

Annual Review 2018-2019



The British Nutrition Foundation

– Our vision, mission and values

Our vision: Everyone can access healthy, sustainable diets.

Our mission: Translating evidence-based nutrition science in engaging and actionable ways.

Our values

- **Integrity:** we are science-led, impartial, open minded, transparent and committed to diversity and sound ethical principles.
- **Collaboration:** we amplify our impact via partnership working with a range of stakeholders.
- **Quality:** we deliver excellence consistently.
- **Positivity:** we are a team of highly qualified experts who care about providing credible nutrition science and are passionate about the positive influence it can have on healthier lives.

The British Nutrition Foundation is a registered charity (Registered Charity 251681, Scotland SC040061).

- We do not lobby, endorse any products, engage in food advertising campaigns or allow commercial or political pressure to influence us when publishing or disseminating information.
- We are certified by the Information Standard, a quality mark supported by NHS England, which identifies our website as a reliable and trustworthy source of information that is based on evidence and appropriate for its audience.
- Our Council and Trustees ensure that we deliver our charitable aims, are impartial, transparent and act with integrity. A majority of our Council are leading academics, supported by leaders in education, communication and the food chain.

- Our funding comes from: membership subscriptions; donations and project grants from food producers and manufacturers, retailers and food service companies; contracts with government departments; conferences, publications and training; overseas projects; funding from grant providing bodies, trusts and other charities.
- We are proud of our long-established reputation for partnership working. What sets BNF apart is its ability to bring together those with an interest in food and nutrition from diverse sectors - academia, health care, education, communication and the food chain.

Find out more, go to:
www.nutrition.org.uk/aboutbnf

Contents

Welcome to the BNF Annual Review	03
Our achievements in 2018-2019	04
BNF Awards	12
Looking ahead	14
Plans for 2019-2020	16
BNF – Translating evidence-based nutrition science in engaging and actionable ways	18
How we ensure our integrity	19
Annual Accounts 2018-2019	20
Financial support for BNF activities	23
Honorary Officers	24
The Council	25
Honorary Members and Governors Emeritus	26
Committees	27
BNF Members	31
The Staff	32



Professor Colin Dennis
Chair of the Board of Trustees



“...during the year we had an 88% increase in the views to nutrition.org.uk with 2.79 million visitors.”

Welcome to the BNF Annual Review 2018-2019

It is a great personal pleasure and honour to serve as Chair of the Board of Trustees. I very much look forward to working with colleagues to build on the successes of our predecessors. Public interest in, and awareness of, the interaction between nutrition, diet, health and lifestyle is such that the need for balanced advice and impartial scientific interpretation on food and nutrition has never been greater.

Through its interactions with government, universities, research institutes, healthcare professionals, educators, the media, the food chain and directly with the general public, the BNF is in a unique position to provide evidence-based guidance. Our staff are expert in making complex nutrition science accessible to diverse audiences, from junior and secondary school children to policy makers to industry and the general public. Furthermore, the BNF delivers important public benefit, in that virtually all of its work is ultimately in the public domain. For example, this year we published the Task Force Report on Cardiovascular Disease – Diet, Nutrition and Emerging Risk Factors and the highly publicised, and widely available, advisory leaflet on portion size (Find your balance - Get portion wise!).

The highly successful BNF Healthy Eating Week engaged approximately 7,000 schools, universities and workplaces representing nearly 3 million schoolchildren and employees, while our work with teachers and pupils continues to expand, with 10% increase in use of our free nutritional analysis tool for schools, via *Explore Food* over the last year. Similarly, during the year we had an 88% increase in the views to nutrition.org.uk with 2.79 million visitors, a 33% increase in our media presence and a 35% increase

in the use of our education website, *Food - a fact of life*. Our *Nutrition Bulletin* is now distributed to over 14,000 institutions worldwide, with a 23% increase in overall article downloads (now 210,970) and a 40% increase in article citations. In addition to these successes, we continue to be honoured by the significant and enthusiastic support from our Patron, HRH The Princess Royal. Her Royal Highness presented the prizes at our Annual BNF Day, and participated and interacted with delegates at the launch of the *Cardiovascular Disease* Task Force Report and with staff and children at the launch of BNF Healthy Eating Week in Jersey.

