

## Committee on Carbohydrates

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.

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### 2010 Impact

To address misinformation about fructose and added sugars in the food supply, ILSI North America brought to bear the latest data on this subject in a series of nine papers that were published in the Journal of Nutrition, one of the top tier nutrition journals. These papers have served as a critical resource for the 2010 Dietary Guidelines Advisory Committee with respect to fructose in the food supply, intake levels, and health effects. The data have been further distributed through newsletters, a web cast targeting scientists and practitioners, and mainstream media, addressing the important reality that misperceptions about added sugars are becoming deeply entrenched among both consumers and health professionals. In conjunction with ILSI Europe and the World Health Organization, the Committee developed a pre-Codex workshop that reviewed science on fiber physiological effects and analysis. At the 2008 meeting that followed, a fiber definition was adopted which took into account the science presented.

### Current Activities

#### Implementation Issues of CODEX Fiber Definition - Vanhouny 2010:

This session will offer an open forum to discuss and elucidate the scientific and practical implications of the Codex Alimentarius Commission (CAC) Definition for dietary fiber. A definition for Dietary Fiber was adopted in June 2009 by the CAC based on the recommendation for endorsement of the CODEX Committee on Nutrition and Foods for Special Dietary Uses in November 2008.

The committee is in the process of producing two peer-reviewed literature review articles “A Teaspoon of Sugar – Dietary Sugars Recommendations and Food Sources” and “Fructose Malabsorption and Intolerance – A Review of Clinical Studies and Practical Applications.”

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### Committee Members

Archer Daniels Midland Company  
BENEÓ Group  
Cargill, Incorporated  
The Coca-Cola Company  
Corn Products International  
Danisco USA, Incorporated  
Dr Pepper Snapple Group, Incorporated  
General Mills  
The Hershey Company  
Kellogg Company  
Kraft Foods, Incorporated  
Mars, Incorporated  
McNeil Nutritionals  
Mead Johnson Nutritionals  
National Starch Food Innovation  
Nestlé USA, Incorporated  
PepsiCo, Incorporated  
Tate & Lyle

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### Future Work

The committee will continue to collaborate with the ILSI international branches for implementation of the CODEX fiber definition. The committee will also pursue development of the science around the health effects of various sugars. This will include a proposed review of international sugar intake recommendations and presentation of data at national meetings.