Scottish Government

Scotch Beef back on the US menu
Seal of approval given to Scottish products. Scotch Beef will soon be available to consumers in the United States of America for the first time in nearly 20 years.

Food Standards Agency

New office for the Food Standards Agency in Scotland
The Food Standards Agency in Scotland has announced with Scottish Government its intention to move offices next year.

FSA Board meeting now available online
Open Board meeting from 5th November is now available as a video-on-demand and as a podcast. The meeting was chaired by FSA Chair Tim Bennett.

LiveWell for Life

Paving the way for sustainable consumption
Between July and October the European Commission (EC) conducted its long-awaited public consultation on how Europe can move towards a more resource-efficient and sustainable food system.

The Meat Guide
It is becoming clearer and clearer that we need to eat less meat. But it’s less clear what kind of meat should we eat. The Swedish University of Agricultural Sciences has attempted to address this issue through its Meat Guide.

How low can the impact of food consumption be in 2050? – a discussion paper about what we eat in the future
In September 2013, a report was presented by three Swedish authorities that all deal with the cross-cutting issue of healthy food and climate impact. Together, the National Food Authority (NFA), the Board of Agriculture and the Swedish Environmental Protection Agency (EPA) presented an accessible report with examples of diets, conflicting environmental targets and an investigation into how low we can go in terms of climate impact before 2050.

EUFIC

Meal timing is a possible predictor of weight loss effectiveness
Energy intake and expenditure are not the only factors known to influence the success of a dietary intervention in obesity. A study revealed that early eaters lost more weight, and at a higher rate, than volunteers who ate later. At the same time, biomarkers related to obesity and weight loss remained similar between the groups. Based on these findings, researchers concluded that timing of food intake may influence the success of a weight loss therapy.

The role of gut microorganisms in human health
It has been long known that microorganisms in the human gut play an important role in digestive health. However, more recent research indicates that gut bacteria may relate to wider aspects of health, including obesity and metabolic health.
STV News

Stovies reloaded as part of Aberdeen's new healthy eating
When most people think of healthy food, they normally wouldn't include stovies, pies, bridies and sausages on the list. However, a new book, devised by the Rowett Institute at the University of Aberdeen, aims to alter perceptions with healthier recipes for some of Scotland's favourite dishes.

British Medical Association
Peers use BMA evidence in call for folic acid flour fortification
Peers have highlighted evidence in a BMA briefing to support their calls for the mandatory fortification of white flour with folic acid.

Nourish Scotland

Feeding the 5000 and a food strategy for Edinburgh
On 5 October 2013, Edible Edinburgh partners held a Feeding the 5000 event. Tickets for 5000 free meals were made available to anyone who attended our community food information fair. Over the next few weeks the Edible Edinburgh members will be talking about how we can move forward to develop a food strategy for the city that takes account of all the responses we have received.

Conference report now available on our website
The Nourish 2013 conference report ‘Feeding the five million’ is now available on our website and you can download it here.

Food Navigator

Food industry ‘should focus on plants not meat and dairy’
British cereal farmers should switch production towards vegetables and fruit – as part of a wider industry move, involving food manufacturers – to ditch meat and dairy products in a bid to improve public health and the environment.

TFAs' effect on heart 'beyond dispute'
The detrimental effects of industrial trans fatty acids (TFAs) on heart health are beyond dispute and limiting their intake will lower cardiovascular disease (CVD), a new study has concluded.

Personalised nutrition poses data and security concerns
Personalised nutrition is perceived positively by consumers but they lack confidence over the protection of their health data and trust in regulators and service providers, a new study has found.

Britons are heavier than ever - but eating fewer calories
Recession-hit Britons are consuming fewer calories, although weight gain has continued, according to a series of reports from the Institute for Fiscal Studies (IFS).

25% of Brits eat less meat than last year: Survey
A quarter of British people say they eat less meat than a year ago and values surrounding meat-eating habits are changing too, according to a survey.

