



Scientific Advisory Committee on Nutrition

## 17<sup>TH</sup> MEETING

24 March 2006, Aviation House, 125 Kingsway, London WC2B 6NH

### FINAL MINUTES

<b>Chairman</b>	Professor Alan Jackson
<b>Members</b>	Professor Peter Aggett Professor Annie Anderson Professor Sheila Bingham Professor John Cummings Mrs Christine Gratus Professor Tim Key Professor Peter Kopelman Dr David Mela Dr Ann Prentice Dr Anita Thomas Dr Paul Haggarty Professor Ian Macdonald Mrs Stella Walsh Dr Anthony Williams Professor Christine Williams
<b>Government Observers and other attendees</b>	Mrs Rosemary Hignett (FSA) Mrs Maureen Howell (Welsh Assembly) Caroline Mulvihill (NICE) Dr Naresh Chada (Department of Health, Social Services and Public Safety)
<b>Secretariat</b>	Dr Sheela Reddy (DH) Dr Alison Tedstone (FSA) Ms Mamta Singh (FSA) Dr Elaine Stone (FSA) Ms Rachel Stratton (FSA) Ms Saadia Noorani (FSA) Ms Lynda Harrop (FSA)

### Chair's welcome and apologies

1. The Chair welcomed Members of the Committee to the seventeenth meeting of the Scientific Advisory Committee on Nutrition (SACN).

2. The Committee welcomed Professor Ian Macdonald and Dr Paul Haggarty to their first SACN meeting. Ian Macdonald is a professor of metabolic physiology at the University of Nottingham, specialising in obesity and cardiovascular disease. Paul Haggarty is an academic currently focussing on diet and chronic disease.
3. The Chair also introduced Dr Elaine Stone as a new member of the Secretariat.
4. Apologies were received from Professor Peter Kopelman and Dr Lesley Wilkie (Scottish Health Executive).
5. Members were invited to declare any changes of interests, of which there were none.

**Agenda Item 1 - Minutes of previous meeting (19 October 2005) (SACN/05/Min03)**

6. Members were invited to comment on the minutes of the previous meeting (19 October 2005 (SACN/05/Min03)).
7. The minutes were agreed as a correct record of the 16<sup>th</sup> meeting of SACN in October 2005, the only change requested was acknowledgement that Anita Thomas had been present at the meeting.

**Matters Arising Action Check List (SACN/05/26)**

8. The Chair reported progress on matters arising from previous meetings and Members were invited to comment.

*SACN/03/08 – Action plans and targets established by the FSA and devolved Health Departments*

9. The Chair informed Members that work is ongoing.

SACN/05/05 – *Agriculture and the link with Food and Health*

10. Secretariat to progress this paper and to organise a meeting for 2007.

**Action: Secretariat**

SACN/05/16 – *Selenium paper to be amended with Members' comments and made publicly available*

11. The Chair confirmed that the selenium paper had now been updated with member's comments and is expected to be completed shortly.

**Action: Secretariat**

SACN/05/27 – *Changes to nutrient profiling meeting report (SACN/05/27)*

12. Changes suggested at the previous meeting had been incorporated and the amended paper is now available on the SACN website.

SACN/05/29 – *Information on openness of other FSA committees required and influence of Freedom of Information Act*

13. Members confirmed that this would be reviewed again at the meeting in February 2007.

SACN/05/30 – *Nutritional health of the population report*

14. The update to this report is ongoing and will be presented at the June meeting.

SACN/05/31 – *Further analysis on National Diet and Nutrition Survey (NDNS) 19-64 years*

15. It was noted that at the previous meeting it had been agreed that a synthesis paper, bringing together the two NDNS papers for publication, would be circulated to

Members. The Secretariat explained that due to work pressures this had not been completed but that an update was expected at the June meeting.

**Action: Secretariat**

*SACN05/37 – Request for information from DEFRA on promotion of home-grown fruit and vegetables and information on sugar production.*

16. This would be covered in the DEFRA update (SACN/06/12) – see agenda item 6.

*SACN/05/39 – Report of the school meal revision panel*

17. Member's comments were received and discussed at the Maternal and Child Nutrition Subgroup on 21 November 2005. Comments were sent to Dfes.

