



# Healthcare Professionals Newsletter

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## THE JOYS OF TRAVEL!

**SUMMER IS FAST APPROACHING AND SO ARE HOLIDAYS, THOUGH FOR MANY, TRAVELLING IS AN ALL YEAR-ROUND EXPERIENCE.**

Unwanted gastrointestinal symptoms are common during travel and are not just restricted to diarrhoea, which is thought to affect 30-70% of travellers (depending on their destination)<sup>1</sup>. Research on the prevalence of **traveller's constipation** is limited, but one study suggests new onset constipation during travel occurs in 7.2%<sup>2</sup> of travellers. This is still quite sizeable considering 1.24 billion international tourist arrivals occurred worldwide in 2016<sup>3</sup>.

Given that travellers constipation is in many cases an avoidable complaint, with some 89.3 million potential cases occurring due to travel, health care professionals are well placed to provide pre-emptive advice that could help travellers minimise the effects of one of the potential downsides of travelling.

The causes of constipation are well known and include low fibre intake; low fluids intake; inactivity; ignoring the urge 'to go'; changes to our diet and daily routines; and stress and anxiety<sup>4</sup>. All of these causes can occur during holidays (and overseas business trips) as our daily routines become disrupted for many reasons such as:

- Poor availability (and sometimes affordability) of high fibre foods including fruit and vegetables (eg at airports);
- Processed foods and drinks being more easily and often cheaply available;
- Concerns over hygiene eg washing of fruit and vegetables in untreated water;



- A desire to try new foods and local dishes;
- Changes to meals times;
- Dehydration from heat, sweat, insufficient fluid intake, too much alcohol or as a consequence of (travellers) diarrhoea<sup>5</sup>;
- Jet lag;
- Changes in activity levels/ being less active;
- Changes to sleep patterns;
- Anxiety over travel; or
- Anxiety over bathroom facilities - hygiene and privacy concerns or availability of facilities when needed.



The effects on our digestive system can continue even once back home, until a normal pattern of eating/ sleeping/living is resumed.

CPB nutrition team has put together a handy leaflet with tips on how to minimise constipation during travel which we hope you will find useful to share with anyone travelling for work or pleasure.

To view the leaflet click below:

<http://www.californiaprunes.co.uk/wp-content/uploads/nutritionist/CPB-Travel-Survival-Pack-glorious-colour.pdf>

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# AGREED DEFINITION OF FREE SUGAR

INTERNATIONAL RECOMMENDATIONS ARE IN PLACE TO SIGNIFICANTLY REDUCE INTAKES OF FREE SUGAR IN OUR DIET. FOR EXAMPLE SACN (SCIENTIFIC ADVISORY COMMITTEE ON NUTRITION) RECOMMENDS FOR THE UK TO NOT EXCEED 5% ENERGY, DUE TO EFFECTS ON DENTAL CARIES AND TOTAL ENERGY INTAKE (see table 4). AS A CONSEQUENCE THERE IS SOME CONFUSION AS TO WHAT IS CLASSIFIED AS 'FREE SUGAR' AND WHAT IS NOT.

Public Health England<sup>67</sup>, have developed a more detailed definition of 'free sugars' than was previously and broadly defined by SACN in 2015, which was then a more detailed definition than provided by WHO<sup>9</sup>. This more descriptive definition is to ensure that the free sugar content of foods can be estimated in a consistent and transparent way and will help estimate free sugar intake in the UK National Diet and Nutrition Surveys (NDNS). The term free sugars replaced 'non-milk extrinsic sugars' previously defined by COMA (Committee on Medical Aspects of Food and Nutrition Policy) in 1991.

This new definition reconfirms that traditional dried fruit/whole prunes is not classed as a free sugar. Relevant to (fresh and) dried fruit and fruit juices, the description states that the sugars naturally present in fruit (and vegetables) that have been processed to juices, concentrate, smoothies, purees, pastes, powders and extruded products are classed as free sugars. See table 2 for how the different prune derivatives that are used as ingredients in food manufacturing would be defined. Processed dried fruit with added sugar would also be classified as contributing free sugars.

Swan 2018 further clarifies that added sugar includes all monosaccharides and disaccharides added to foods, which includes unsweetened fruit or vegetable juices, juice concentrates, purees, pastes and jam. Whole dried fruit when added to other foods would not therefore be classed as added sugar. The report does not specifically mention chopped or diced fresh or dried fruit but does state that pressed dried fruit is not classed as free sugars (see tables 1-3). Ingredients not included in the definition of sugar as it appears on the nutrition panel, such as maltodextrins, oligofructose and sugar substitutes such as polyols (sorbitol) are excluded from the definition of free sugars. Swan provides further clarification on the classification of processed fruit and vegetables (See table 1).

The term 'Added sugars' is used in the USA instead of 'free sugars', with the definition: Any sugar added during the processing of foods or consumed separately (sugars, syrups, naturally-occurring sugars that are isolated from a whole food and concentrated so that sugar is the primary component [e.g. fruit juice concentrates], other caloric sweeteners) (FDA, USA)<sup>9</sup>.

## Other names for free/added sugars:

sucrose - white sugar, brown sugar, raw sugar, fructose, glucose, starch hydrolysates and other isolated sugar preparations - corn syrup, corn syrup solids, high-fructose corn syrup, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses.

