

ABOUT THE TASK FORCE

The Dietary Carbohydrates Task Force has spent more than a decade developing science which focuses on the relationships of carbohydrates with public health. The task force particularly puts emphasis on glycaemic control and the role of dietary fibres. The task force aims to understand the links between carbohydrates and health, particularly the relevance of controlling glycaemia, and the types and quantities of carbohydrates that should be consumed to optimise health.



WHAT'S NEW?

NEW ACTIVITIES on

- Health Relevance of Lowering Post-Prandial Glycaemia in Children and Adolescents Through Diet';
- Dietary Guidelines for Diabetes in collaboration with Obesity and Diabetes Task Force will kick-off in 2018.

RECENT WORKSHOP

organised jointly with the Eating Behaviour and Energy Balance Task Force on 'Dietary Sweetness – Is It an Issue?'. The workshop took place on 3-4 April 2017.

ACTIVITIES

Workshop on 'Dietary Sweetness – Is It an Issue?'

Human attraction to sweet sources of energy is seen as a potential risk factor for developing less healthy eating patterns. ILSI Europe organised a workshop on 3-4 April 2017 in Brussels, Belgium, to address whether dietary sweetness is an issue. The biological basis and evolutionary relevance of sweet taste were presented. Experts reviewed the evidence suggesting that exposure to

sweetness affects diet quality and energy intake. Together, they assessed whether sweet taste *per se* affects health. The outcomes of this workshop will be used as scientifically sound basis to inform the expert community and create dialogue among health care professionals.

Quantifying the Health Impact of Reduced Post-prandial Glycaemia

There is general consensus that reductions in post-prandial glycaemic (PPG) and relative insulinaemic (PPI) responses are likely to be beneficial in reducing the risks of several non-communicable diseases (e.g. diabetes or cardiovascular diseases) in the general population. It should be possible to estimate quantitatively the potential health impact of

reducing PPG and PPI through diet. The expert group will clarify the impact of PPG and PPI in terms of quantitative risk reduction in the general population (a public health approach). It will also allow for differentiating the potential effects of food from pharmaceutical treatment of diagnosed individuals.

Dietary Carbohydrates Task Force

MEMBER COMPANIES

- Barilla G&R Fratelli
- Cargill
- General Mills
- Mondelēz Europe
- Nestlé
- Roquette Group
- Sensus
- Südzucker Group
- Tate & Lyle
- Tereos
- The Coca-Cola Company
- Unilever

ACTIVITIES (CTD)

Characterisation of and Criteria for Glycaemic Exposure Markers in the Non-Diabetic Population

There is broad consensus that the maintenance of blood glucose concentrations within the normal range is beneficial for health. In particular, attention is given to the importance of minimising exposure to foods which produce a large glycaemic response. Accepted markers to evaluate the sustained

maintenance of normal blood glucose concentrations may have drawbacks. The goal of this project is to reach evidence-based consensus on the relevance of and criteria for alternative markers, and possible further research needs to establish these as accepted measures of diet-induced glycaemic exposures.

Carbohydrate-Based Recommendations as a Basis for Dietary Guidelines: A Scientific Review

Lifestyle-related diseases are the leading cause of death worldwide. Nutrition is seen as a major modifiable determinant of non-communicable diseases and changes in diet can have profound effects on health, both positive and negative. Although the process for dietary guidelines development has evolved and improved over the

past 20 years and although many countries have already adopted public health interventions, non-communicable diseases still proliferate. This project reviewed the scientific basis and the processes by which current dietary guidelines related to carbohydrates were developed.

RECENT PUBLICATIONS

E.E. Blaak, J.M. Antoine, D. Benton, I. Björck, L. Bozzetto, F. Brouns, M. Diamant, L. Dye, T. Hulshof, J.J. Holst, D.J. Lampert, M. Laville, C.L. Lawton, A. Méheust, A. Nilson, S. Normand, A.A. Rivellese, S. Theis, S.S. Torekov and S. Vinoy. **Impact of Postprandial Glycaemia on Health and Prevention of Disease.** *Obesity Reviews* 2012;13(10):923-984.

All publications commissioned by this task force are available on our website: www.ilsieurope.eu.

For more information on ILSI Europe's activities, don't forget to follow us on Twitter @ILSI_Europe and connect with us on LinkedIn.

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