*SACN05/40 – Review of data on carbohydrates*

18. See agenda item 3 (SACN06/03)

19. It was noted that a joint group with ACNFP was mentioned in the previous minutes and an update was requested. The principle objectives of this group are: to identify any gaps in the current guidelines for nutritional assessment of novel and GM foods; and the development of guidance for applicants for the provision of nutritional data. The Secretariat confirmed that a meeting was planned for June or July.

**Action: Secretariat**

## **Agenda Item 2 – Folate report (SACN/06/02)**

20. The Chair of the Subgroup introduced the draft report. Members were informed that the draft report had been amended to take account of stakeholder comments following the consultation period. The main changes were to the section on vitamin B12 deficiency, which had been expanded and the addition of a section on modelling the risks and benefits of folic acid fortification of flour. An annex

detailing the procedures and results from the modelling had also been attached to the report.

21. The following paper, received following the consultation process, was tabled for consideration by Members: *Ulrich CM & Potter JD. Folate supplementation: Too much of a good thing? Cancer Epidemiol Biomarkers Prev. 2006; 15(2):189-193.* On the basis of animal studies, the paper suggests a dual role for folate in carcinogenesis depending on critical periods of exposure before and after the development of preneoplastic lesions.
  
22. The paper also cited an abstract presented at the annual meeting of the American Association for Cancer Research (March 2005), which reported preliminary analysis from the first randomised controlled trial of the effect of folic acid supplementation (1mg/d) for chemoprevention of colorectal polyps in subjects with a recent history of colorectal adenomas. Folic acid supplementation did not reduce the incidence of colorectal adenomas and there was weak evidence for an increase in the risk of multiple adenomas. Members agreed to make a reference to these findings in the report but to note that the results from this trial were unpublished and had not undergone a formal review process. They would therefore need to be interpreted with caution. It was agreed to contact the authors of the paper to ascertain when the paper would be published

**Action: Secretariat**

23. Members were invited to comment on the draft report and the modelling exercise.

24. With regard to the modelling, the following points were raised:

- Individuals at high risk of folic acid intake were mainly those who consumed supplements or foods, which had been voluntarily fortified. It was agreed to include some information on the extent to which other foodstuffs have been voluntarily fortified with folic acid.

**Action: Secretariat**

- Whether natural folate should be included in the upper limits for intake (1mg/d for folic acid and 1.5mg/d for folic acid and natural folates) as the adverse effects related to folic acid. It was agreed to add some text to explain the use of the upper limits.

**Action: Secretariat**

- It was agreed to provide clarification regarding the doses of folic acid chosen for flour fortification in the modelling exercise.

**Action: Secretariat**

25. To provide greater clarity, Members requested amendments to the table in the report, which summarised the risks and benefits of fortification. The main changes are provided below:

- Although the data regarding increased polyp formation with folic acid supplementation of 1mg/day is preliminary and unpublished, older people are at greater risk of polyp formation. As a precaution the Committee therefore requested an additional column for the number of all individuals over 65 years of age who would be consuming more than 1mg/d of folic acid at the different proposed doses of fortification
- An additional column showing the percentage of the individuals over 65 years of age who would be exposed to 1mg/d folic acid if supplements and fortified fat spreads were excluded.
- Separate tables to show effects of modelling including and excluding wholemeal flour.

**Action: Secretariat**

26. Members agreed a number of other amendments to the draft report.

27. It was agreed that stronger emphasis should be placed on the importance of controlling voluntary fortification if mandatory fortification is introduced.

28. The Committee agreed in principle to recommend mandatory fortification of flour with folic acid, subject to considering additional information on the risks and benefits of folic acid fortification, in particular the number of people aged 65 years and over who would be exposed to over 1mg/d folic acid and how many would be exposed if supplement intake and voluntary fortification was excluded from the analysis. It was agreed to circulate the revised table as soon as possible.

**Action: Secretariat**

### **Agenda Item 3 – Future work programme**

#### **Carbohydrates (SACN/06/03)**

29. The Secretariat introduced the paper, reminding Members that a carbohydrate group had been suggested at the October meeting. The paper identified the broad themes for a risk assessment and outlined a potential scope of work. It was acknowledged that this is a wide reaching area and it would therefore be necessary to be focused and selective.

