

Dear Sir or Madam

I have read both the Carbohydrates and Health and the Public Health England Sugar Reduction Paper. As a member of ASO and the National Obesity Forum, and being a medical doctor in the field of obesity management for twenty years, I wholeheartedly endorse the recommendations made.

It is vital that in an age where it is fashionable to demonise 'carbs', it is essential that there is a scientific stand that distinguishes 'bad carbs' (extrinsic sugars) from 'good carbs' (natural components of fibrous plant-based foods).

I agree that the nation should be advised to cut down to less than 5% the sugars found in soft drinks and cakes, chocolate, biscuits and sweets. I also concur with the conclusion that carbohydrate should form no less than 50% of our diet. The recommended sources of carbohydrate should be widely promoted: wholegrains, beans and lentils, potatoes, vegetables and fruit.

Thank you for the inclusion of my feedback.

Yours sincerely

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