

E-FORUM ON THE IMPLEMENTATION OF THE GLOBAL STRATEGY ON DIET, PHYSICAL ACTIVITY AND HEALTH

COMMENTS FROM NORWAY

April 7, 2006

Norway is pleased to comments on some of the questions put forward by FAO/WHO to assist the implementation of the Global Strategy on Diet, Physical Activity and Health (DPAH). We agree that relevant Codex Committees should support the promotion of healthy dietary habits within the Codex structure and mandate and, in turn, assist the implementation of the Global Strategy/DPAH.

Does the Codex Alimentarius Commission have a role in the implementation of the Global Strategy/DPAH?

The report of the Joint WHO/FAO Expert Consultation on Diet, Nutrition and Prevention of Chronic Diseases clarify the role of diet in preventing and controlling morbidity and premature mortality from noncommunicable diseases (NCDs). The report informs that some specific dietary components increase the probability of occurrence of these diseases in individuals, and interventions to modify their impact, have been identified. The work on this important area should include the work done by Codex. It harmonized with the objective of Codex Alimentarius Commission:

“- protecting the health of the consumers and ensuring fair practices in the food trade”.

If yes, please describe would that role should be? Please include in your consideration the topic areas that are relevant. Are the following areas pertinent: (i) food composition standards, and (ii) provision of nutrition and health information about foods to facilitate informed choice by consumers?

Codex should work within areas that could influence on nutritional factors that have an effect on the incidence of NCD. Increased intake of vegetables, fruits, berries and whole-grain products, reduced intake of solid fats (saturated fats and trans fats) and reduced added sugars are factors with such significance.

Food standards will be important in this work. All Codex food composition standards and guidelines should be examined and amended to improve the nutritional content of nutrients, specially added sugar, solid fat and salt. Quantitative ingredient labelling should be mandatory. This will help consumers to make an informed choice and facilitate their understanding of nutritional information.

Are the following issues pertinent to Codex Committees activities related to the implementation of the Global Strategy?

- **Scientific advice about the nature of the evidence needed to support the use of health claims.**

Guidelines for Use of Nutrition and Health Claims are already established by CCFL. CCNFSDU are working on recommendations on the Scientific Basis of Health Claims. This important work could encourage the industry to produce healthy products. Nutritional and health claims could inform the consumers about healthy food.