30. All Members agreed that a review was appropriate since the last one took place over 15 years ago. It was suggested that the scope should remain relatively broad with all carbohydrates being included and the following areas covered:

- terminology and classification
- resistant starch
- prebiotics
- glycaemic index and glycaemic load
- carbohydrate quality for labelling
- carbohydrates disease to include:
  - dental caries
  - diabetes and metabolic syndrome
  - cardiovascular disease
  - obesity
  - cancer

- carbohydrates in relation to physical activity (particularly in relation to athletes who regularly consume sugary energy drinks during training).
- A section on reduced energy and intense sweeteners used as sugar substitutes and the potential benefits from a reduction of energy intake may need to be included.

31. Maillard products were mentioned as a possibility for inclusion although it was acknowledged that this might overlap with the Committee on Toxicology.

32. One member expressed concern that there is currently no one with a dental background on the Committee. It was suggested that it might be useful to co-opt a dentist onto the carbohydrate working group. The Secretariat agreed to consider this.

**Action: Secretariat**

33. It was noted that FAO/WHO had approached Professors Cummings and Key to be involved in a review on carbohydrates in human nutrition. The Secretariat agreed to follow up with FAO/WHO to establish the remit and timeframe for their group so that any synergies could be identified for the purpose of the potential SACN subgroup.

**Action: Secretariat**

34. Members who wished to be part of the subgroup were requested to inform the Secretariat. It was envisaged that the subgroup would be set up in 2007.

**Action: Members**

#### **Vitamin D (SACN/06/04)**

35. This has been delayed due to time pressure. DH to provide a paper for SACN in June.

**Action: DH Secretariat**

#### **Agenda item 4 – Working group and subgroup updates**

##### **Child and Maternal Nutrition (SMCN)**

36. The Chair of the subgroup explained that the last meeting had been cancelled due to lack of agenda items. The next meeting on 11<sup>th</sup> May is expected to proceed as planned.

37. Dr Reddy explained that a draft paper on vitamin D would be presented to the subgroup Members at the next SMCN meeting before it was put to the main Committee in June.

### **Energy**

38. The next energy meeting will be held on 3<sup>rd</sup> April. Agenda items to be discussed include the approach adopted in the US dietary reference intakes report, using total energy expenditure datasets and the basal metabolic rate approach adopted in the FAO/WHO report, and the current UK Dietary Reference Values report. A progress report would be given at the next meeting.

### **Folate**

39. Members were updated on the work status for folate. The intention was for the Board to agree the report and the risk management consultation at the April Board meeting. The revised report had already been discussed (see agenda item 2).

### **Iron**

40. The Chair of the working group explained that due to the folate report, the iron report had been on hold. This would now be progressed and was expected to be presented at the meeting in June.

**Action: Secretariat**

### **Horizon Scanning**

41. A horizon scanning session will be arranged for next year and the Secretariat agreed to trawl for a date.

**Action: Members and Secretariat**

**Agenda item 5 – Additional papers****SACN/06/05 – NICE obesity guidance**

42. Members welcomed and thanked Caroline Mulvihill from NICE who attended the meeting to present the guidance. It was explained that the guidance was launched for an eight-week consultation ending on 11<sup>th</sup> May and that the report looks at both prevention and clinical treatment of obesity in both adults and children. Each of the two areas had a separate guideline development group but both groups had the same chair. It was also highlighted that this was the first time that guidelines looked outside the NHS e.g. local authorities, schools.

43. Comments from Professor Kopelman were tabled.

44. There was a general consensus that the summary circulated did not reflect the report in its entirety. The scientific review had been good quality but the translation of the science into recommendations was weaker. The majority of Members agreed that the targets set out in the summary were unrealistic and unachievable.

45. The Chair agreed that SACN should submit a formal response to the consultation. Members were asked to send their comments to the Secretariat by 11th April.

**Action: Members**

**SACN/06/06 – Hospital food paper**

46. Members noted the paper.

**SACN/06/07 – School Food Trust paper on meals other than lunch**

47. Members were generally in favour of this report but agreed that sometimes the science appeared patchy and that examples of good practice were anecdotal. The main concerns centred around the lack of objectives for these nutritional standards

and that there is insufficient information about the possible methods of evaluation of the proposed initiatives. There was also concern that there was little scientific evidence to support the case studies and the issue of hydration in schools was also queried.

