



3rd MEETING

Carbohydrates Working Group

**26th September 2008, Room 3, Aviation House
125 Kingsway, London, WC2B 6NH**

FINAL MINUTES

Chairman: Professor Ian Macdonald

Members: Professor Alan Jackson
Professor Tim Key
Dr David Mela

Secretariat: Dr Elaine Stone (FSA)
Mrs Vicki Pyne (FSA)
Ms Lynda Harrop (FSA)

Agenda item 1 – Chair’s introduction and welcome

1. The Chair welcomed Members to the third meeting of the SACN Carbohydrate Working Group.
2. Apologies were received from Mrs Christine Gratus, Professor Annie Anderson and Dr Sheela Reddy.
3. The Chair asked the group whether there are any changes to their declaration of interest. None were given.

**Agenda item 2 – Minutes of 1st meeting April 08
(SACN/Carbohydrates/08/min/01)**

4. Members were invited to comment on the minutes of the first Carbohydrate Working Group meeting and several editorial comments were noted. Subject to these changes, the minutes were agreed as an accurate record of the meeting.

Action: Secretariat

Agenda item 2 – Minutes of 2nd meeting (conference call) May 2008 (SACN/Carbohydrates/08/min02)

5. Members were invited to comment on the minutes of the second Carbohydrate Working Group meeting and several editorial comments were noted. Subject to these changes, the minutes were agreed as an accurate record of the meeting.

Action: Secretariat

Agenda item 2 – Matters arising (SACN/Carbohydrates/08/03)

6. The Chair introduced matters arising. The Chair asked what the implications were for the activities of the Working Group of EFSA's work on macronutrients. A member clarified that their undertakings will compliment those of the Working Group, however, EFSA are not systematically evaluating the evidence and, therefore their work will be less robust.
7. The Secretariat informed the Working Group that EFSA are aware that the Agency is addressing the issues of both carbohydrate and energy.

Agenda item 2 – Carbohydrate definitions (SACN/Carbohydrates/08/04)

8. The Secretariat provided a list of definitions extracted from the WHO/FAO report. A member stated that the document of the carbohydrate definitions read more like a glossary and should be headed glossary instead of list of definitions.

Action: Secretariat

10. It was agreed that at the beginning of each meeting, the Working Group would state that the WHO definitions are being used as a starting point to deliberations, but ultimately the Group would devise their own definitions.

Agenda item 3 – HNR narrative synthesis of health effects of potential dietary components (SACN/Carbohydrates/08/05)

9. The Chair introduced the HNR narrative synthesis on fibre and health. The review was commissioned by the FSA to support negotiations on the definition of dietary fibre at Codex. The Committee used the report as background to their position statement on dietary fibre, which was published in the summer 08.
10. It was agreed that because the report had not been prepared specifically for SACN it would not endorse it at this stage. However, the evidence tables from the report that was used to support the Committee's position statement on dietary fibre, would be published on their website.

Action: Secretariat

Agenda item 4- Carbohydrate and Cardio-Metabolic Health section

I. Commissioning the review – specification for the review (SACN/Carbohydrates/08/06)

11. The Chair introduced the paper which outlined the specification for a review on carbohydrate and cardiometabolic health. There was general discussion about the review that is to be commissioned. It was agreed that a systematic review was the most appropriate method for this review. Several comments and concerns about the review process were noted:
 - Defining limits to the evidence gathered would be critical. Intervention studies are likely to involve secondary interventions, therefore the number of primary intervention studies is likely to be small.
 - Suggestion that the scope could be limited by looking at population studies and

only using animal studies if there are no other data available. It was recommended that high-level population studies are considered first, followed by intervention studies that investigate types and quantity of carbohydrates with their effect on total mortality or specific outcomes.

- Limiting the inclusion of studies by duration can prove difficult since sometimes only short term data are available.

12. A few editorial changes to the document were suggested and the Secretariat agreed to take these forward.

Action: Secretariat

13. The Secretariat agreed to put in place a timeline, which would include feedback to the Group on progress of the review at regular intervals and opportunities to interact and suggest amendments to the team commissioned to carry out the work. It was suggested that the contractors are required to provide a GANTT chart of their proposed timeline with their application.

Action: Secretariat

14. The Chair confirmed that although it was desirable for the work to be carried out by a single team, consideration would be given to collaborative applications.

15. Members were asked to suggest any suitable peer reviewers for the review. It was agreed that someone who had experience in systematic reviews would be desirable but that it was not necessary for them have a nutrition background. It was suggested that the Secretariat approach CRD in York for a peer reviewer.

Action: Secretariat

II. Exposures/Endpoint list (SACN/Carbohydrates/08/07)

16. The Chair informed the Working Group that it needs to be clear on what is required for systematic review and invited the Working group to comment on the cardio-metabolic health exposures/endpoints list. Various editorial changes were noted for the Secretariat.

Action: Secretariat

17. It was agreed that the revised cardio-metabolic exposure/endpoint list would be circulated to the Carbohydrate Working Group in November.

Action: Secretariat

Agenda item 5 – Net Metabolisable Energy (NME) (SACN/Carbohydrates/08/08)

18. The Chair introduced the paper on NME and recommended that the potential problems of the system are acknowledged but it is not necessary to take account of this in future recommendations.

19. A member asked if the NME system was relevant for vegetarians. It was agreed that it should not be an issue for those in normal health and that a paragraph on NME in the report should be sufficient.

Agenda item 6 – Future work programme

20. The Chair informed the Members that it was necessary to start considering the Terms of Reference for the Colonic Health and Dental Health Sections of the work programme. Members were also informed that an external consultant, Peter Sanderson, would be commissioned to draft the colonic health terms of reference and that in the first instance he should produce a framework for members to comment on.

21. It was agreed that experts on the Working Group should advise any external people or groups working on the reviews. In addition, it was suggested that some additional external experts be co-opted onto the Working Group. Members

suggested some colonic health experts. Secretariat to co-opt one of these experts on to Working Group.

Action: Secretariat

AOB – Paper for information: List of recommended experts (dental and systematic review) (SACN/08/09)

22. The Chair introduced a list of experts suggested by members to advise on the dental review and systematic reviews in general.

23. Members discussed potential dental experts who could be co-opted on to the Working Group and suggested that it maybe beneficial to appoint two experts with differing fields of expertise so that an unbiased view of the evidence could be obtained. It was concluded that further information on appropriate experts would be sought to assist in deliberations at the next Working Group meeting.

Action: Chair

Date of next meeting

24. The date of the next meeting has yet to be confirmed, but is anticipated to be mid-late March 2009.

25. The Chair closed the meeting and thanked members for their attendance.

Meeting close