In planning for the future, the Trustees and Council agreed a new strategic plan which provides clear focus, via four 'pillars', on our aspirational Vision of 'Everyone can access healthy, sustainable diets' and, particularly, on delivering our Mission of 'Translating evidence-based nutrition science in engaging and actionable ways'. The 'Develop' pillar focusses on producing high quality nutrition resources, information and training, whereas 'Inform and facilitate' involves disseminating resources, information and training to make healthier choices easier. We 'Champion' by strongly advocating the importance of evidence-based nutrition and strong engagement with stakeholders, while 'Progress' focuses on advancing our mission by ensuring future growth and sustainability, by

building an increasingly diverse membership, ensuring development of staff potential and having efficient and effective operations (see pages 16-17).

In future, the Board of Trustees, in accordance with the Charity Governance Code, will be the sole governing body, but will receive advice and input on strategic initiatives from a new Advisory Committee, which in turn will liaise with a reconstituted Scientific Committee on detailed matters relating to scientific and educational needs and initiatives. Membership of all three groups will be as diverse as possible, and have a majority of academics/educationalists/lay (independent) members to ensure the continued strong independence of the BNF and to avoid undue commercial and political influence.

Professor Colin Dennis

Chair of the Board of Trustees

Our achievements in 2018-2019

To translate evidence-based nutrition science in engaging and actionable ways, we undertake a variety of projects and initiatives across the audiences with whom we interact.

Key highlights from the past year

- **BNF events:** Our Patron, HRH The Princess Royal, attended three events, the BNF Annual Day, the BNF conference to launch the report of the BNF Task Force on cardiovascular disease and the BNF Healthy Eating Week launch.
- **BNF website:** 2.79 million people visited our website www.nutrition.org.uk for evidence-based nutrition information, an increase of 88% on the previous year.
- **BNF resources:** We launched a number of new resources including a Task Force report on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors* and *Find your balance – Get portion wise!*
- **Media work:** BNF was quoted on average 96 times per month in the media, up from 72 per month in the previous year.
- **Social media:** Our Twitter accounts had 4.1 million impressions, an increase of 234% on the previous year.
- **Nutrition Bulletin:** This was available in 6,418 institutions (plus provided at low low-cost or free to access to 7,911 institutions in the developing world) – up 7% on 2017, and downloads of papers from the Wiley website were up 19% to 210,970.
- **Education website:** This was used on 303,044 occasions, an increase of 35% on the previous year.
- **Explore food:** Pupils analysed 282,000 recipes and diets using our free nutritional analysis tool for schools, up 10% on the previous year.
- **BNF Healthy Eating Week:** The week attracted registrations from 6,943 schools and workplaces/universities (representing 3 million students and employees).
- **Teachers:** We trained 139 teachers at events and a further 860 registered for education webinars.
- **Healthcare and other professionals:** 277 professionals attended our two high-profile conferences and a further 3,000 registered for our nutrition science webinars.
- **Committee membership:** Senior staff members contributed to the work of several government and research funding committees.

2.79
MILLION PEOPLE



VISITED OUR WEBSITE



nutrition.org.uk

- 2.79 million people visited our website www.nutrition.org.uk for evidence-based information, viewing 13.6 million pages and downloading 180,842 resources.
- The top five page views in the year were:
 - Fibre (1,192,389);
 - Find your balance (437,334);
 - Healthy, balanced diet (356,938);
 - Portion wise (306,106);
 - Ramadan (188,370).
- Our *Find your balance – Get portion wise!* guide, to improve understanding of not just which foods to eat, but how often and in what quantities, was downloaded 61,251 times. In response to interest following the publication of the EAT-Lancet Commission on Food, Planet, Health report, we updated the information on sustainable diets and produced new information about the health benefits of plant-based diets.
- Following the positive response to our QC (Quality Calorie) resource, which encourages people to think about the nutritional quality of foods and drinks as well as the calories they contain, 'QC on a budget' was launched, providing examples of how this approach (based on swaps) can be used without increasing (and in most cases lowering) cost.
- The website retained the *Information Standard* accreditation, a certification scheme for health and social care information, supported by NHS England.

Task Force

- The BNF Task Force report on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors* (2nd edition) was published. The Task Force was chaired by Professor Keith Frayn, Emeritus Professor of Human Metabolism, University of Oxford. For further details, go to: <https://bit.ly/2A3UQLt>
- To mark the launch of this important new publication, we were delighted to welcome some of the eminent scientific contributors to the Task Force to present their key findings and recommendations at an event on the 27 February 2019, which was attended by HRH The Princess Royal.

