide Porter Novelli</p> <p>9. Cow & Gate/Nutricia</p> <p>10. Health Professionals Council</p> <p>11. ILSI Europe</p> <p>12. Kellogs</p> <p>13. Micromass</p> <p>14. Nestle Foundation</p> <p>15. Nestle Nigeria</p> <p>16. Nestec Ltd</p> <p>17. Nutricia</p> <p>18. Pacific Productions</p> <p>19. Phytopharm</p> <p>20. Roche</p> <p>21. Sainsbury</p> <p>22. Sanofi-Synthelabo</p> <p>23. Semper Foods</p> <p>24. Tanita UK Ltd</p>	<p>1. Nutritional Consultancy</p> <p>2. HNR Forum Member</p> <p>3. Nutritional Consultancy</p> <p>4. Nutritional Consultancy</p> <p>5. HNR Forum Member</p> <p>6. Nutritional Consultancy</p> <p>7. Commissioned Report</p> <p>8. Nutritional Consultancy</p> <p>9. Conference Expenses</p> <p>10. Nutritional Consultancy</p> <p>11. Nutritional Consultancy</p> <p>12. Conference Expenses, funding for PhD Studentship</p> <p>13. Research collaboration</p> <p>14. Research funding</p> <p>15. Conference Expenses</p> <p>16. Research collaboration, funding for PhD studentship</p> <p>17. Nutritional Consultancy</p> <p>18. Nutritional Consultancy</p> <p>19. Nutritional Consultancy</p> <p>20. Conference Expenses, Nutritional Consultancy</p> <p>21. Nutritional Consultancy</p> <p>22. Research Expenses</p> <p>23. Research collaboration</p> <p>24. Nutritional Consultancy</p>	<p>Personal interests of husband, Professor Andrew M Prentice, London School of Hygiene & Tropical Medicine, as listed:</p> <p>1. Tanita UK Ltd., Advisory Board Member</p> <p>2. Nestle (Mexico), Conference Expenses.</p>

Scientific Advisory Committee on Nutrition

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
Dr Bruno de Benoist	None	N/A	1. Sight and Life 2. Bill & Melinda Gates Foundation	1. & 2. Support to the World Health Organisation Global Databank on Micronutrient	NIL
Professor Philip Calder	1. Seven Seas 2. Target Hit 3. Danone 4. Nestle 5. ILSI Europe	1. Lecture Fees 2. Consultancy Fees 3. Lecture Fees 4. Lecture Fees 5. Member of PASSCLAIM ITG	1. Milk Development Council 2. Pronova Biocare	1. Research funding 2. Provision of materials for research (EU project)	NIL
Professor Sue Fairweather-Tait	1. Puleva Biotech 2. Cowbell Inc. 3. Rhodia Food 4. Nestle Research Centre 5. MacPhie of Glenbervie 6. Mars UK 7. Danone SA 8. Uniq 9. Heinz 10. Alizyme 11. Kerry Ingredients 12. Elsevier Science 13. Megazyme International 14. Masterfoods 15. Ecospray	1. - 10. Research Funding 11. Research Funding/ Consultancy 12. Editorial Office 13. - 15. Consultancy			NIL

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
Professor Sally Grantham-McGregor	Not available		Not available		Not available
Professor Joe Lunec	1.Food Standards Agency	1. Committee on Toxicology (COT) Member	1. Randex Laboratories 2. AEI Trilucent	1. Sponsorship of staff to produce diagnostic kit 2. Sponsorship of contract staff to analyse toxic effects of soya implants	NIL
Professor Martin Pippard	1. Aviva 2. Friends Provident 3. Blackwell Publishing	1.Shareholding 2. Shareholding 3. Honorarium for work as Associate Editor of the British Journal of Haematology	1. Scientific Adviser to the UK Haemochromatosis Society. 2. Medical Adviser to the UK Thalassaemia Society.		
Professor Mark Worwood	1. Trefriw Wells Spa Ltd. 2. Haemochromatosis Society (UK)	1. Consultancy & investigation of iron absorption 2. Scientific Advisor (honorary position)	NIL		NIL

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June 2003
32115 1p 300 June 03 (CPL)