

FDA U.S. Food and Drug Administration
Protecting and Promoting Public Health

Nutrition Facts
Serving Size 1 Cup (250g)
Amount Per Serving 100%

Nutrient Databases

Critical Tools for Regulation and Policy



National Nutrient Databank Conference
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Policy

- A **policy** is typically described as a principle or rule to guide decisions and achieve rational outcome(s).*
 - **Regulatory policies**, or mandates, limit the discretion of individuals and agencies, or otherwise compel certain types of behavior.*

*Wikipedia



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Outline

- Types of Data Needed
- Role of Nutrient databases
- Case studies: Trans fats, Sodium, Others
- Limitations
- Summary and conclusion

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Types of Nutrition Data Needed

Population Intake

- Composition of Foods (nutrient database)
- Consumption Patterns (population surveys)

Food supply

- Composition of Foods (nutrient database)
- Market Share (sales data)

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Role for Nutrient Databases

- Evidence base for regulation and policy
- Guide for regulation, policy development
- Tool for monitoring and evaluation

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Trans fat: Nutrient databases

Guide for Policy Monitor/Evaluate

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Trans fat: Background

- Positive linear trend between *trans* fatty acid intake and LDL cholesterol concentration and therefore, increased risk of CHD (IOM)
- Trans fatty acid consumption should be as low as possible while consuming a nutritionally adequate diet (IOM, Dietary Guidelines for Americans)
- FDA requirement to list trans fat on Nutrition Facts label
 - Final rule, July 2003
 - Effective date, 2006

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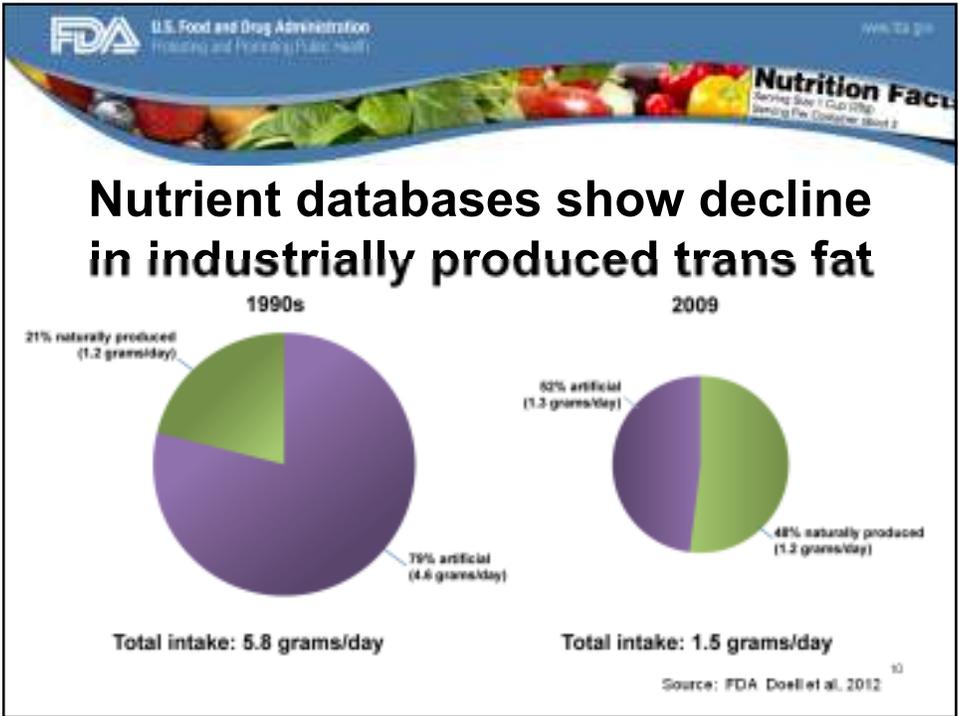
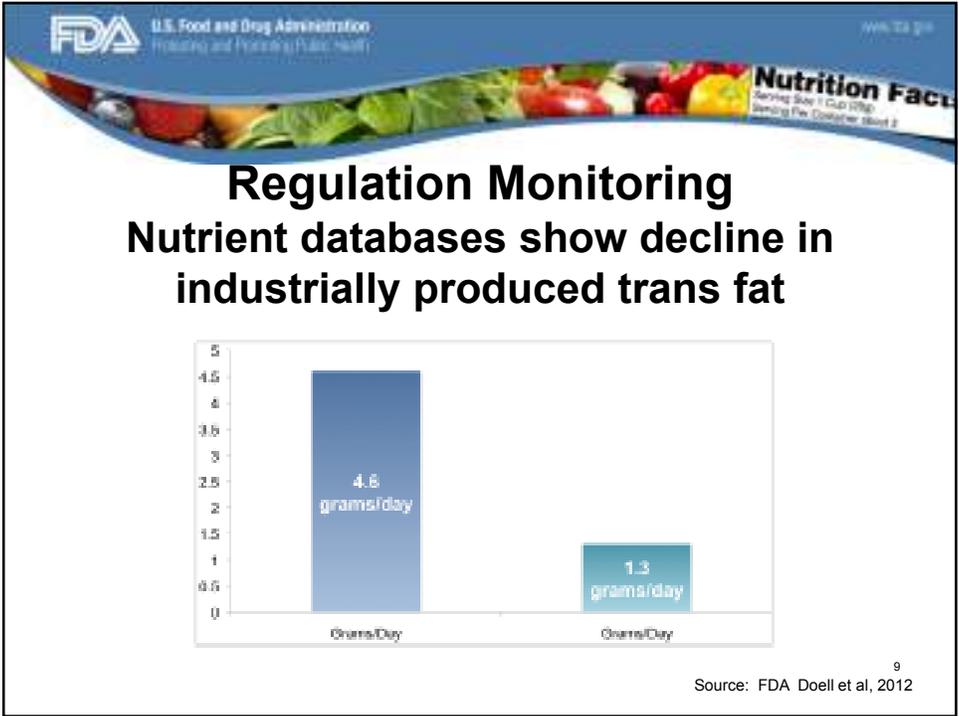


