

UNIVERSITY OF
NEWCASTLE



AJRG/KMD

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Dear John

We have met briefly at Nutrition Society meetings and Caroline Walker Trust evenings.

I write to you because I have recently received a copy of the recommendations of the FAO/WHO expert consultation document on carbohydrates in human nutrition, and I notice that you were the sole expert member from the UK. I write to say how exceedingly wrong the statements in paragraph 18 (page 35) are. How can there possibly be justification for the statement "There is no evidence of a direct involvement of sucrose, other sugars and starch in the etiology of life-style related diseases". It is said that dental caries is man's most prevalent disease - it costs the UK almost £1 billion per year. The causal link between dietary sugars and dental caries has been very clearly established. If you want a very boring 500 page read, could I suggest my book "Nutrition and Dental Health" (OUP, 1993 - just out of print)!

I won't bore you with the dismay and frustration of myself and colleagues any more, but I would be grateful for an insight on how this came about. Also, I would be most grateful if you could give me the postal address of the Chair - Dr David Lineback.

I am aware that my colleague, John Mathers, could be about to ask you to visit Newcastle in the autumn with the intention of visiting our Human Nutrition Research Centre. I hope very much that this letter will not put you off! You can be assured of a very warm welcome.

With best wishes

Yours sincerely

A J Rugg-Gunn



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