Nutrition Bulletin

- The journal *Nutrition Bulletin*, a joint venture with Wiley, was available in 14,329 institutions around the world (including low-cost or free access to 7,911 institutions in the developing world).
- Downloads of papers from Wiley were up 19% on the previous year to 210,970.
- In January 2019, we published a Virtual Issue on portion size and appetite control. This included 10 papers, free to download, and coincided with the launch of BNF's new portion size resource.
- A new mini virtual issue series 'Nutrition Bulletin Spotlight' was launched with the first edition focussing on bodyweight in childhood, published in response to

the latest statistics from the government's National Child Measurement Programme (NCMP), which revealed rates of childhood obesity remain high and are not improving. Each 'Spotlight' comprises three to five papers from the Bulletin's archive on topical nutrition issues and are free to download for a 4-month period.

- In the context of the continued policy focus on diet and nutrition, and the confusion often associated with mixed messages and/or a single nutrient focus, BNF continues to provide scientifically supported evidence, information and advice on a broad range of topics relating to nutrition, diet and healthy eating, focusing on a holistic approach to dietary advice. In May 2019, *Making every calorie count* was published in *Nutrition Bulletin* which focused on the topic of nutrient density/diet quality – this can be accessed here: <https://onlinelibrary.wiley.com/doi/full/10.1111/nbu.12384>



Our achievements in 2018-2019

Food – a fact of life

- In January 2019, a new website was launched in collaboration with the Agriculture and Horticulture Development Board (AHDB). The website has a number of new features, such as 'recipe', 'whole school' and 'professional development' areas and a 'teacher dashboard', which enables teachers to create collections of their favourite resources and recipes.
- During the year, the website was used on 303,044 occasions, an increase of 35% on the previous year.
- Pupils analysed 282,000 recipes and diets using our free nutritional analysis tool for schools, *Explore Food*, up 10% on the previous year.
- The publication, *Guidelines for producers and users of school education resources about food* was completed, ready for dissemination in June 2019. The publication set out a series of voluntary guidelines that can be adopted as part of a good practice approach by those who produce education resources for schools about food.
- The publication *Characteristics of good practice in teaching food and nutrition education in secondary schools* was completed. These characteristics were determined via consensus building exercises with the secondary school food teaching community from the UK and will be made available in the summer 2019 school term.



“Pupils analysed 282,000 recipes and diets using our free nutritional analysis tool...”



Conferences, events and training

- The 2018 BNF Annual Lecture, entitled *Nutritional Science: Diet, Lifestyle and Health*, was delivered by Professor Ian Macdonald, Professor of Metabolic Physiology in the School of Life Sciences, Faculty of Medicine and Health Sciences at the University of Nottingham, and winner of the BNF Prize in 2017.
- 'The what, how and when of weight loss' conference was held on 2nd October at St Thomas' Hospital, with speakers including Prof James Stubbs, who presented on the psychological control of eating, and Dr Wendy Hall who talked about the effect of sleep on diet. 156 delegates attended the event, which received an overall satisfaction score of 4.5/5 (covering content, length and organisation).
- A conference to mark the launch of the BNF Task Force report on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors* (2nd edition) was held on the 27 February 2019, chaired by Professor Keith Frayn, Emeritus Professor of Human Metabolism, University of Oxford. As well as Professor Keith Frayn speakers included Professor Caroline Fall (University of Southampton), Professor Parveen Yaqoob (University of Reading) and Professor Julie Lovegrove (University of Reading). Our Patron, HRH The Princess Royal, attended the event.

- 3,000 health and other professionals registered for three webinars during the year – these were *Why is everyone talking about gut microbiota?*, *The prebiotic potential of our diets – fibre and more*, and *Full of beans! Encouraging preschool children to eat vegetables*. The overall satisfaction score was 4.4/5 (covering content, length and organisation). The webinars were recorded and are available to view on www.nutrition.org.uk.
- BNF developed a *Keeping Well at Work* online course, to support BNF Healthy Eating Week, designed to support health and wellbeing in the workplace - 570 employees used the course. Feedback to date shows that 89% of users completing a feedback survey said the course gave them information that would help them to be healthier at work.

