

PART 2: MACRONUTRIENTS, FOODS						
Key	On list	ALL ARE FOR DISCUSSION!!!				
	more info needed					
	Not on list					
Food or Food Component	Health Relationship	Conditions (if any)	Nature of evidence	Grade of evid.	References	Example of wording or COMMENTS
Substance						
PROTEIN						
Protein	Essential for growth, development and maintenance of the body/body tissues/body function		Text book	5	e.g. Gibney et al 2005; WHO Report	
High quality protein/essential amino acids	Growth and development		Text book	5	Garrow JS, James WPT. <i>Human Nutrition and Dietetics</i> . Ninth Edition, 1993	high quality proteins/essential amino acids are necessary for normal growth and development (text book knowledge)
	Mineral absorption				ANIA	
Proteins	Energy metabolism				ANIA	Proteins contribute to energy metabolism.
	Muscular function				ANIA	
	Satiety			2/3	ANIA/unilever refs	
Soy proteins	Reduce the Risk of Coronary Heart Disease	Intake of 25g of protein per day 6.25g per portion	Expert Group	4/5	FDA (1999) Health claim approval soy protein available at: www.cfsan.fda.gov/~lrd/tpsoypr2.html	"The inclusion of at least 25g soya protein per day as part of a diet low in saturated fat promotes heart health".
Soya protein	Reduce total and LDL blood cholesterol	Intake of 25g of protein per day 6.25g per portion	Meta-analyses and expert groups	4/5	JHCI	"The inclusion of at least 25g soya protein per day as part of a diet low in saturated fat can help reduce blood cholesterol".
CARBOHYDRATE						
Carbohydrates	Energy metabolism					Carbohydrates contribute to energy metabolism. ANNEX CLAIM THEY ARE A SOURCE - THEY DO NOT FACILITATE ENERGY METABOLISM AS DO EG B VITAMINS
Carbohydrates with a low glycemic	Satiety and weight control				ANIA	
	Carbohydrate metabolism regulation				ANIA	MORE PRECISE DIET HEALTH RELATIONSHIP
	Lipid metabolism				ANIA	MORE PRECISE DIET HEALTH RELATIONSHIP
	Slow digestion and progressive carbohydrate assimilation / glycaemia control				ANIA	
Carbohydrates	Blood sugar				SNF	Carbohydrates in pasta provide a low and gradual increase in blood sugar. THIS CLAIM NOT ON APPROVED GENERIC LIST DOES NOT SEEM TO RELATE TO PRODUCT SPECIFIC CLAIMS
	The formation of reserves of muscular and hepatic glycogen and physical performance				ANIA (FUFOSE?)	
Glucose	Memory				ANIA	
Lactose	Calcium absorption				ANIA	Lactose supports calcium absorption.
No Sugar/Fermentable carbohydrates	Caries (absence of)			5	SNF	Foods low in sugars/fermentable carbohydrates used between meals can help keep the teeth healthy
Dietary non-carcinogenic carbohydrate sweeteners : polyols,	Dental caries			5	FDA	The sugar alcohols in [name of food] help keep teeth healthy when used between meals in place of sugars
FAT						

Lipids	Energy metabolism				ANIA	Lipids contribute to energy metabolism. ANNEX CLAIM THEY ARE A SOURCE - THEY DO NOT FACILITATE ENERGY METABOLISM AS DO EG B VITAMINS
Essential fatty acids	Growth and development		Textbook	5	Unilever: Human Nutrition and Dietetics, 10th edition. JS Garrow, WPT James, A Ralph	Linoleic acid and alpha-linolenic acid are essential for normal growth and development (text book knowledge)
Essential fatty acids	Membrane fluidity				ANIA	
	Molecule precursors regulating cell functions (prostaglandins, leucotrienes)				ANIA	
	Cognitive development and maturation of neuro-sensorial functions				ANIA	More specific regarding EPA / DHA for infants.