**Table 1: Processed fruit and vegetables**

"SACN advised that the sugars naturally present in fruit and vegetables that have been blended, pulped, puréed, extruded or powdered should be treated as free sugars on the basis that the cellular structure has been broken down; but that the sugars naturally present in other types of processed fruit and vegetables (dried, canned (excluding juice or syrup), stewed, pressed) fall outside the definition of free sugars. Fruit and vegetables in some products are processed by more than one method. If one of the methods used is included in the definition of free sugars, then the sugar in the fruit or vegetable is treated as free sugars. So, for example, dried fruit which has been puréed or extruded would be included as free sugars. SACN further advised that there was no scientific basis for treating the sugars in vegetables differently from the sugars in fruit. On this basis, the definition of free sugars includes the sugars in tomato purée and other vegetable purées, pastes and powders, fruit purées, pastes and powders and the sugars in extruded fruit products, but not products made with pressed dried fruit."<sup>7</sup>

**Table 2: What does this mean for dried fruit and juices?**

	Contains free sugars?	Contains added sugar?
<b>Traditional dried fruits</b> eg. dates, figs, prunes (see table 3), raisins, apricots, peaches, apples, pears and currants, or other fruits, dried with no sugar added.	No	No
<b>Sugar infused dried fruit</b> eg blueberries, cranberries, cherries, strawberries, mangoes;		
<b>Candied fruit:</b> papayas and pineapples;	Yes	Yes
<b>Processed fruit snacks (eg flakes, leathers) made from:</b> fruit puree, fruit juice concentrate, fruit powder or other added free sugars		
<b>Fruit juice and smoothies</b>	Yes	Yes







## What about Prune Juice?

Juices provide extra 'sugar' calories and it's all too easy to consume a large glassful in one go, several times a day. One glass (150ml) of orange juice consists of approximately 4-6 medium oranges so eating the whole fruit is much more filling than the fruit juice.

Fruit juices are acidic and contain sugars so may contribute negatively to oral health. Advice is therefore to consume with meals, where their vitamin C content may also help to enhance iron absorption from other foods.

Prune juice is one juice we don't generally drink to excess! Just a small glassful of prune juice (120-150ml is a portion) is a perfect accompaniment to breakfast.

Prune juice is likely to be a source of dietary fibre. Prunes contain soluble and insoluble fibre, so although the insoluble fibre is removed when prune juice is made, the soluble fibre remains. Many pure fruit juices are not sources of fibre as this is generally removed in the juice making process.

Prune juice also contains sorbitol, a polyol and carbohydrate, that is not all digested, remaining in the colon where it holds water, which is why it is so useful!

**Table 3: What does this mean for prune derivatives used as ingredients in manufacturing?**

	Ingredients/ specification	Practical uses	Sugars defined as 'free sugar'	Sugars defined as 'added sugar'
<b>Chopped or diced prunes</b>	Pitted diced prunes (99.75%), Sunflower oil (0.25%)	Both products fit a wide variety of applications, such as baking, dairy, chocolate coating, fruit blends or mixes, and are 100% natural with no added ingredients.	Not defined. Assume same as whole fruit – the process of eating fruit may mean cutting with a knife into smaller pieces/ dice; plus the teeth 'chop' the whole fruit into pieces	
<b>Prune puree</b>	Prune juice concentrate (75%), dried plums (25%)	Applications include baking, confectionery, sauces and meat.	Yes	Yes
<b>Prune powder</b>	Dried plum (prune) powder, calcium stearate (as an anti-caking agent)	The powder can be substituted for fat, retains moisture and acts as a natural pathogen suppression agent. Numerous applications include baked goods, confectionery, sauces and meat.	Yes	Not specifically mentioned, but likely to be included
<b>Prune juice concentrate</b>	Prune juice concentrate	Applications include baking, confectionery, sauces and meat.	Yes	Yes

**Table 4: Summary of key recommendations for sugar intake**

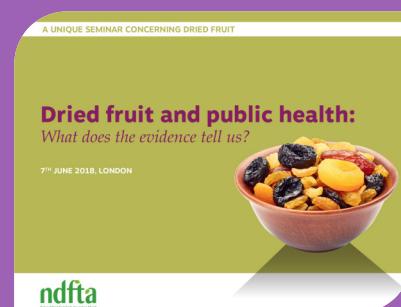
Organisations	Recommendation
<b>WHO (2015)<sup>8</sup></b>	Free sugar: 10% total energy; suggested a further reduction to below 5% calories for additional health benefits
<b>European Food Safety Administration (EFSA) (2010)<sup>10</sup></b>	25% total energy
<b>SACN (UK) (2015)</b>	Free sugar: 5% total energy; redefined in 2015 and reduced from 10% (previously "non-milk extrinsic sugars")
<b>SINU Italy (2014)<sup>11</sup></b>	<i>'Limit the consumption of sugars to &lt;15% percentage of total diet energy a total contribution &gt; 25% percentage of total diet energy (95th percentile of introduction in the Italian diet) is to be considered potentially linked to adverse health events. Limit the use of fructose as a sweetener. Limit the use of foods and beverages formulated with fructose and high fructose corn syrups.'</i>
<b>Dietary Guidelines for Americans 2015 (USA)<sup>12</sup></b>	Added sugar: 10% total energy

**References:**

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## STOP PRESS: Dried fruit industry players united to host HCP event



'Dried fruit and public health: What does the evidence tell us?' took place on Thursday 7th June at The King's Fund, London. The workshop reviewed and challenged the existing research evidence regarding dried fruit and helped to inform attendees further of the nutritional and health claims associated with the consumption of dried fruits.

For more information visit <http://ndfta.org/2018/04/27/dried-fruit-and-public-health-seminar/>

The next issue of our HCP newsletter will provide an overview of this event.

We hope you found this newsletter useful and feel free to pass onto other colleagues. Have a question? Just email us at [hcp@cpbeurope.eu.com](mailto:hcp@cpbeurope.eu.com)

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