3,000
HEALTH AND OTHER
PROFESSIONALS

**REGISTERED FOR
THREE WEBINARS**



Our achievements in 2018-2019

- BNF supported dissemination activities on a BBSRC DRINC project being carried out by King's College London and the Quadram Institute, on the health impact of industrial interesterification of dietary fats. This featured the launch of a free-to-access online training course on dietary fat on the BNF training portal, as well as a *Pint of Science* event exploring dietary fat entitled *Processing the Nutribabble: Is natural always best?*
- An online training course on low calorie sweeteners (free for students and health professionals) was launched, which aims to support better understanding of the current science in this area, and present the evidence around some of the controversies frequently raised by the media. The course includes short videos from leading experts in appetite research.
- 120 teachers attended the first *Food – a fact of life (FFL) National food and nutrition education conference* for primary and secondary teachers that took place on 2nd February. Post-event evaluation, conducted in May, indicates that 85% have used the training provided to update lessons and/or resources, and 64% have shared or used the training provided with other colleagues at school (with a further 16% planning to do so).
- 860 teachers registered to attend a FFL webinar and evaluation indicates that 8 in 10 teachers are likely to update their resources and lessons based on attending.
- A pilot training scheme was launched with 11 regional secondary school teachers. The teachers were trained to run an approved FFL training course with local teachers. This initiative continues until July 2019 when it will be assessed for reach and impact.
- Our free online training continued for primary school teachers throughout the UK, with a Gaelic version made available. Since launch in early 2018, 734 schools have registered (representing 233,002 pupils), with 4,215 teachers undertaking the training. In addition, 181 initial teacher-training providers have registered to provide access to 1,049 trainee teachers.
- BNF presented at, or chaired, a range of other external events, including the AACC Cereals and Grains 2018 conference; the California Walnut Commission Scientific and Health Research Meeting; the Alpro Foundation Symposium for Students; lectures for University of Surrey, King's College London, University College London, Goldsmiths University and the University of East London; the IFST Food Science and Nutrition Group event; IFST Annual Conference; BBSRC dissemination event; NFU Roundtable event; Food Manufacturers Forum; Food Matters Live; SMA Nutrition event; NEC Primary Care Conference; and the Nestlé Nutrition Institute.





BNF Healthy Eating Week

- Attracted registrations from 6,943 school and workplaces/universities (representing three million students and employees). The five challenges this year were *Have breakfast, Have 5 A DAY, Drink Plenty, Get active, and Sleep well*.
- Schools and workplaces received free resources, including printed posters, planning guides, videos, promotional tools and activity ideas. Special thanks to AHDB, the Garfield Weston Foundation, Danone, Greggs, Innocent Drinks, Quorn and Waitrose for their support.
- Most popular in schools were healthy eating sessions, food tasting and being active. For workplaces it was information about healthy eating, providing fruit and vegetables, and information on how to be more active.
- We were delighted that HRH The Princess Royal was able to launch the week at Jersey College for Girls, Jersey.
- 68% of schools and 63% of workplaces said that they would continue with an activity started during the Week, such as having fruit or promoting walking. 66% of workplaces said they were more likely to review their approach to employee/student health in the future because of their involvement, and 58% of schools said that they would change how they teach healthy lifestyles (e.g. healthy eating and drinking, being active and sleeping well).

Media engagement

- BNF was featured on 1,149 occasions during the year; with more TV and radio interviews than the previous year.
- The portion size resources achieved a combined print circulation of 5,026,816 and a combined online circulation of 52,569,822. This, coupled with the broadcast coverage, reached an estimated audience of 261,509,254, taking into account opportunities to read. In total 264 pieces of coverage were achieved, reaching a number of target audiences, including BBC Breakfast, BBC News Online, Sky News, The Guardian, Huffington Post, Metro, Evening Standard and national and local radio stations.
- BNF Healthy Eating Week achieved a total media circulation of 28,320,938, with a total estimated reach of 78,863,122.
- BNF continued its 'out of hours' service for journalists and a series of proactive media activities were undertaken.
- BNF Twitter accounts had 4,172,676 impressions, with 18,678 followers.
- BNF videos on YouTube and Vimeo were viewed on 282,733 occasions.
- BNF News newsletter was sent to 11,240 subscribers twice during the year and the FFL newsletter monthly to 4,959 subscribers.