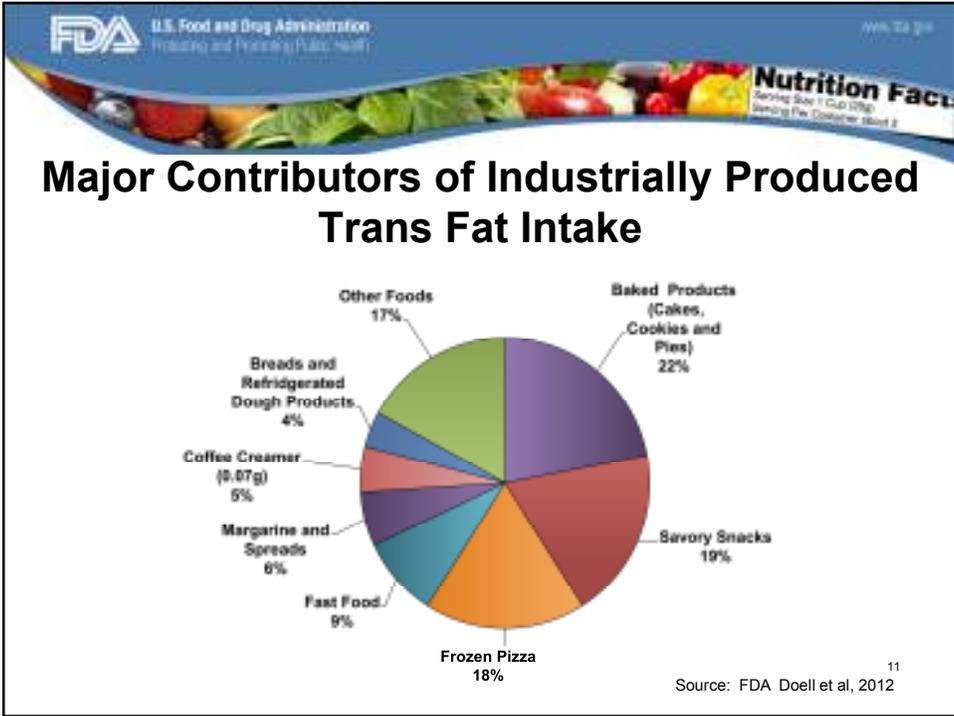
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Regulation Development