48. The Secretariat explained that the deadline for comments is the end of March and that a note would be circulated for agreement with the comments Members had raised. This would then be submitted to the School Food Trust.

**Action: Secretariat**

### **Agenda item 6 - Government updates on nutrition related activities**

#### **FSA (SACN/06/08)**

49. Mrs Rosemary Hignett for FSA highlighted areas in the paper that would be of interest to the Members, in particular the salt targets, which have now been published, the work of Ofcom and the work on front of pack signpost labelling.
50. In relation to sign-post labelling, specific work has been carried out on a benchmark for categorising sugar levels as high, medium or low. One member of SACN, who had been involved in the working group to discuss the sugar GDA, was invited to update the Committee.
51. IGD had set a Guideline Daily Amount of 90g/day for total sugar. The working group had recommended using a benchmark of 60g/day for signpost labelling. This figure is greater than the 50g of NMES recommended by COMA but represents total sugar consumption from manufactured products plus naturally occurring sugars. At a time when signpost labelling is about to be introduced, the inappropriate GDA for sugar has considerable potential to misinform and confuse the consumer.
52. There were concerns raised by committee members about the use of Guideline Daily Amounts (GDAs), which have been designed by the Institute of Grocery

Distribution (IGD) and were not endorsed by SACN. It is important that nutrition information should be scientifically sound and communicated with clarity to guide consumer choice positively. The varied manner of presenting GDAs and nutritional information on labels has the potential to confuse the consumer.

53. There was also concern raised that the Committee had not had an input into GDAs and whether, since they were an industry initiative, it was within the remit of SACN to discuss them. The Secretariat agreed to reflect on the best way forward in terms of clarifying that the Committee did not endorse either the GDA approach or the figures used.

**Action: Secretariat**

#### **DH (SACN/06/09)**

54. Dr Reddy for DH presented the paper, asking Members to note in particular the recent key activities relating to physical activity.

#### **Devolved Health Departments (SACN/06/10)**

##### **Scottish Executive**

55. Members noted the report.

56. It was requested that the Scottish Executive provide information on SEERAD research on the relationship between food production and consumption and how nutritional issues are taken into account.

**Action: Scottish Executive**

##### **Wales**

57. Maureen Howell for the Welsh Assembly presented the paper. Clarification was requested about whether all Welsh consultation papers should be tabled for the Committee. The Chair confirmed that it was for the Welsh Assembly to decide if the paper was appropriate.

58. With regard to the NICE obesity guidance, it was clarified that only the clinical recommendations would apply to Wales.

59. The Chair requested that it would be useful if all the health departments presented their health strategies, and specifically on obesity, to enable the Committee to compare them. The Secretariat agreed to provide a format to enable the health departments to provide the Committee with an update at the next meeting.

**Action: Secretariat**

### **Northern Ireland**

60. Dr Chada for the Department of Health, Social Services and Public Safety presented the paper.

### **EFSA (SACN/06/11)**

61. Members noted the report.

62. The Chair mentioned that EFSA are currently reviewing Population Reference Intakes (the European equivalent of Dietary Reference Values) and that the deadline for this was later in the year.

63. A member requested an update on the current status of the nutrition and health claims legislation. It was agreed that an update would be brought to the June meeting.

**Action: Secretariat**

### **DEFRA (SACN/06/12)**

64. Members welcomed and thanked Peter Purvis for providing clear answers to their earlier questions on the Common Agriculture Policy and sugars, and promotion of fruit and vegetables. It was clarified that the paper included preliminary analysis of the impact of CAP sugar reform on the prevalence of obesity in adults and children.

65. The Chair suggested that a future work item may be to look at the relationship between food production and consumption and how nutritional issues are taken into account.

66. Members enquired as to how much nutrition-related research DEFRA funds. Peter Purvis agreed to report back on this at the next meeting.

**Action: DEFRA**

**AOB**

67. Members were reminded that the next meeting would be an open meeting and would take place on 28<sup>th</sup> June 2006 at Aviation House.

68. The Chair thanked Members for their attendance and closed the meeting.