

Revised Dietary Goals for Scotland - March 2016

Introduction

1. The Scottish Government has revised the Scottish Dietary Goals. This follows the Food Standards Scotland (FSS) Board recommendation in December 2015 that the Goals should be updated to reflect new recommendations on intakes of sugar and fibre from the independent Scientific Advisory Committee on Nutrition¹ (SACN). The revised Goals are set out in **Table 1**. The Goals are based on science and evidence as set out in **Table 2**.

Purpose of the Goals

2. The Goals describe, in nutritional terms, the diet that will improve and support the health of the Scottish population. They are set at the Scottish population level. They indicate the direction of travel, and the extent of the dietary change needed, to reduce the burden of obesity and diet-related disease in Scotland. They also provide the basis of a healthy balanced diet to reduce diet related conditions including obesity, type II diabetes, cardiovascular disease, cancer and the improvement of dental health. The Goals will continue to underpin diet and health policy in Scotland and will be used for scientific monitoring purposes.

The revised Scottish Dietary Goals

3. The new recommendations are for average intake of free sugars to reduce to 5% of total dietary energy. Intakes of dietary fibre should be increased to 30g/day for adults and intakes of starchy carbohydrates should remain at 50% of total dietary energy.

Dietary change over time

4. In Scotland there has been little progress towards meeting the Dietary Goals with almost two-thirds of adults and a third of children overweight or obese². Although intakes of added sugars have reduced in Scotland in recent years to 14.4% of food energy, the new SACN recommendation of 5% of food energy, represents a

¹https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/445503/SACN_Carbohydrates_and_Health.pdf

²<http://www.gov.scot/Resource/0048/00485587.pdf>

considerable tightening of the current recommendation and highlights the magnitude of change required to improve the health of the population.

Surveillance and monitoring

5. The surveys that will be used to monitor each of the Goals are set out in Table 2. The publications commissioned by the FSS to monitor the dietary intake of the Scottish population are set out in **Table 3**. The Goals will continue to be monitored by estimating dietary intakes and changes in body weight at a population level and in relation to the Scottish Index of Multiple Deprivation.

Nutrition Resources for consumers

6. The Goals are not intended to be consumer-facing. Rather, they are intended as a strategic reference points for the organisations and stakeholders whose actions can influence our national diet. The Eatwell Guide has replaced the eatwell plate and is available on the FSS website <http://www.foodstandards.gov.scot/nutrition-healthy-eating/eating-healthily/using-eatwell-guide>. This resource is recommended in Scotland and across the UK as the primary consumer-facing guide showing the proportions of each of the food groups advised in order to achieve a healthy balanced diet.

Scottish Government
March 2016

Table 1

Calories	A reduction in calorie intake by 120 kcal/person/day Average energy density of the diet to be lowered to 125 kcal/100g by reducing intake of high fat and/or sugary products and by replacing with starchy carbohydrates (e.g. bread, pasta, rice and potatoes), fruits and vegetables.
Fruit & Vegetables	Average intake of a variety of fruit and vegetables to reach at least 5 portions per person per day (> 400g per day)
Oily Fish	Oil rich fish consumption to increase to one portion per person (140g) per week
Red Meat	Average intake of red and processed meat to be pegged at around 70g per person per day Average intake of the highest consumers of red and processed meat (90g per person per day) not to increase.
Fats	Average intake of total fat to reduce to no more than 35% food energy Average intake in saturated fat to reduce to no more than 11% food energy Average intake of trans fatty acids to remain below 1% food energy
Free Sugars	Average intake of free sugars ³ , not to exceed 5% of total energy in adults and children over 2 years
Salt	Average intake of salt to reduce to 6g per day
Fibre	An increase in average consumption of AOAC fibre ⁴ for adults (16+) to 30g/day. Dietary fibre intakes for children to increase in line with SACN recommendations ⁵
Total Carbohydrate	Total carbohydrate to be maintained at an average population intake of approximately 50% of total dietary energy with no more than 5% total energy from free sugars

³ Free sugars are all monosaccharides and disaccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and unsweetened fruit juices. Lactose when naturally present in milk and milk products is excluded.

⁴Dietary fibre as measured using AOAC methodology (the association of analytical communities).

⁵ It is recommended that the average population intake of dietary fibre for children aged 2 to 5 years should approximate 15g/day, for children aged 5 to 11 years 20g/day, for children aged 11 to 16 years 25 g/day and for adolescent aged 16 to 18 years about 30g/day.