European Union moves toward GM corn approval
The European Union has moved toward approving a variety of genetically modified (GM) maize for cultivation, 12 years after a request was first filed.

**Taxing sugary drinks could reduce UK obesity, claim researchers**
A 20% tax on sugary soft drinks could reduce the prevalence of obesity in the UK by 1.3%, according to a study published in the *British Medical Journal*.

**Nutrition and obesity studies may overstate results, warn researchers**
Many studies focusing on obesity and nutrition may overstate conclusions of their findings, which may lead to policymakers and other researchers basing decisions on inaccurate assumptions, according to new research.

**Can pizza make a healthy meal?**
Pizza has a poor nutritional image – but it could be reformulated to meet dietary guidelines without losing its taste appeal, according to a team of Scottish researchers.

**Preschool years key for teaching kids about healthy and unhealthy foods, say researchers**
Research demonstrating that three-to-five-year-olds have an awareness of which foods are healthy, and which foods are not, suggests preschoolers should receive education about food and nutrition, say researchers.

**Lower BMIs for chocolate-eating teens, finds study**
Young people consuming larger amounts of chocolate each day have slimmer waists and lower body mass indices, according to research.

**Fat functionality: Why can't we just swap bad fats for good ones?**
With huge consumer and political pressure to reduce levels of 'bad fats', and soaring demand for healthier foods containing 'good fats' like omega-3's, FoodNavigator asks why we can't simply switch the two.

**Industry saturated fat pledge is a 'mixed message' and 'bit of hype', says obesity expert**
A food industry pledge to reduce the saturated fat content in a range of foods is a 'bit of hype' and will fail to change diets unless more companies sign up, according to trustee of the National Obesity Forum Tam Fry.

**Taste beyond flavour: How colour, texture and environment influence taste perception**
The way we taste foods is actually far more complex than their flavour alone. Neuroscientist Professor Charles Spence discusses how the shape, smell and colour of a food, its packaging, and even the setting in which it is eaten, affect the way it tastes.

**Dietary fats: The good, the bad and the ugly...**
The possible risks - and benefits - of eating different dietary fats is one of the most hotly debated and controversial areas in our industry. So just where do we currently stand?

**Increased sugary soda consumption may be balanced by lower caloric intake, study finds**
Obese women who are given additional soft drinks in their diet voluntarily respond by reducing other calories consumed, according to new research backed by Sugar Nutrition UK.

**Mediterranean diet may protect against cognitive decline, depression and stroke: Meta-analysis**
Adherence to a Mediterranean diet may contribute to the prevention of a variety of conditions linked to the aging brain, including cognitive decline, depression and stroke, say researchers.
Protein source crucial to quality of gluten-free sweet baked goods: Study
The proteins in a formulation can drastically impact the quality and texture of gluten-free baked goods and therefore must be selected wisely, suggest researchers.

Don't change our treats! Smaller portions better than reformulation for confectionery, says dietitian
Confectioners should reduce portion sizes rather than reformulate since indulgent treats help us enjoy our diets, says a dietitian.

Nutritional labelling requires nutrient level reference points, says study
Consumers may only benefit from nutritional labelling schemes that use reference point information at the nutrient level, warn researchers who find that only this information can have a 'significant' impact on evaluations of healthfulness.

Diet and cancer: Genetic variation may play key role in risks from red and processed meat
A common genetic variant that affects 1 in 3 people could significantly increase the risk of developing colorectal cancer from the consumption of red meat and processed meat, according to new research.

The term ‘food addiction’ makes us all addicts
A new theory that seems to be gaining momentum on the obesity front is food addiction. Apparently the world’s expanding waistline is as result of so many of us being addicted to food.

What’s an average serving? Portion size guidance ‘no longer fit for purpose’
European guidance on portion sizing is out of date and does not reflect how portion sizes have changed over time, claims a new report from the British Heart Foundation (BHF).