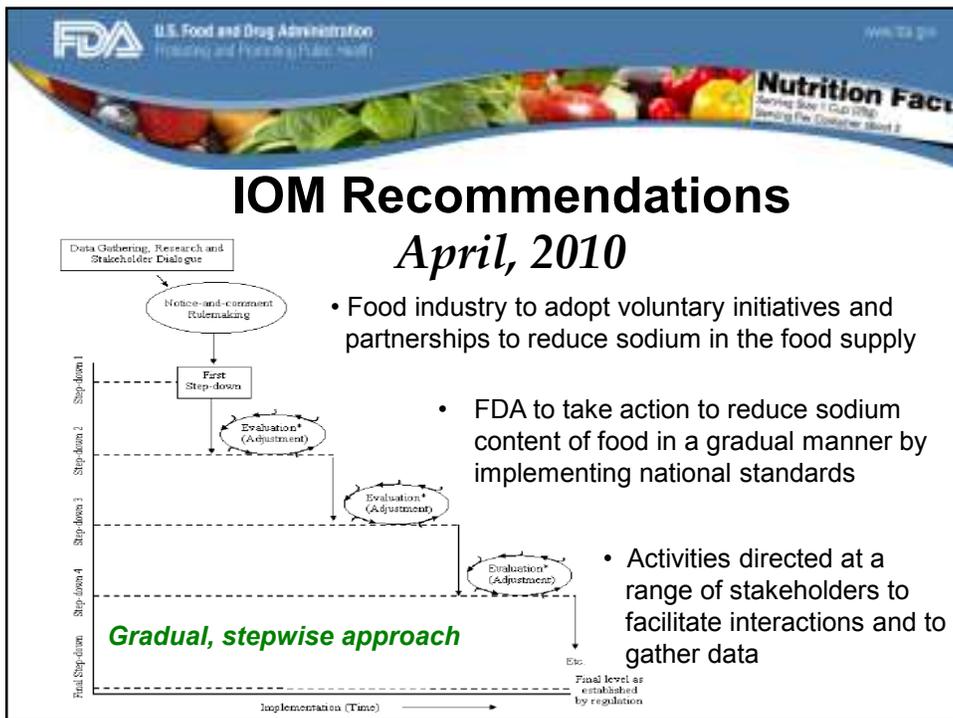
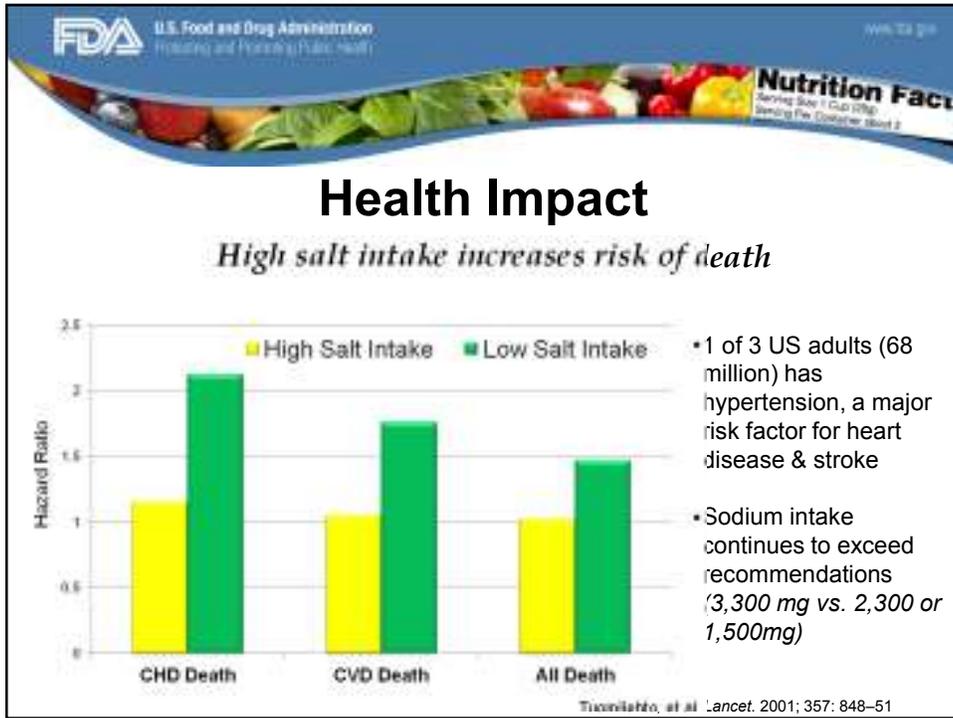
- Estimate of trans fat intake from food groups needed for Regulatory Impact Analysis
- FDA merged:
 - USDA database of trans fat content of 214 foods
 - USDA report of food group intake from national survey, CSFII 1994-96
 - Average trans fat intake of adults, 5.8 g/d, 2.6% of energy
 - Animal products, 1.2 g/d
 - Hydrogenated products, 4.6 g/d
 - Percent contributions of food groups to trans fat intake