Omega 3 PUFA/fatty acids	Brain development, cognitive development and cognitive function			5	Mann J, Truswell AS, Essentials of Human Nutrition. 2 nd ed. Oxford University Press, 2002. Human Nutrition and Dietetics, 10th edition. JS Garrow, WPT James, A Ralph.	omega-3 fatty acids (alpha-linolenic acid, EPA and DHA) play a role in normal brain and mental development (text book knowledge)
Long chain Omega 3 fatty acids	Reduced risk of Arteriosclerosis / CVD	Ratio of EPA:DHA must be same as fish (JHCI) . Additional reqt for FDA		4/5	SNF/FDA/JHCI	A nutritionally balanced diet rich in long chain omega 3 fatty acids from fish and fish products help keep the arteries healthy/help promote a healthy heart. Product YY is high in long chain omega 3 fatty acids.
???Omega 3	Normal immune system function				ANIA	
Fish and fish oils	Risk of Coronary Heart Disease	Only in case of high risk.			DK	Promotes heart health COMBINE IWITH LONG CHAIN OMEGA 3 CLAIM?
	Cardio Vascular Diseases	Only in case of high risk.			WHO	Promotes heart health COMBINE IWITH LONG CHAIN OMEGA 3 CLAIM?
Omega 6 fatty acids	cholesterol			5		Omega 6 fatty acids have been shown to lower LDL-cholesterol.
Omega 6 fatty acids	CVD			4/5	SNF. [FDA quallifeid claims] WHO	A nutritionally balanced diet high in Omega 6 fatty acids promotes heart health.
Linoleic acid	CVD	14g per day		4/5	[FDA quallifeid claims] WHO	A nutritionally balanced diet high in linoleic acid promotes heart health.
Alpha linoleic acid	Cholesterol					Alpha linoleic acid may help reduce LDL-cholesterol. NOT A CLAIM CAN MAKE FOR INDIVIDUAL FATTY ACIDS CONSUMED IN SMALL QUANTITIES
Omega 3 and 6 fats	maintenance of healthy heart and bloodvessels					Products rich in Omega 3 and 6 fatty acids and low in saturated and trans fat help to keep heart and blood vessels healthy
Omega 3 and 6 fats	cholesterol					Products rich in Omega 3 and 6 fatty acids and low in saturated and trans fat help to lower blood cholesterol. OMEGA 3 FATTY ACIDS DO NOT ALONE LOWER CHOLESTEROL IN FACT LONG CHAIN ONES INCREASE IT
Mono-unsaturated fatty acids	Lipaemia regulation				ANIA	
FIBRE and RELATED COMPONENTS						
Dietary fibre	Bowel function			5	SNF, NHPD, JHCI, NFA	Dietary fibre helps to maintain normal bowel function. Helps promote regularity. Ensures a healthy stomach/digestive system
	Satiety				??	
	Weight control				??	
Fibre (soluble)	Risk of coronary disease			4	FDA	Soluble fibre helps promote heart health
	Blood cholesterol lowering			4/5	SNF	Soluble fibre helps reduce blood cholesterol

Oat fiber	Blood cholesterol levels-Cardiovascular disease/atherosclerosis			4/5	SNF	A nutritionally balanced diet high in soluble fibres from oats (beta-glucans) can contribute to lower cholesterol levels in the blood and thereby to a reduced risk of cardiovascular disease/atherosclerosis/hardening of the arteries.
Beta glucan	Blood cholesterol lowering				Finnish NFA (Fin Food Fed)	
Inulin	Intestinal flora				VC	Inulin support a healthy intestinal flora.
