



Public Health
England

Protecting and improving the nation's health

External reference group – eatwell plate

Paper for information: includes an update on the modelling exercise

Agenda item 5

This paper draws together the outcome of the actions identified at the first reference group meeting to support considerations around any update of the eatwell plate.

The reference group is invited to:

- note the update from PHE regarding the modelling and analytical work.

Updating the eatwell plate

Background

1. The Scientific Advisory Committee on Nutrition has recently published a draft 'Carbohydrates and Health' report,¹ which draws conclusions that indicate a need to revise dietary reference values for sugars and fibre. Although the responses to the draft consultation are being reviewed and the outcome is not concluded, it is appropriate to assess potential implications for the eatwell plate and associated healthy eating messaging in order to be able to respond in a timely manner.

Update on modelling work to inform the proportion of the food categories depicted within the eatwell plate

2. Discussions at the first external reference group meeting held on 12 November suggest there is overall consensus that options 2-5 presented in paper ERG/EATWELLPLATE/14/3 merited initial analysis.
3. PHE has had confirmation that resource is available to conduct modelling based on movement from current dietary intakes to potentially revised DRVs to inform the proportion of food group using NDNS (option 2). The exact timelines for this modelling is to be confirmed.
4. PHE is still looking at the possibilities of conducting some data modelling using linear regression techniques (option 3) and data re-modelling of the FSA Scotland eatwell week (option 4).
5. Data modelling based on the PHE healthier and more sustainable catering example menus, as detailed in option 5 of the eatwell options paper is in the process of being externally commissioned and will be underway within the next few weeks. We anticipate this will provide an outcome in February 2015.

Nutrition Advice Team
Health and Wellbeing
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¹ Scientific Advisory Committee on Nutrition (2014) Draft SACN Carbohydrates and Health Report
<https://www.gov.uk/government/consultations/consultation-on-draft-sacn-carbohydrates-and-health-report>