



ANSES updates its food consumption guidelines for the French population



31st FP meeting, 17-18 May 2017, Helsinki

CONTEXT

The National Health and Nutrition Programme (PNNS) 2012-2015 foresaw “the update of nutritional guidelines” and the Ministry of health asked ANSES to:

- Suggest **new formulation of food consumption guidelines** on the basis of:
 - new nutritional references
 - consumption data (INCA) and food composition data (CIQUAL)
 - international references

- Clarify the **positioning of certain foods within the food categories** used in the current guidelines, taking into account their nutritional quality and their image commonly accepted by the consumers:
 - Fresh, dried and oilseed fruits
 - Products which may belong to two categories (e.g. sweet corn)
 - Processed products

- Quantify the “**servicing size**” notion in the formulation of new guidelines

OBJECTIVE

Translate nutritional guidelines into combinations of foods to be consumed, taking care to:

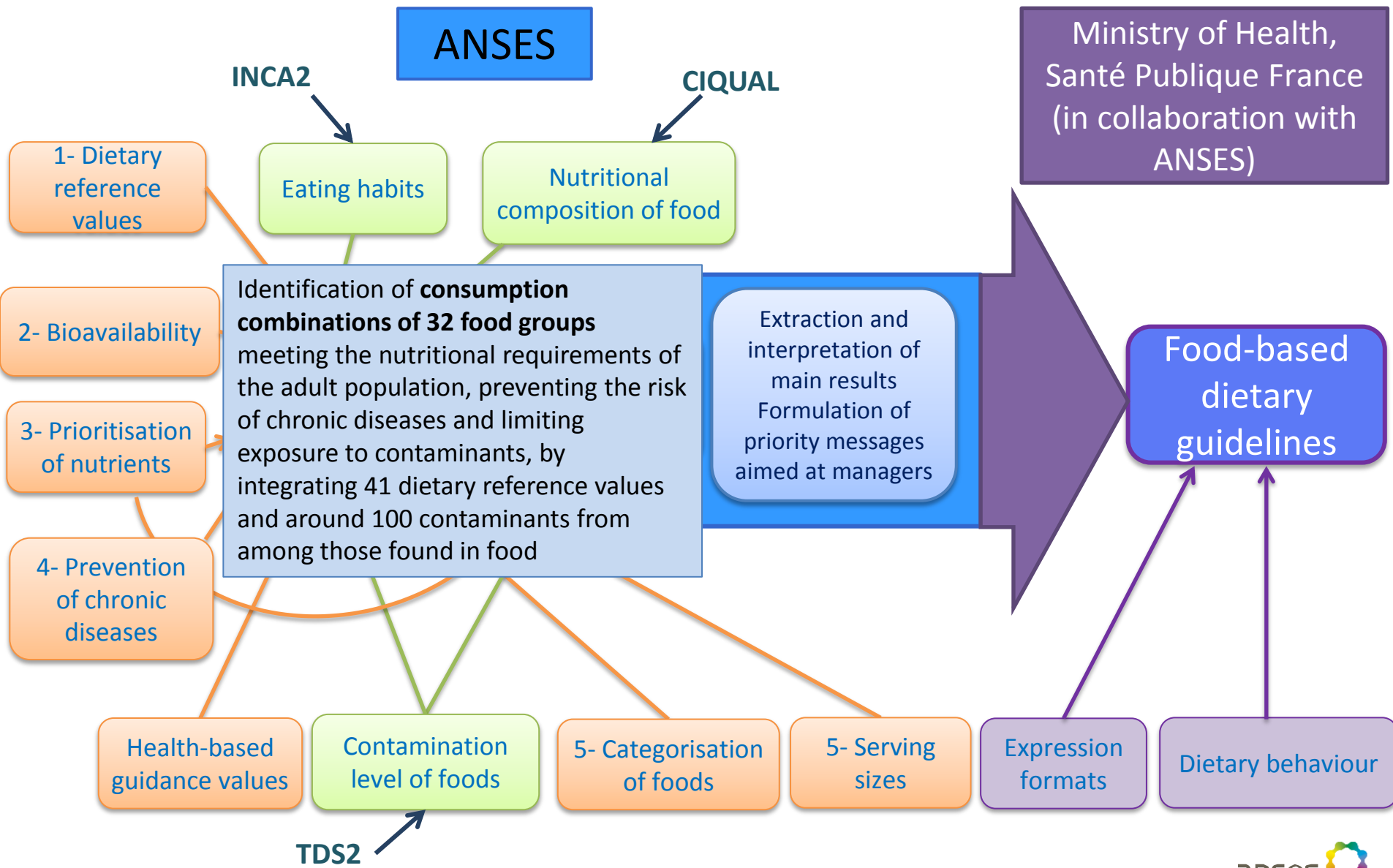
- Cover **nutritional requirements**
- Prevent **chronic diseases** (primary prevention)
- Take into account current **dietary habits and preferences**
- Consider the risk of **contaminants** from food