Fructoligosaccharides	Intestinal flora: Increase of colon bifida bacteria count				CSHPF France	See also inulin.
xylo-oligosaccharides	Intestinal flora - Xylo-oligosaccharides - Increase of colon bifidobacteriae count				Unilever	"A diet rich in xylo-oligosaccharides contributes to a regular bowel, Supports HEALTHY bowel function
Water	Body hydration				ANIA	
	Physical performance				ANIA	
	Water is a basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Water serves as the solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Water transports nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells Water maintains the structure of large molecules such as proteins and glycogen. Water has a direct metabolic role represented by hydrolysis		Text books	5	Gordon M. WARDLAW and Anne SMITH Contemporary Nutrition (Sixth edition) Mc Graw-Hill International Edition (2006) Elie WITHNEY AND Sharon RADY ROLFES Understanding Nutrition (Tenth edition) Thomson Wadworth (2005)	Water is an essential nutrient for life . Water helps all body functions to work properly Water facilitates other nutrients to work properly Water carries nutrients throughout the whole body. Water helps remove waste products from the body. Water is actively involved in the body functioning
	Water aids in the regulation of normal body temperature				Elie WITHNEY AND Sharon RADY ROLFES Understanding Nutrition (Tenth edition) Thomson Wadworth (2005)	Water acts as the body cooling system Water is necessary to remove excess heat from the body
FOODS						
Oat	Blood cholesterol				JHCI	"The inclusion of oats as part of a diet low in saturated fat and a healthy lifestyle can help reduce blood cholesterol."
Nuts	Heart disease	Excludes brazil, macadamia and cashew nuts and some pine nuts			FDA	"Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. "
Walnuts	Heart disease				FDA	"Supportive but not conclusive research shows that eating 1.5 ounces per day of walnuts, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. See nutrition information for fat [and calorie] content."
OTHER FOOD AND COMPONENTS						
Caffeine	Maintenance of awareness / alertness				ANIA	Caffeine supports alertness.
Carotenoids	Antioxidant action				ANIA	Carotenoids must be specified, lycopenes etc.

	Protection against UV light			ANIA	See above.
	Protection of the retina and crystalline lens			ANIA	See above.
Dairy	bioavailable calcium and bone strength				calcium helps maintain bone strength
Ferments of fermented milk, yogurts	Lactose and calcium absorption			ANIA	See lactose.
Immunoglobulins	Normal immune system function			ANIA	
Lactic acid bacteria	Good function of the gastro-intestinal system	Depends on strain.		VC	
		Lactobacillus GG and Reuteri		NFA	
Lactoferrin	Normal immune system function			ANIA	Only for infants.
L-Lysine	Calcium absorption			NHPD	
	Healing time			NHPD	
Melatonin	Sleep quality			NHPD	
Peptides	blood pressure				
Phosphatidylserine	Cognitive dysfunction and dementia			FDA	
Phospholipids	Cell mechanisms			ANIA	
Polyols	Used to replace of cariogenic carbohydrates, reduces risk of dental caries			SNF, FDS	Used as alternative to sugars, can promote dental health
Polyphenols	Antioxidant action			ANIA	
Prebiotics (e.g. Oligosaccharides, Raffinose, Lactulose, Arabinose)	Intestinal microflora			FOSHU	Food that improve gastrointestinal conditions.
probiotics	Intestinal microflora				Promotes healthy gut bacteria
Sphingolipids	Good function of the gastro-intestinal system			ANIA	
	Normal immune system function			ANIA	
Sterols / stanol esters	Risk of Coronary Heart Disease			FSB, FDA,	Promotes heart health
	Blood lowering cholesterol			EU/SNF (product specific) VC (2x product specific), Katan et al 2003	Novel Food EU.
Xylitol	Reduces risk of dental caries; direct impact on oral bacteria			NFA	Xylitol is good for teeth.
Prebiotics: Oligosaccharides, Raffinose, Lactulose, Arabinose Probiotics: Lactobacillus, Bifidobacterium Dietary Fibres	Gastrointestinal conditions			FOSHU	Food that improve gastrointestinal conditions.
