Food Newsletter Summary - October 2013

Food Standards Agency

Invitation to novel food workshop
The FSA’s Advisory Committee on Novel Foods and Processes (ACNFP) is holding an open workshop on novel foods in London on Wednesday 20 November 2013, 1pm-4.30pm. Everyone is welcome to attend, including members of the public. The closing date for applying to attend is Friday 1 November.

Board members being recruited
The FSA is seeking to recruit up to four Board members who can demonstrate achievement in a Board-level leadership role, a proven ability in strategic planning and in evaluating risk.

FSA open Board meeting: 5 November 2013
The next FSA open Board meeting will be held at the FSA's headquarters: Aviation House, 125 Kingsway, London WC2B 6NH. It will begin at 1pm on Tuesday 5 November 2013 and will be chaired by FSA Chair Tim Bennett. You can attend in person or watch it live online.

Regulation 882/2004: we want your views
The FSA has launched a consultation on European Commission proposals to replace EU regulation 882/2004 on official controls for feed and food law, which sets out how businesses’ compliance with the law should be monitored and enforced. We want your views to help inform the UK Government response.

FSA Board meeting papers published
The agenda and papers for next month’s open Board meeting have been published. The meeting will be held in London on Tuesday 5 November 2013. It will begin at 1pm and will be chaired by FSA Chair Tim Bennett. You can attend in person or watch it live online

Scottish Government

Mackerel stocks increasing
Scottish fishing quotas of mackerel for 2014 may benefit significantly following the publication of scientific advice.

Cod stock recovering
Scotland Marine and Fisheries All eyes now turn to scientific advice due soon.

Helping hand at home and abroad
Scotland Agriculture International Sustainability in focus on World Food Day.

Further companies slash sugar, fat and salt in food.
Some of Scotland’s favourite foods are becoming healthier, thanks to an innovative programme run by the Scottish Government and Scottish Food and Drink Federation (SFDF). Now in its second year, the programme is helping 26 companies reduce the amount of sugar, salt and fat in their food. For more information, you can access the press release on the Scottish Government website.
CommNet

European Open-Space-Conference Food and Health - Research 2020
15 November 2013 | Brussels, Belgium - How can we shape the future of research in food and health?

DEFRA

Launch of week to inspire small food and drink businesses to export
A week dedicated to inspiring small food and drink businesses to grow an international market for their products has launched.

UK Government underlines importance of Scottish fishing industry
Fishing is as much a part of Scotland’s future as it has been in the past, say UK Government ministers.

Food and Health Alliance

Supporting Healthy Choices
At an event in May 2013 the Scottish Government and the Food Standards Agency in Scotland presented a draft set of voluntary proposals to support healthier choices to representatives of the food industry. The Scottish Government are engaging with the food industry on the drafts and taking account of feedback until the end of October 2013. If you would like to discuss the drafts, or submit your views, please contact Supporting Health Choices Scotland (supportinghealthychoices@scotland.gsi.gov.uk)

ScotPHO updates
The new ScotPHO publication ‘What would it take to eradicate health inequalities? Testing the fundamental cause’s theory of health in inequalities in Scotland’ was recently published and can be found on the Health Scotland website.

NHS Health Scotland

Rich/poor gap leads to thousands of unnecessary deaths in Scotland
A new report from NHS Health Scotland has warned that efforts to reduce Scotland’s health inequalities gap will fail unless they tackle the fundamental causes of poor health.

Food Navigator

The brain cannot be ‘fooled’ by artificial sweeteners, warn researchers
It is hard to fool the brain by providing it with ‘energyless’ sweet flavours, according to new research in mice that suggests that consumption of zero-calorie sweeteners leads to higher sugar consumption later.
**FAO claims livestock emissions could be cut by a third**
The Food and Agriculture Organisation (FAO) has said that greenhouse gas emissions from livestock account for 14.5% of all human-related emissions, but could be cut by 30% by employing current best practices across the supply chain.

**Men who skip breakfast at higher risk of heart problems**
Men who reported that they had skipped breakfast have a higher risk of heart attack or death from coronary heart disease.

**Omega-3 supplements linked to younger biological age in older people**
Supplements of omega-3s may slow cellular ageing in older people with mild cognitive impairment, according to results of a pilot randomized clinical trial.

**Food addiction: a flawed excuse for overeating**
Claims that people can get ‘hooked’ on certain foods which then makes them obese are overstated, with the result that food addiction is becoming an overly simplistic explanation for overeating, according to a leading expert in psychobiology.

**Mediterranean diet may have cognitive benefits, review finds**
Adherence to a Mediterranean diet may be associated with better cognitive functions and lower rates of cognitive decline, a systematic review of the evidence reveals.

**Nordic nations up vitamin D and selenium intakes after 8-year review**
A 3-year review of Nordic nutrient intakes has recommended daily vitamin D inputs increase from 7.5 microgram to 10 mcg per day for people between 2 and 75 years of age. For over-75s, it set a level of 20 mcg.

**Folic acid deficiency may impact later generations**
Deficiencies in folic acid dating back up to five generations could have an impact on developmental risk factors and later risk of disease, according to new research in mice.

**Vitamin D may boost bone health for adolescent girls, but not boys: RCT**
Daily supplements of vitamin D may increase bone mass and structural bone parameters in adolescent girls, but boys didn’t seem to get any benefits in the parameters measured, says a new study.