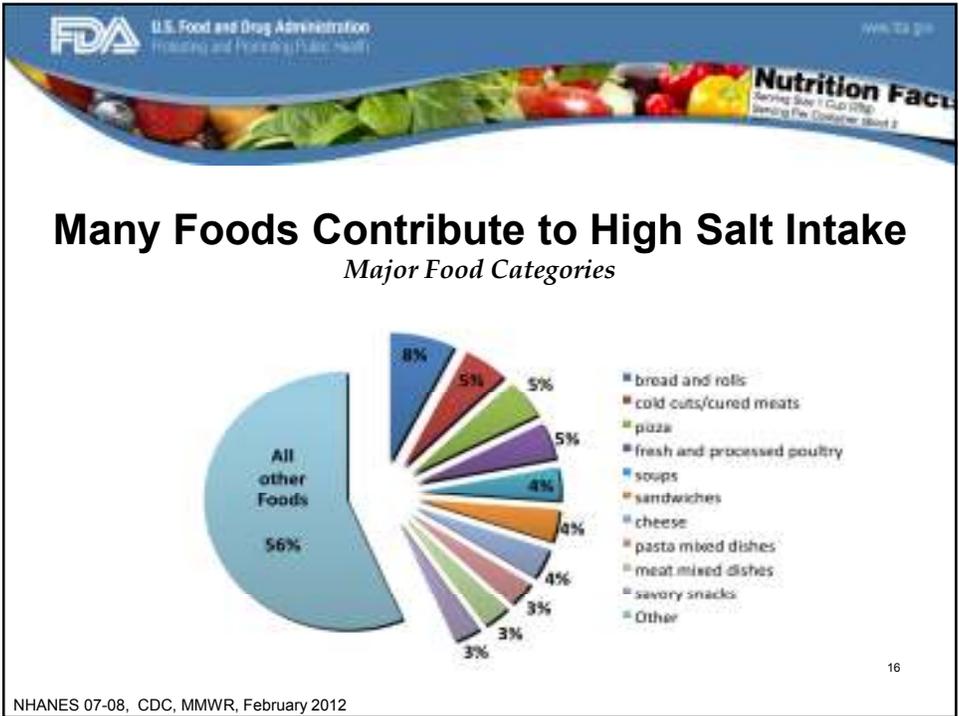
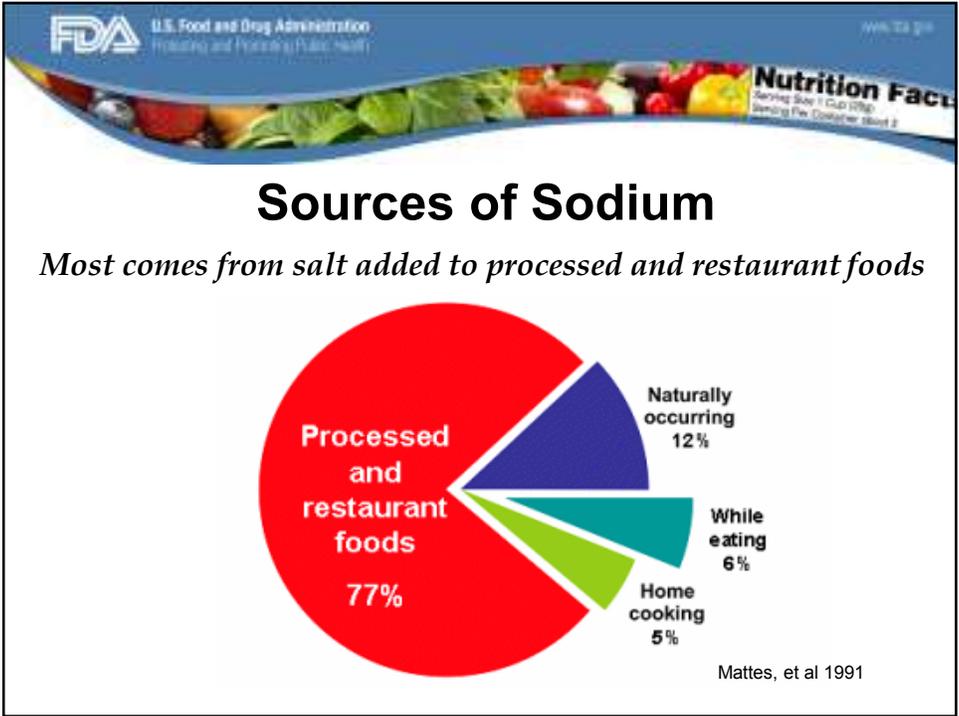


