



## Industry/Developments

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**SATURATED FAT: (1)** A study in Norway has concluded that fat (and also saturated fat) in the human diet is nowhere near as dangerous as has been thought for the last 50 years. Study subjects were fed high carbohydrate or fat diets and their cardiovascular disease risks then assessed.

“the very high intake of total and saturated fat did not increase the calculated risk of cardiovascular diseases.....”

“Participants on the very-high-fat diet also had substantial improvements in several important cardiometabolic risk factors, such as ectopic fat storage, blood pressure, blood lipids (triglycerides), insulin and blood sugar.....”

“These results indicate that most healthy people probably tolerate a high intake of saturated fat well, as long as the fat quality is good and total energy intake is not too high. It may even be healthy.”

[<http://ajcn.nutrition.org/content/early/2016/11/30/ajcn.115.123463.abstract>].

**(2)** Research in the US has concluded that consuming major saturated fatty acids increases people’s risk of coronary heart disease.

“This large study reinforces current dietary advice of replacing some saturated fats with alternatives such as unsaturated fats or whole grain carbohydrates”.

[<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5121105/>].

Confused?

**MILK:** On retail display, this does not take kindly to being illuminated by normal supermarket fluorescent lighting – and this is thought to be one of the factors responsible for declining milk consumption. However use of LED lighting has been found to better retain the ‘sweet/rich’ taste, associated with freshly pasteurised milk.

[[http://www.journalofdairyscience.org/article/S0022-0302\(16\)30809-8/abstract](http://www.journalofdairyscience.org/article/S0022-0302(16)30809-8/abstract)].

**SUGAR TAX:** Estonia (population 1.3 million) and Spain (population 46 million) are the latest countries to announce their intention to tax sugar containing soft drinks. Finland, which has had a sugary soft drinks tax for 70 years, is retaining it – whilst moving to remove sugar taxes on confectionery, in order to comply with nuances of EU law.

## Legislation/Official Reports

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**CHEMICAL CONTAMINATION IN FOOD:** Data collected in the EU has been published by EFSA, with particular attention to pesticide and veterinary drug residues, as well as acrylamide and MCPD like contaminants.

[[http://www.efsa.europa.eu/sites/default/files/corporate\\_publications/files/161215chemicalsinfoodreport.pdf](http://www.efsa.europa.eu/sites/default/files/corporate_publications/files/161215chemicalsinfoodreport.pdf)].

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You have just read Chemistry Bulletin 150; the first one appeared in 2004:

### **ECLIPSE SCIENTIFIC GROUP: CHEMISTRY BULLETIN, AUGUST 2004**

- ❑ Multi-analyte hplc methods are being developed to reduce analytical costs. As an example, the three common fat soluble vitamins A, D and E, although similarly extracted cannot readily be determined together by hplc because they are usually present at vastly different concentrations – but use of MS detection allows for simultaneous detection which UV or fluorescence do not. [*Food Science and Technology 06/2004*].
- ❑ Malachite green at up to 4 ppm was found by the in farmed salmon on sale in Morrison's stores; the suppliers questioned the results of the tests. [*Veterinary Medicines Directorate*].
- ❑ Sudan I and IV dyes continue to be found in (palm) oils and chilli containing foods – and several warnings were issued in August about product recalls. [*Food Standards Agency*].

*(only first three items shown)*