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The BNF Annual Day took place on 20th November 2012 at the Royal College of Physicians, London. The event was attended by the Foundation’s Patron, HRH the Princess Royal, the Mayor of Camden and over 140 delegates, as well as more than 100 students who attended the Annual Lecture.

The BNF Annual Lecture Standing on the shoulders of giants: understanding calcium and vitamin D requirements, was given by Dr Ann Prentice OBE, Director and Head of Nutrition and Bone Health Research at MRC Human Nutrition Research. A report of the lecture will be published in Nutrition Bulletin this year.

The 2012 BNF Prize was awarded to Professor Seán Strain, Professor of Human Nutrition at the University of Ulster, in recognition of his leadership and research of outstanding merit related to human nutrition, food and health. To mark the Foundation’s 45th anniversary, a BNF Lifetime Achievement Award was given to Professor Martin Wiseman, Medical and Scientific Advisor to the World Cancer Research Fund (WCRF), to acknowledge his sustained and substantial contribution to nutrition science and public health. The BNF Drummond Education Awards, which were also presented on the day by HRH the Princess Royal, reward outstanding work by students and their teachers at GCSE/Standard Grade and A-level/Advanced Higher levels in Home Economics or Food Technology in conjunction with the six Awarding Bodies in the UK.

In 2012, BNF was selected to take over administration of the Drummond Memorial Fund. The Foundation plans to utilise the Fund over a number of years to implement a comprehensive programme of initiatives that reward and celebrate high standards of nutrition science and nutrition communication for people at different stages of their career. As well as the BNF Drummond Education Awards, there will be:

• Nutrition Science Communication Awards – recognising excellence in the communication of nutrition science by final year nutrition students, final year trainee teachers and health professionals in the UK;
• Internship Programme – providing three placements annually to those wishing to follow a career in nutrition. In 2013, we are delighted that Robert Benjamin, Holly Butt and Sarah Alderton will be joining BNF to undertake work investigating healthier catering, health education in schools and workplace health initiatives;
• Small Grant Funds – supporting newly appointed lecturers and research fellows with small grants to undertake pilot work to generate data that can be used as the basis of a more substantial grant application;
• Training Courses – creating and supporting the uptake of high quality training via our online training platform.

To find out more, go to: www.nutrition.org.uk/aboutbnf/awards
BNF’s new EC-Project – Bacchus

BNF is part of the consortium for this new EC-funded project, co-ordinated by the Institute of Food Research, that will consider the beneficial effects of dietary bioactive peptides and polyphenols on cardiovascular health in humans. It aims to provide evidence to support cause and effect relationships between consumption of bioactive peptides and polyphenols and beneficial physiological effects related to cardiovascular health, which could ultimately be used as part of an application for a European health claim. BNF is leading on the preparation of a best practice guide for drafting health claims dossiers, which will involve co-ordinating an expert health claims advisory board, keeping a watching brief on developments in health claims and supporting other partners in the preparation of health claims applications. Other work packages will focus on the characterisation of foods and placebos for studies, looking at bioavailability, metabolism and mechanisms of action of bioactive peptides and polyphenols and carrying out randomised controlled trials to investigate the effect of bioactive peptides and polyphenols on cardiovascular disease risk in humans.

For further information on this project, visit: www.bacchus-fp7.eu

New data published on the nutritional composition of UK eggs

BNF is part of the UK Foodcomp consortium, led by the Institute of Food Research and funded by the Department of Health (DH). In August 2012, new analytical data on the nutritional composition of UK chicken eggs, generated by the project, was published by DH. Results showed that there have been notable reductions in levels of total fatty acids, saturated fatty acids and cholesterol (reflecting changes in the ratio of egg yolk to egg white in whole eggs and feeding practices) and increases in vitamins D and E and selenium and this received extensive coverage in the media. BNF helped to draft a poster for presentation at the Nutrition Society summer meeting in 2012, presented the results at a media medics event and drafted a paper outlining the findings, which was published in the December 2012 issue of Nutrition Bulletin.

New online nutrition training for midwives

The Foundation has been working with the Royal College of Midwives to produce new online CPD modules for midwives. The first module on nutrition in pregnancy was launched in July 2012. It provides current advice for healthy eating during pregnancy, including information on energy requirements, key nutrients, supplements, hydration and foods to limit or avoid. So far, 65 midwives have completed the CPD module and 170 are progressing through the module. Feedback from midwives has been very positive, reporting that the information will help them to offer correct advice to pregnant women.

Fantastic fish

The Foundation has created a range of exciting fish-themed resources for children aged 3-11 years. The resources include:

- Fantastic fish – a new lesson and resources for pre-school children;
- 4 simple step-by-step photo recipes, including Fancy fish fingers and Splendid seaside salad;
- 6 video recipes;
- The seaside adventure – an animated story with accompanying cross curricular/interdisciplinary resources.

