

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 PUBLICATIONS

entitled 'A workshop on "Dietary Sweetness – Is It an Issue?"' published in the International Journal of Obesity (A. Wittekind et al., 2017).

ACTIVITIES RECENTLY STARTED on

- Post-Prandial Glycaemia in Children and Adolescents;
- Nutrition Guidelines for Diabetes.

KEY ACADEMIC ADVISORS

- Ellen Blaak (Maastricht University);
- Anette Buyken (Universität Paderborn);
- Ian Macdonald (University of Nottingham).

ACTIVITIES

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.

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.

Dietary Carbohydrates Task Force

MEMBER COMPANIES

- Barilla G&R Fratelli
- Cargill
- General Mills
- Mondelēz Europe
- Nestlé
- Sensus
- Südzucker Group
- Tereos
- Unilever

ACTIVITIES (CTD)

Health Relevance of Lowering Post-Prandial Glycaemia in Children and Adolescents Through Diet – **NEW**

In childhood, the immediate benefits of lowering blood glucose excursions may be relatively small, but longer-term effects can be potentially large when adopted and sustained over a lifetime. This activity aims

to create a clear consensus on two main questions: i) Are glycaemic index or other glycaemic response data in adults applicable to paediatric populations?; ii) What is the impact of glycaemic index or other glycaemic response data on health outcomes in children?

Nutrition Guidelines for Diabetes – A Review of Methods – **NEW**

A lack of consistency between the methodologies used to develop global and national guidelines for diabetes are confusing for patients and undesirable for efficiently communicating public health messages and hampers food innovation. This review will contribute to understanding the

range and basis of similarities and differences in specific dietary guidelines for diabetes. It will increase clarity in methodology for setting such recommendations and thereby support efforts of smaller, local organisations in setting guidelines.

RECENT PUBLICATIONS

A. E. Buyken, D. J. Mela, P. Dussort, I. T. Johnson, I. A. Macdonald, J. D. Stowell, F. J. P. H. Brouns, **Dietary carbohydrates: A review of international recommendations and the methods used to derive them.** *European Journal of Clinical Nutrition* 2018; (in press).

A. Wittekind, K. Higgins, L. McGale, C. Schwartz, N.S. Stamataki, G.K. Beauchamp, A. Bonnema, P. Dussort, S. Gibson, C. de Graaf, J.C.G. Halford, C.F.M. Marsaux, R.D. Mattes, J. McLaughlin, D.J. Mela, S. Nicklaus, P.J. Rogers, I.A. Macdonald. **A workshop on ‘Dietary Sweetness – Is It an Issue?’** *International Journal of Obesity* 2017; doi:10.1038/ijo.2017.296.

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

For more information on ILSI Europe’s activities, don’t forget to follow us on Twitter [@ILSI_Europe](https://twitter.com/ILSI_Europe) and connect with us on [LinkedIn](https://www.linkedin.com/company/ils-europe/).

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