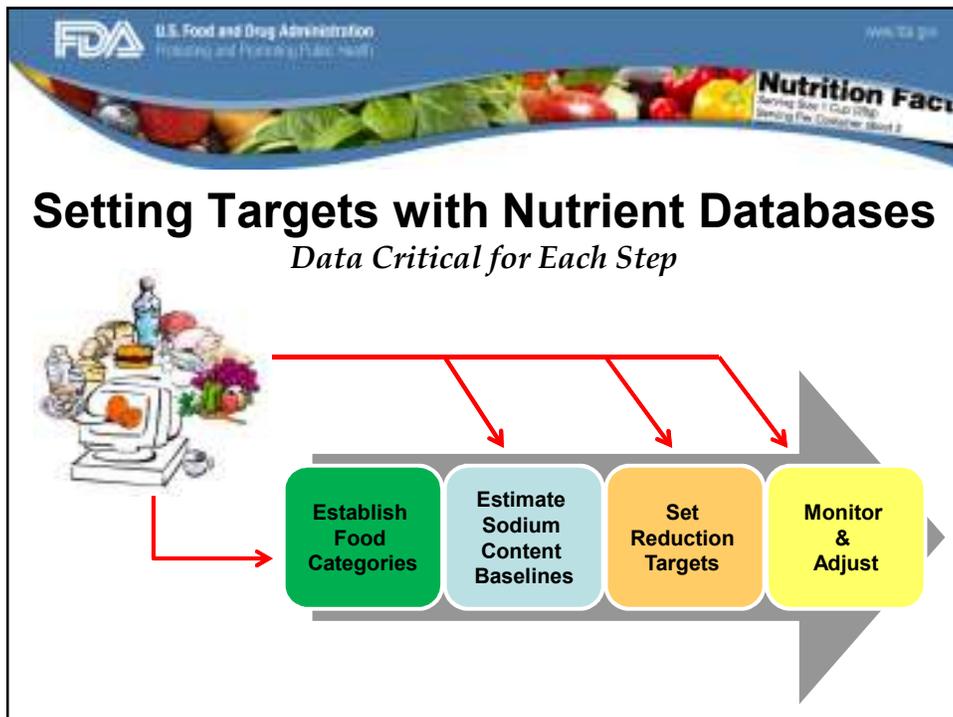


Sodium: Nutrient Databases

**Evidence Base
Guide for Policy**







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Monitoring of Sodium

Nutrient databases for ongoing monitoring of sodium in foods require:

- Information on restaurant food
- Current information on packaged food.
- Information on amount of sodium added at table and in cooking



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Amount Per Serving about 2

Nutrition Facts Label Serving Size

Guide for policy Monitoring

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Nutrition Facts Serving Size Background

- Nutrition Labeling and Education Act (1990)
required serving size to be:
 - Based on amounts customarily consumed
 - Expressed in common household measures

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Nutrient databases: Guide for Policy

- Food categories:
 - Based on data from Nationwide Food consumption surveys (1977-78 and 1987-88)
- Used mean intake of amounts of food consumed

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**Nutrient databases
Continuing Guide for Policy**

Recognition of need to review serving size:

- Increase in obesity/overweight
- Evidence from literature on changes in intake
- Comments to FDA Advanced Notice of Proposed Rule Making on serving size

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Continuing Guide for Policy

Product category	1993 Serving Size (fl oz)	2003 - 2008 Median (fl oz)
Carbonated	8	12
Fruit Flavored Drinks, including sports drinks	8	11
Water	8	11
Coffee	8	12
Tea	8	12
Milk Shakes, Thick carry out type	8	16

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Menu Labeling Requirements

Monitoring

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Why Menu Labeling?

- 2/3 of adult population is overweight or obese
- 1/3 of calories consumed outside the home
- Information on calories generally not available at point of purchase in restaurants
- One tool to help people maintain healthy weight
- Affordable Care Act requires nutrition labeling in certain restaurants and similar food establishments.
 - FDA drafting final implementing regulation



Monitoring

- Databases of menu items in restaurants can provide data on:
 - Reformulations of menu items
 - Changes in serving sizes



**Limitations of Nutrient Databases
for Food Supply Surveillance**

- Data lag
 - Frequency of updates of analytical data
- Label data
 - 20% variability in labels on packaged foods compared to actual amounts
- Restaurant data
 - Limited to some chain data



Summary and Conclusions

- Nutrient databases are key tools in the development of nutrition policies
- Improved monitoring of the food supply and intake will benefit from enhancements to include more:
 - Restaurant data
 - Packaged foods
 - More current data on packaged and restaurant foods



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Summary and Conclusions

- How do we prioritize the enhancements needed for the nutrient databases to support policy?
- How do we further promote the importance of nutrition databases to ensure continued and enhanced funding?
- How do we expand partnerships with industry, academia, consumer groups and within government to enhance our nutrition databases?



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