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November 5, 1996

TO: John Buzina
Food and Nutrition Division
Food and Agriculture Organization

FROM: Suzie Harris

Dear John:

Attached are some suggestions for the Expert Consultation on Carbohydrates based on the outline you gave us when you were here last spring. I sent the same suggestions to Dr. Buzina.

The only significant change from your original outline is that we have deleted the discussion of sugar substitutes. Our reasoning is as follows. The topic of the consultation is carbohydrates. Carbohydrates which are used as sugar substitutes should be discussed as part of section 1, Dietary Carbohydrates. Sugar substitutes that are not carbohydrates would not be covered.

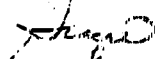
This approach follows the pattern established with previous consultations including the recent consultation on fats and oils which did not have a section on fat substitutes. It is unlikely that the participants invited to the consultation would be experts in areas outside of carbohydrates and therefore not easily able to evaluate data pertaining to non-carbohydrate compounds.

The experts will have a full plate to discuss without adding additional and somewhat unrelated material. I hope you will see your way clear to accept our suggestions.

I will be happy to discuss these suggestions with you further if you wish. Please let me know who will be the main FAO contact person for this activity.

We are looking forward to seeing you in December.

Sincerely,



Suzanne S. Harris, Ph.D.

FAO/WHO EXPERT CONSULTATION ON CARBOHYDRATES

1. Dietary Carbohydrates

- a. sources
- b. production
- c. composition
 - i. sugars and oligosaccharides
 - ii. starches and other complex CHO's
 - iii. fiber and resistant starch (include polyols and polydextroses)
 - iv. protein and fat [necessary?]

Dr. David Lineback, Dean School of Agriculture, University of Idaho

[Need to deal with methodology issues -- Dr. Leon Prosky, retired U.S. FDA and Dr. Sungsoo Lee, Kellogg Company are working on certification of methods for complex carbohydrates and fiber; international perspective -]

2. Global Trends in production and trade of carbohydrate foods - FAO

3. Major uses of carbohydrates in processed foods and human diets

Dr. Mark Dreher, Nabisco Brands -- an expert in carbohydrates, author of a book on fiber, could draw on industry contacts to develop a chapter.

Dr. Jon DeVries, General Mills, also an industry expert.

4. Effects of processing on carbohydrate utilization, availability and micronutrient content.

Could combine with 3 - Drs. Dreher and DeVries could address

Other ideas: Dr. Stewart Trusswell, Australia; Dr. David Jenkins, UK; Dr. Tom Wolever, University of Toronto, Canada

5. Carbohydrates and dietary energy

- a. energy values (digestible vs fermentable vs neither; how is the value determined)
- b. digestion, absorption and fermentation of non-digestible carbohydrates
- c. energy balance
- d. protein and fat content (?)
- e. carbohydrates and satiety

Dr. Eric Jequier, Institut de Physiologie, Lausanne, Switzerland

energy balance - Dr. James O. Hill, University of Colorado, USA

digestion, absorption and fermentation - Dr. Barbara O. Schneeman, UC Davis
 carbohydrates and satiety - Dr. Barbara Rolls, Penn. State University

Other suggestions: Dr. N. W. Read, UK; Dr. Martin Eastwood, Scotland

6. Carbohydrates and disease

- a. obesity - Dr. James O. Hill, University of Colorado, USA
- b. caries - Dr. Juan M. Navia, University of Alabama at Birmingham, USA
- c. diabetes - Dr. Tom Wolever, University of Toronto, Ontario, Canada
 Dr. Janette C. Brand Miller, University of Sydney, Australia
 Dr. Beynen,
 Dr. Vrana, Czechslovakia
- d. cancer - Dr. Michael Hill, United Kingdom
- e. CHD/CVD - Dr. Stewart Trusswell, University of Sydney, Australia
- f. intolerances - Dr. C. Williams, UK

[May want to include role of carbohydrates in mental/behavioral performance, physical performance, and gut microflora (bowel function): mental/behavioral - Dr. Michael Wolraich (University of Tennessee), Dr. Andy Smith (Bristol, UK - Link project); physical performance, Dr. David Costill; gut microflora (bowel function) - J.H. Cummings, UK]

7. Nutrition Labelling Issues for Carbohydrates: International Perspective

Dr. Harvey Anderson, University of Toronto, Canada

Potential Members of the Expert Consultation:

Dr. Mark Dreher, Nabisco Brands, U.S. (at company expense)
 Dr. James O. Hill, University of Colorado, U.S.
 Dr. David Lineback, University of Idaho -- suggest as the chair?
 Dr. David Southgate, United Kingdom
 Dr. Harvey Anderson, University of Toronto
 Dr. Keiji Kaninuma - Director General, Japan International Research Center for Agricultural Sciences, Ministry of Agriculture, Forestry and Fisheries, 1-2, Ohwashi, Tsukuba, Ibaraki, 305 Japan
 Prof. Marcel Roberfroid, Catholic University of Louvain, Belgium

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Other names suggested by Dr. Lineback:

Dr. Christiane Mercier, Scientifique Directeur, Danone Group, Paris, France
 Dr. Cheng-yi Lii, Institute of Chemistry, Academia Sinica, Nankang Taipei, Taiwan
 Dr. John Blanshard, Nottingham University, United Kingdom
 Dr. Jan Delcour, Katholieke Universiteit Leuven, Belgium
 Dr. Saipan Maneepun, Kasetsart University, Bangkok, Thailand

Other suggestions:

Dr. Tim Naokes, University of Cape Town (carbohydrates and physical activity)
Dr. Krasid Tontisirin, Mahidol University, Thailand
Madame Chen Chunming, Academy of Preventive Medicine, China