

Here is the response of the Centre for Public Health at NICE to the consultation on the SACN draft report on carbohydrate.

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Thank you for the opportunity to comment on the draft SACN report on carbohydrate.

NICE welcomes the update to the existing population recommendations on carbohydrates, particularly on fibre and free sugars, given new evidence.

NICE considers the approach the committee has taken to the consideration to the evidence to be appropriate and robust. NICE notes that the approach to the evidence is largely in line with NICE methodology.

NICE agrees with the proposed use of the terms fibre and free sugars both from nutritional and pragmatic points of view (for example, enabling better comparison with international data). Although these terms are helpful, it will be important to ensure careful communication of these changes, the implications for labelling and on-going population monitoring.

NICE agrees with the proposed population intakes of carbohydrates and NICE will be interested in the implications of the recommendations for public health activities and policy. NICE notes that the proposed population intakes for children over age 2 has implications on existing advice for the appropriateness or otherwise of population 'healthy eating' recommendations for children under age 5. NICE also notes that the inclusion of fruit juice in the definition of free sugars will have implications for the existing 5 a day message. Clarity on these issues will be required. NICE would welcome consideration of the contribution of alcoholic beverages to intake of free sugars (highlighted within the body of the report but not the overall summary and conclusions).

In relation to the implementation of SACN's recommendations, we would encourage consideration of existing and forthcoming NICE public health guidance, particularly:

PH11 [Maternal and child nutrition](#)

PH25 [Prevention of cardiovascular disease](#) (full update due, date to be confirmed)

PH35 [Preventing type 2 diabetes – population and community level interventions](#)

PH49 [Behaviour change – individual approaches](#)

Forthcoming guidance on [Maintaining a healthy weight and preventing excess weight gain among children and adults](#).

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