

Michael Griffin

From:
Sent: 26 August 2014 15:21
To: SACN
Subject: SACN Draft Carbohydrate and Health Report

Dear SACN,

There are three points that I would like to recommend before you draft the final report.

1. Since the report was commissioned in 2008 there has been a great deal of public debate regarding sugar intake and its impact on health. Anyone reading the draft report is likely, like me, to be disappointed that the report does not give more information about sucrose consumption and its potential health risk. The committee have chosen to raise the bar high when it comes to evidence. No doubt the evidence regarding the health effects of sucrose consumption does not meet the committee's evidence criteria. But when it comes to health, as in many other things in life such as environmental protection, a lack of evidential certainty is not a reason for ignoring a potential risk. If there may be a risk, and a potentially serious risk, surely it should be mentioned and recommendations made on a precautionary basis.
2. On page 212, para 12.11 the report briefly mentions the very significant decision by the WHO to publish revised draft guidelines for sugar intake. This is surely an extremely important development and deserves more consideration. The final sentence of that paragraph states

"It should be noted that WHO's draft recommendations to limit sugar consumption are based on evidence for reducing the risk of dental caries."

That statement is true but in my opinion is partial, because the WHO's recommendations are associated with health concerns beyond dental caries. The committee should amend the draft report to give more weight and balanced comment on the WHO concerns.

3. The front of the report should clearly show the names of the people on the working group committee responsible for the content. I had to search the SACN website to find that Dr David Mela Science Leader of Unilever R&D Vlaardingen, The Netherlands, is on the working group committee. This is of interest because Unilever are the world's second largest manufacturer of ice cream, and ice cream contains approximately 25% sugar.

Yours faithfully

Graham Whittle

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