You can find these resources in the 3-5, 5-8 and 8-11 age tabs, at: www.foodafactoflife.org.uk

BNF online training

The BNF online training platform comprises modular courses that focus on food, health, nutrition and active lifestyles. Since its launch in April last year, the first BNF online training course An introduction to healthy eating and nutrition has attracted over 1,200 users in the UK and abroad, including people working in the health sector, food industry and individuals who are simply interested in nutrition and want to learn more.

“I did enjoy the course, and it will be useful to me in my job in the Health Improvement team. I will be looking out for future courses you do.” M Saunders, Chatham

An extension course Exploring nutrition and health, which provides a more in-depth insight into the effects of different aspects of diet on health, will be available later in the year.

To view more, visit: www.nutrition.org.uk/online-training/training/courses

National Healthy Eating Week

We shall shortly be releasing details of our first National Healthy Eating Week for all schools throughout the UK. The week from 3rd to 7th June 2013, will encourage schools to participate and run healthy eating and drinking activities, combined with learning about farming and cooking. Registered schools will be able to access free new resources, as well as take part in a number of events. To find out more, go to: www.healthyeatingweek.org.uk
Launch of BNF Task Force report on early life nutrition

BNF’s Task Force report Nutrition and Development: Short- and long-term consequences for health will be launched at a conference on 21st May 2013 at the Royal College of Surgeons, London. The Task Force was chaired by Professor Tom Sanders, King’s College, London and included experts from around the UK. The report illustrates how early life nutrition can bring about changes in organ development and function, thus programming risk of disease in adult life. It also considers what might be done in early life to reduce the burden of future ill health. More information on the launch will be available on the BNF website soon. For more details about the Task Force report, see:

www.nutrition.org.uk/publications/new-task-force

New Chair of BNF’s Board of Trustees

David Gregory has been appointed as the new Chair of BNF’s Board of Trustees, from 20th November 2012, taking over from Professor Alan Malcolm. He holds a number of non-executive roles in food and science related businesses and organisations. Within the food industry these include Chairman of Assured Food Standards, the organisation behind the ‘Red Tractor’ food labelling scheme, and Non-Executive Director of Boparan Holdings (2 Sisters Food Group).

David is a member of the Biotechnology and Biological Sciences Research Council (BBSRC), Visiting Professor at the University of Reading Centre for Food Security and a Trustee of the Institute of Food Research.

Before developing this portfolio, David spent 26 years working for Marks & Spencer where he spent almost a decade leading the retailer’s technology division. During his time there he was instrumental in a number of nutrition, innovation and sustainability initiatives and was one of the co-authors of the Marks & Spencer’s eco plan, Plan A.

After a number of years on the BNF Council and as a Trustee, David is delighted by this appointment. “Today, more than ever, BNF has a unique opportunity to disseminate independent, authoritative information about diet, physical activity and health to a variety of audiences”.

BNF’s new office!

After more than 20 years at High Holborn House, BNF moved offices at the beginning of November 2012. Our new address is British Nutrition Foundation, Imperial House, 15-19 Kingsway, London WC2B 6UN. Our new telephone number is 020 7557 7930.
This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 4-13 years.

The amount of fluid a child needs depends on many factors including their age and gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of fluid per day (on top of the water provided by food in their diet).

Younger children need relatively smaller servings (e.g. 150 ml) and older children need larger servings (e.g. 250-300 ml).

### Water

- Water is a good choice throughout the day because it hydrates without providing extra calories (kilojoules) or risking harm to teeth.

### Milk

- Milk provides water and is a useful source of nutrients, especially protein, B vitamins and calcium. Most children should drink semi-skimmed milk. Milky drinks containing added sugar such as milkshakes, hot chocolate and malted drinks should only be drunk occasionally.

### Fruit juices

- Fruit juices provide water and some vitamins and minerals. One serving of 100% fruit juice counts towards a maximum of one portion of a child’s 5-A-DAY. Fruit juices contain sugar and can be acidic, so to reduce the risk of harming teeth, it is better to dilute fruit juice with water and to drink fruit juice at meal times.

### Smoothies

- Smoothies provide water and some vitamins and minerals. One serving of smoothie can count as a maximum of two of a child’s 5-A-DAY (if they contain 150ml of fruit juice and 80g crushed or pulped fruit). Smoothies contain sugar and can be acidic, so to reduce the risk of harming teeth, it is better to drink smoothies at meal times.

### Low calorie soft drinks

- Low calorie soft drinks provide water without extra calories (kilojoules), but can be acidic, so having these too often may risk harm to teeth. Be aware that some may contain caffeine.

### Soft drinks containing sugar

- Soft drinks containing sugar provide water, but also calories (kilojoules) without any extra nutrients. They can also be acidic, so having these too often may risk harm to teeth. Be aware that some may contain caffeine.

### Tea and coffee

- Tea and coffee are a stimulant naturally present in coffee and in smaller amounts in tea. Small amounts of caffeine are harmless but high intakes should be avoided, especially for young children. It is best for children to drink decaffeinated tea and coffee with semi-skimmed milk and no added sugar.

### Drink plenty

Have regularly

Can have once a day

Just occasionally (and in small amounts)

Have in moderation

Just occasionally