Food Newsletter Summary – July 2013

**FSA**

**Scotland Food and You survey published**
The results of a survey exploring attitudes, reported behaviours and knowledge around food in Scotland have been published today showing that the cost of food is perceived to be the main barrier to eating healthily for up to a sixth of the population.

**Latest research published by the FSA**
The Agency has produced a summary of its research published in April to June 2013. Several areas of research were covered, including consumer attitudes towards the decontamination of meat and the use of freezing to reduce campylobacter in chicken livers. A full report for each area of research can be found via the links at the bottom of the page.

**Food Navigator**

**Insect protein ‘similar to conventional meat’**
The crude protein content in several edible insect species is similar to that in conventional meat products according to a new study from Wageningen University, which adds to a mounting body of research on the potential of insect protein.

**UK project to tackle food industry sustainability challenges**
The UK government has launched a project to understand the biggest technological challenges for the food industry as it aims to increase food production while reducing environmental impact.

**Breast is better? EU project finds infant nutrition can affect later obesity by up to 13%**
Long-term EU funded research with 1000+ EU-based children has found ‘early nutrition programming’ can deliver significant health benefits later in life – including big reductions in obesity.

**Omega-3 DHA’s brain health benefits may emerge in later childhood**
The potential brain health benefits of increased intake of DHA at birth may take several years to emerge, according to data from a small cohort of children.

**Healthy chocolate? The growing evidence for cocoa flavanols**
The meteoric emergence of cocoa flavanols as the new ‘super ingredient’ continues, with many new scientific publications focused on the potential health effects of these special compounds. As part of this special edition, we take a look at some of the highlights.

**Government’s GM food push draws praise and criticism**
A keynote speech from environment secretary Owen Paterson, urging the widespread adoption of genetically modified (GM) science and crops in Europe, has drawn both praise and criticism.

**Study links eating high-GI carbs to stimulation of addiction center in brain**
Foods high on the glycemic index, such as highly processed carbohydrates found in white flour, can cause excess hunger and stimulate brain regions involved in reward and cravings, according to research conducted by a team at Boston Children’s Hospital. These findings suggest that limiting high GI foods could help obese individuals avoid overeating.
**Contaminants in food may worsen metabolic problems of obesity: Mouse study**
Food contaminants including dioxin, PCB, and BPA may increase the risks of obesity by worsening metabolic responses, warn researchers.

**Subsidies on healthy foods work to increase consumption**
Subsidies are effective at promoting healthier food and beverage choices, according to a new review published in *Public Health Nutrition.*