**Almonds: satiating and nutritious snack without weight gain?**
Snacking on almonds could fill you up and provide you with nutrients without making you put on weight, a study which looked at people with an increased risk of type 2 diabetes has claimed.

**Portion size science: There is still a lot we do not know, says review**
Simply reducing portion sizes is not an easy solution to reducing energy intakes as results from laboratory based experiments do not necessarily reflect what happens in the real world, according to a new review.

**European Parliament rejects carbohydrate health claim**
The European Parliament has vetoed a health claim linking carbohydrate consumption to normal brain function after objections that it could promote sugar consumption.
Using maths to make the most of bees for improved food production
Global food production and bees are closely interrelated – but optimising how honeybees pollinate food crops could help improve yields, despite declining populations.

World Food Day: Global Twitter chat to bring together food producers and consumers
Food producers and consumers from all over the world will join together this World Food Day to discuss the key issues facing them in battling against food security and malnutrition.

Frozen fruit and vegetables may be more nutritious than fresh: Research
Frozen fruit and vegetables may contain higher levels of essential vitamins and potentially healthy antioxidants than their fresh counterparts, according to new research.

Dietary advice should be no different for those with diabetes, study finds
Dietary guidelines for those with diabetes should be the same as those for the general population – although the benefits of following a healthy diet are greater for diabetics, claim the authors of a new study.

Vitamin E: The ‘overlooked’ nutrient and its brain health benefits
With over 90% of Americans not consuming the RDA for vitamin E, and most people eating less than half of the RDA, there exists a significant opportunity to educate consumers on the benefits of this ‘overlooked’ nutrient, including for brain health.

The Role of Low GI Foods in Blood Glucose Control
Food and nutrition play a key role in both potentially preventing and/or reducing the risk of a number of diseases such as Type 2 Diabetes Mellitus and coronary heart disease. In this White Paper, Leatherhead Food Research’s Carmen Diaz-Toledo and Dr Roberta Re take a look at the Glycaemic Index (GI) and the role that low GI foods can play in helping to improve blood glucose and/or lipid control in diabetes.

Battling cognitive decline: Where do we stand?
Cognitive impairments have been long linked to the development of dementia and memory problems in the elderly. However, recent research has begun to suggest that nutrition can play a vital role in protecting against such declines. In this special edition article, NutraIngredients asks how far we have come in battling cognitive decline.

Low dietary fibre intake may increase cardiovascular risk: Study
There is a significant association between low intakes of dietary fibre intake and cardiometabolic risks including metabolic syndrome, cardiovascular inflammation, and obesity, according to new research that strengthens the previously suggested link between fibre intake and metabolic health.

Getting insects past the ick factor, into mass food production
Insects form part of the traditional diets of at least 2 billion people worldwide, and more than 1,900 species have reportedly been used as food, according to the Food and Agricultural Organization report “Edible Insects: Future Prospects for Food and Feed Security,” issued earlier this year.

Cardiologist aims to bust saturated fat ‘myth’
Advice to cut saturated fat has actually increased cardiovascular risk – and high fat dairy and red meat have been unfairly demonised, claims cardiologist Aseem Malhotra in the British Medical Journal.
High serum omega-3 status linked to lower brain abnormalities in the elderly
A high level of long-chain omega-3 polyunsaturated fatty acids (PUFAs) in blood may lower the risk of small infarcts and other brain abnormalities that are linked to cognitive decline in the elderly, according to new research.

Other sources

Link between exercise and attainment
Research undertaken by the universities of Strathclyde and Dundee has suggested that intensive exercise improves the academic performance of teenagers. The study of around 5,000 children found an increase in performance in English, maths and science for every extra 17 minutes boy exercised and 12 minutes for girls. The study also suggested children who exercised regularly not only did better academically at 11 but also at 13 and in their exams at 16.

Speech - The Role of Europe in Global Health
A speech by President of the European Commission, José Manuel Durão Barroso, on the role of Europe in global health, is now available online.

Most new mums have low self-esteem and feel under pressure to lose baby weight, survey shows
The Royal College of Midwives has reported on a survey conducted by Slimming World, which showed that many new mums feel negatively affected by weight gained in pregnancy and the pressure to lose baby weight. The survey examined the use of fad-diets by new Mums and the impact of the media and celebrity mums.

'Must do better' report on physical activity for Scots youngsters
A new study examining the health of Scotland’s children has raised concerns about the rate of obesity, lack of physical activity and extent of sedentary behaviour.

Families need more help to tackle obesity in youngsters
The organisation that sets standards of excellence in health and social care, NICE, has called on local authorities and health professionals to do more to help families address the obesity time-bomb in children and young people.

Chief Medical Officer: Prevention pays - our children deserve better
England’s Chief Medical Officer, Professor Dame Sally Davies, has published her latest report on child health and calls for free vitamins to be offered to all young children.

New ONS figures suggest that people living in Eilean Siar, Orkney and Shetland, Dumfries and Galloway and Highland are among the happiest in Scotland.

Optimism hits a three year high as sales gain strength: UK Food and Drink Industry
Business optimism amongst UK food and drink manufacturers has reached the highest levels since 2010, according to the latest Business Snapshot from the Food and Drink Federation.