Soya protein and peptide: Alginate, Chitosan, Sitosterol ester	Cholesterol			FOSHU	Foods for those with high serum cholesterol.
Peptides	Blood pressure			FOSHU	Foods for those with high blood pressure : "This drink contains an infusion of tochu leaves. This food is usable for high blood pressure. This product does not prevent or cure hypertension".
Diacylglycerol and sitosterol	Serum triacylglycerol			FOSHU	Foods for those with high serum triacylglycerol
Cesein, Calcium citrate Isoflavone	Mineral absorption and transport			FOSHU	Foods related to mineral absorption and transport
Manitol, Polyphenols, Paltinose, Xylitol	Non-cariogenic			FOSHU	Non-cariogenic foods
Wheat albumin, Globin digest, Polyphenols	Blood sugar level			FOSHU	Foods for those who begin to feel concerned about their blood sugar level

PART 3: FOODS/DIETS						
Reduced fat, increased dietary fiber, reduced sugar (Energy)	Obesity			4	SNF	A nutritionally balanced diet with a well-adapted energy content is a key factor in maintaining one's weight.
Low total fat	reduces risk of obesity			4	SNF	Helps maintain body weight
	Risk of certain types of cancer			4	FDA	
Low or reduced saturated fat (hard fat)	Diet low or reduced in saturated fat or replacement of saturated fat with MUFA PUFA (soft fat): Lowers LDL cholesterol	Diet should also be low in cholesterol and TFA		5	JHCI, SNF, NFA	A diet low or reduced in saturated fat can lower (LDL) cholesterol. Replacing hard fat with soft fat helps control blood cholesterol. Product K is rich in soft fats
Low or reduced saturated fat (hard fat)	Diet low in saturated fats reduces the risk of atherosclerosis	Diet should also be low in cholesterol and TFA		5	FDA, SNF	A nutritionally balanced diet with a low saturated fat content contributes to lower cholesterol levels in the blood and can thereby help keep the arteries healthy.
Low or reduced saturated fat (hard fat)	Diet low in saturated fats reduces the risk of heart disease	Diet should also be low in cholesterol and TFA		5	FDA, NHPD	A nutritionally balanced diet with a low saturated fat content contributes to lower cholesterol levels in the blood to help keep the heart healthy
Low cholesterol	Risk of Coronary Heart Disease	Diet should also be low in saturated fat and TFA		5	SNF	
Fruits	Obesity			4	WHO	A diet rich in fruits can help to control body weight WERE THESE SEPARATE OR WAS IT F&V?
Vegetables	Obesity			4	WHO	A diet rich in vegetables can help to control body weight
Fruits and vegetables	Cancer			4	NHPD***, DK JHCI - STOMACH, BOWEL AND LUNG	???
Fruit	CVD			4	WHO, DK	
Rich in Whole grain	Heart disease			4	FDA*, JHCI, SNF, FSB+F91	"Diets rich in whole grain foods promote heart health"
	Cancer			4	FDA	
Rich in Dietary fibre	Constipation			4	SNF, NHPD	A nutritionally balanced diet high in dietary fibre is important for maintaining bowel regularity
	Obesity			4	WHO	
Low total and saturated fat + low sodium + increased potassium	High blood pressure and stroke			4	FSB	Diet low in total and saturated fat + low sodium + increased potassium helps maintain blood pressure
Low sodium + increased potassium	Blood pressure, hypertension, CVD			4	SNF, WHO	Diet low in sodium + increased potassium helps maintain blood pressure
Low sodium	Blood pressure-CVD/atherosclerosis			4	SNF, JHCI	A nutritionally balanced diet with a low sodium/salt content can contribute to lower blood pressure and thereby promote artery and heart health
Low salt	Blood pressure			4	NFA	Low salt diet has a favourable effect on blood pressure. Product X is a low salt product : it contains x grams of salt.
Low sodium + potassium	Hypertension				NHPD***	