Revised Dietary Goals for Scotland – basis of recommendations & monitoring

Table 2

	Dietary Goal	Basis of recommendations	Monitoring change
Calories	Average calorie intake to decrease by 120 kcal/person/day	Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight http://www.scotland.gov.uk/Resource/Doc/302783/0094795.pdf	Data on prevalence of overweight and obesity in from Scottish Health Survey Analysis of commercial data on total calories purchased.
Energy density	Average energy density of the diet to be lowered to 125 kcal/100g by reducing intake of high fat and/or sugary products and by replacing with starchy carbohydrates (e.g. bread, pasta, rice and potatoes), fruits and vegetables.	Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight http://www.scotland.gov.uk/Resource/Doc/302783/0094795.pdf	Secondary analysis of Scottish data from the Living Costs and Food (LCF) module of the Integrated Household Survey
Fruit & Vegetables	Average intake of Fruit and Vegetables to reach at least 5 portions per person per day (> 400g per day).	http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx/Department%20of%20Health Nutritional Aspects of the Development of Cancer. Report on health and social subjects 48. London: HMSO, 1998 World Health Organization. Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. Technical report series no 916. Geneva: 2003	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
Oily Fish	Oil rich fish consumption to increase to one portion per person (140g) per week.	Scientific Advisory Committee on Nutrition. Advice on fish consumption: benefits & risks. London: TSO, 2004	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
Red Meat	Limit individual intake of red and processed meat to no more than 90g/day. No increase in average intakes of red and processed meat.	SACN Iron and Health Report http://www.sacn.gov.uk/pdfs/sacn_iron_and_health_report_web.pdf	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey

Fats	Average intake of total fat to reduce to no more than 35% food energy.	Department of Health. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report on health and social subjects 41. London: HMSO, 1991	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
	Average intake in saturated fat to reduce to no more than 11% food energy.	Department of Health. Nutritional Aspects of Cardiovascular Disease. Report on health and social subjects 46. London: HMSO, 1994 World Health Organization. Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. Technical report series no 916. Geneva: 2003	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
	No increase of trans fatty acids above 1% food energy.	Scientific Advisory Committee on Nutrition. Update on trans fatty acids and health. London: TSO, 2007	National Diet and Nutrition Survey including the Scottish boost
Sugar	Average intake of free sugars not to exceed 5% of total energy in adults and children over 2 years.	Scientific Advisory Committee on Nutrition (SACN) report on carbohydrates. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/445503/SACN_Carbohydrates_and_Health.pdf	Population data: Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
Salt	Average intake of salt to reduce to 6g per day.	Scientific Advisory Committee on Nutrition. Salt and Health. London: TSO, 2003	Urinary sodium survey
Total Carbohydrate	Total carbohydrate to be maintained at an average population intake of approximately 50% of total dietary energy with no more than 5% total energy from free sugars.	Scientific Advisory Committee on Nutrition (SACN) report on carbohydrates. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/445503/SACN_Carbohydrates_and_Health.pdf	Population data: Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey

Table 3

Monitoring Dietary Intakes in Scotland and Relevant Reports Published by FSS

Dietary Intake	
<p>Estimation of food and nutrient intakes from expenditure and food purchase data in Scotland (2001-2006) <i>Wrieden WL, Barton KL et al., (2010)</i></p>	<p>http://www.food.gov.uk/sites/default/files/749-1-1324_Final_Report_2001-2009.pdf</p>
<p>Estimation of Food and Nutrient Intakes from Food Survey data in Scotland (2001-2009) <i>Barton KL and Wrieden WL (2012)</i></p>	<p>http://www.foodstandards.gov.scot/sites/default/files/Monitoring%20Scottish%20Dietary%20Goals%20Final%20Report%20300415%20-%20with%20triple%20graphic.pdf</p>
<p>Estimation of food and nutrient intakes from food purchase data in Scotland (2001-2013) <i>Wrieden WL and Barton KL (2015)</i></p>	<p>http://www.foodstandards.gov.scot/sites/default/files/Monitoring%20Scottish%20Dietary%20Goals%20Final%20Report%20300415%20-%20with%20triple%20graphic.pdf</p>
<p>National Diet and Nutrition Survey Rolling programme Results from Years 1-4 (combined) for Scotland (2008/09-2011/12) <i>Bates B, Lennox A et al., (2014)</i></p>	<p>http://www.foodstandards.gov.scot/national-diet-and-nutrition-survey-rolling-programme-results-years-1-4-combined-scotland-200809</p>
<p>Secondary analysis of the Living Costs and Food Survey <i>Barton KL, Wrieden WL et al., (2015)</i></p>	<p>http://www.foodstandards.gov.scot/latest-estimation-food-and-nutrient-intakes-interim-report</p>
Red Meat Intake	
<p>Estimation of red meat intakes from expenditure and food survey purchase data in the Scottish population <i>Barton KL and Wrieden WL (2010)</i></p>	<p>http://www.food.gov.uk/sites/default/files/Red%20meat%20report.pdf</p>
Energy Density	
<p>The Scottish diet: Estimation of Energy Density and Expenditure</p>	<p>http://www.food.gov.uk/sites/default/files/Energy%20</p>

<p><i>Wrieden WL and Barton KL (2011)</i></p>	<p>0Density%20Final%20Report.pdf</p>
<p>Salt Intake</p>	
<p>A survey of 24 hour and spot urinary sodium and potassium excretion in a representative sample of the Scottish population (2006) <i>Natcen (2007)</i></p>	<p>http://www.foodstandards.gov.scot/sites/default/files/654-1-1154_S14032_Revised.pdf</p>
<p>A survey of 24 hour urinary sodium excretion in a representative sample of the Scottish population as a measure of salt intake (2009/10) <i>Scotcen (2011)</i></p>	<p>http://www.food.gov.uk/sites/default/files/681-1-1229_S14047.pdf</p>