

COMMITTEE ON CARBOHYDRATES

Objectives:

The Committee on Carbohydrates addresses scientific issues related to function and use of carbohydrates, facilitates dialogue, and disseminates science to improve awareness and understanding of carbohydrates and their health effects.

Committee Activities:

The Committee provided input into the 2010 Dietary Guidelines through submission of summaries of Committee-sponsored publications describing the health effects of added sugars, fructose and fiber. The 2009 publication "*Intake of Added Sugars and Select Nutrients in the United States*," which showed that higher added sugar intakes were associated with higher proportions of individuals with intakes of nutrients below the estimated average requirement, was cited in the 2010 Dietary Guidelines Advisory Committee Report. Prior to the release of this report, the Committee sponsored a review of international dietary guidance on sugars noting that a lack of consistent procedures produces recommendations that vary across countries and authorities. Most recently, the Committee has initiated a review conducted by the Tufts Evidence-Based Practice Center to clarify the role of fructose at typical consumption levels in the development of fatty liver. To assist with harmonized implementation of the Codex fiber definition, the Committee organized a consensus session at the Vahouny fiber conference. Clear participant consensus around the inclusion of carbohydrates with degrees of polymerization between 3 and 9 in the definition of fiber was established and session proceedings were published in the article "*The Definition of Dietary Fiber: Discussions at the Ninth Vahouny Fiber Symposium – Building Scientific Agreement*." The Committee continues to further the understanding of dietary fiber benefits through a variety of communication mechanisms.

Committee Members:

Archer Daniels Midland Company
BENEÓ-Group
Campbell Soup Company
Cargill, Incorporated
The Coca-Cola Company
National Starch/Corn Products International
Danisco USA
Dr Pepper Snapple Group
General Mills
The Hershey Company
Kellogg Company
Kraft Foods Inc.
Mars, Incorporated
McNeil Nutritionals, LLC
Nestlé USA
Ocean Spray Cranberries, Inc.
PepsiCo Inc.
Tate & Lyle

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United States Department of Agriculture (Liaison)

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