A priori method, seeking objectivity:

Consideration of data on risks (nutrients or contaminants) and comparison of the expected nutritional benefits (coverage of requirements and prevention of diseases)

→ **Overall approach ≈ type of benefit-risk assessment**

APPROACH



OVERVIEW

- A novel method to define the **scientific base** for the elaboration of food consumption guidelines
- Creation of an **optimisation tool** developed to identify combinations of food that meet the following challenges:
 - Cover **nutritional requirements**
 - Prevent **chronic diseases** (primary prevention)
 - Consider risks with regards to **food contaminants**
 - Take into account **food consumption habits and preferences**
- Optimisation result: tool to help decision-making
 - = optimal (mathematical) result among other possible results
 - ≠ typical diet
 - identify **trends**
 - identify **problems** in terms of **public health**

CONCLUSIONS AND CHANGES WITH REGARDS TO PREVIOUS RECOMMENDATIONS

- Reinforce regular consumption of pulses (e.g. lentils, broad beans or chickpeas)
- Prefer less refined cereal products (e.g. wholemeal bread, pasta and brown rice)
- Favor the consumption of vegetable oils rich in alpha-linolenic acid (e.g. rapeseed and nut oils)



CONCLUSIONS

- Reinforce the consumption of fruits and vegetables, in particular vegetables
- Consume less than 1 glass/day of sugar-sweetened drinks (soda, fruit juice)
- Considerably reduce consumption of delicatessen meats (ham, dried sausage, sausage, pâté ...) <25g/day
- Restrain consumption of non-poultry meat (beef, pork, lamb ...) to <500g/week
- Consumption twice a week of fish including an oily fish (e.g. sardines, mackerel)



CONCLUSIONS

With the exception of a few nutrients, the proposed guidelines, which specifically take consumption habits into account, are able to cover the nutritional requirements of virtually the entire population.

- **Vitamin D:** difficulty in estimating the amount synthesised by the body following exposure to the sun
 - call for a study to be conducted to assess the vitamin D status of the French population

- **Sodium and sugars:** major public health challenges associated with excessive consumption
 - for **sodium**: the proposed food combinations should make it possible to remain below the average consumption for the French population, while reducing intakes in high consumers
 - for **sugars**: cannot distinguish health effects from natural sugars present in food from those of added sugars. But need to reduce total intake for most exposed population by controlling consumption of foods vectors of added sugars (in particular beverages)

FOOD CONTAMINATION

Difficulty in identifying food combinations that **cover nutritional requirements** while **limiting exposure to contaminants**

Exposure levels remain a concern in particular for:

