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Date: 27th August 2014 To: SACN Secretariat Response by: Sue Davies, Chief

Consultation Response

SACN Secretariat
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Draft Scientific Advisory Committee on Nutrition (SACN) report on carbohydrates and health

Which? welcomes the publication of the Scientific Advisory Committee on Nutrition (SACN) draft report on carbohydrates and health, following six years of work by the Committee's working group.

We consider the report to be very comprehensive, with the quality of the evidence clearly explained. We welcome the clarification around advice on consumption of total carbohydrates and dietary fibre that the report provides. This needs to be widely disseminated given confusion about the role of carbohydrates.

We also support the proposed definition for free sugars which we consider will help to ensure clearer communication and guidance around sugar consumption. We agree that based on the available evidence population 'free' sugar intakes should be lowered and that intakes of sugar sweetened soft beverages (SSBs) should be minimised.

We look forward to Public Health England's assessment of the evidence on how this can be achieved and an effective policy response from the Department of Health and Food Standards Agency where it has responsibility for nutrition policy.

This needs to include a much greater focus on ensuring responsible promotion of SSBs and products high in free sugars, including price promotions and controls over marketing of foods to children. PHE should work with the Department of Health to establish targets to lower levels of free sugars in products that contribute significant amounts to dietary intakes, building on work previously undertaken by the Food Standards Agency. The sugar content of foods also needs to be made clearer on food labels through wider take up of traffic light nutrition labelling by food manufacturers as well as retailers and responsible use of health and nutrition claims.

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