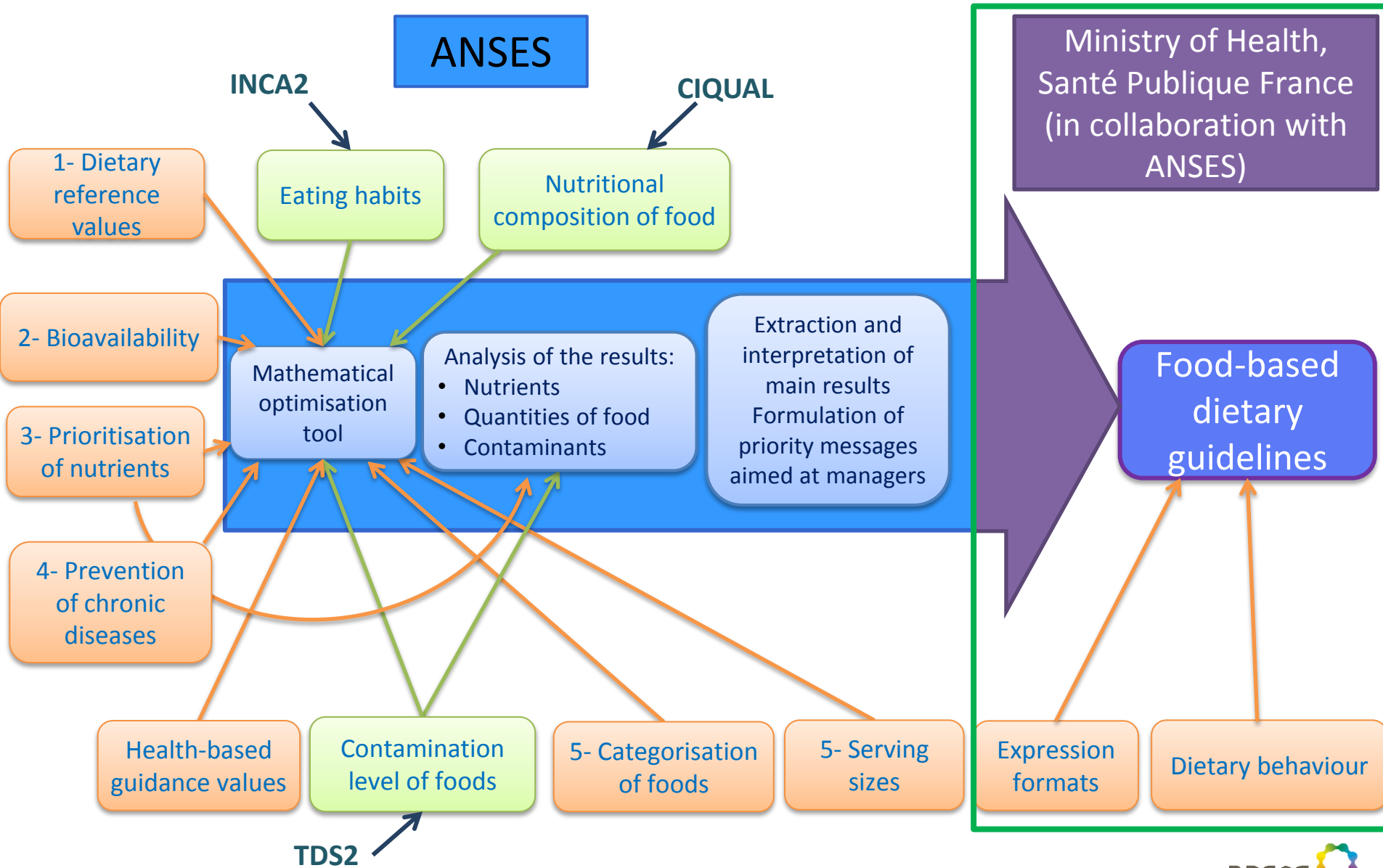
- Inorganic arsenic
- Acrylamide
- Lead



→ **Diversify diet and sources of supply**

(as stated in recent ANSES opinions on Total Diet Studies - TDS2, Infant TDS)

FURTHER WORK



MORE INFORMATION

More information on:

<https://www.anses.fr/en/content/anses-updates-its-food-consumption-guidelines-french-population>

- [ANSES's OPINION on the updating of the PNNS guidelines: revision of the food-based dietary guidelines](#)
- [ANSES's OPINION on the updating of the PNNS guidelines: the establishment of recommendations on sugar intake](#)
- [ANSES's OPINION and REPORTS on the updating of the PNNS guidelines: development of the nutritional guidelines \(in French\)](#)
- [ANSES's OPINION on the updating of the PNNS guidelines: study of the relationship between the consumption of certain food groups and the risk of chronic non-transmissible diseases \(in French\)](#)
- [Annexe 2 - Fibres and et metabolic diseases, from ANSES's Report on macronutrient ratios - Fibre intake recommendations \(in French\)](#)
- [Annexe 3 - Fibres and cardiovascular disease, from ANSES's Report on macronutrient ratios - Fibre intake recommendations \(in French\)](#)
- [Annexe 4 - Fibres and cancer, from ANSES's Report on macronutrient ratios - Fibre intake recommendations \(in French\)](#)

THANK YOU FOR YOUR ATTENTION