28,320,938
BNF HEALTHY EATING WEEK
MEDIA COVERAGE CIRCULATION



18,678
TWITTER FOLLOWERS



282,733
YOUTUBE AND VIMEO VIEWS

Our achievements in 2018-2019

Wider stakeholder engagement

We continue our engagement work with key stakeholders and policy makers, including Public Health England (PHE), Department of Health and Social Care, Department for Education and the Department for Environment, Food and Rural Affairs (Defra). Professor Judy Buttriss was appointed to the School Meals Standards panel and continues work on the UK Nutrition Research Partnership for Health and Disease (UK NRP) and Chairs BBSRC's DRINC steering group. She has provided nutrition input for Defra's Food and Drink Sector Council and was a member of a BBSRC grant assessment panel. She also continues a close relationship with the Nutrition Society, the British Dietetic Association, the Association for Nutrition and the Institute of Food Science and Technology.

Services to members

A proportion of BNF's income comes from provision of membership services.

- Corporate membership: BNF provides quarterly updates via *Emerging Issues* and *Emerging Research* e-newsletters, 'hot off the press' nutrition and health email alerts, *Nutrition Bulletin* subscription, summaries of key reports, scientific reviews, face-to-face discussion forums and 'sounding board' meetings.
- Student and recent graduate membership: BNF provides professional development

support and quarterly e-newsletters, nutrition and health alerts, and access to support information.

Details about membership can be found on page 35.

Projects with others

In all aspects of our work, we aim to translate evidence-based nutrition science in engaging and actionable ways to support the needs of diverse audiences, in particular the general public, the media, government, schools, health professionals, and food and beverage companies. A substantial amount of the Foundation's contribution to nutrition science communication is through collaborations with others, either as a result of project grants or consultancy work. Project work included:

- work with the not-for-profit HarvestPlus to publish an independent review of the evidence on the role of biofortification in improving micronutrient intake and status, and the potential relevance of this in countries such as the UK. BNF also co-hosted a stakeholder forum on this topic;
- running a roundtable event with financial support from Yakult, Danone and Dupont to gather expert view on the content of, and best delivery mode for, evidence-based information for healthcare professionals about the use of probiotics, in the context of the current regulatory framework;
- working with Tate & Lyle to improve awareness of the scientific literature on

low calorie sweeteners, producing an online course for students and health professionals with videos from leading experts in appetite research;

- work with Warburtons on their School Visitors programme, which provides healthy eating and cooking sessions in primary schools. BNF updated resources, undertook quality assurance visits in schools and provided training for staff;
- a review of the *Eat Like A Champ* programme, provided by Danone, a six-week healthy eating programme for primary schools throughout the UK;
- the Early Years Nutrition Partnership (EYNP), a collaboration with the Early Years Alliance with funding from Danone. The initiative was established to deliver nutrition support to nurseries and other early years settings;
- involvement in two EIT project applications with the University of Reading – 'Developing a Digital Toolkit to Enhance the Communication of Scientific Health Claims'; and 'SEE & EAT' which is investigating the benefits of visual familiarity (testing acceptance of vegetables following exposure to tailored e-books) – as a strategy for introducing healthy foods into children's diets.

“...we aim to translate evidence-based nutrition science in engaging and actionable ways to the needs of diverse audiences.”



BNF Awards

During the year, BNF administered various awards, which are funded through the Drummond Memorial Fund, originally established to mark the work of Sir Jack Drummond.



Professor Susan Lanham-New
BNF Prize 2018 – Winner



Dr Rebecca Jones
BNF Drummond Pump-priming Award



Dr Caoileann Murphy
BNF Drummond Early Career Scientist Award – Winner



Dr Oonagh Markey
BNF Drummond Pump-priming Award



The BNF Prize

The BNF Prize is awarded annually to a person or group for their outstanding achievement in an area of nutrition. The BNF Prize is awarded by BNF's Council, based on a ballot of potential candidates nominated by the BNF Council.

The winner of the BNF Prize in 2018 was **Professor Susan Lanham-New, Professor of Human Nutrition and Head of the Nutritional Sciences Department at the University of Surrey.**

BNF Drummond Pump-priming Awards

The Foundation supported the provision of two grants to help newly-appointed university lecturers and research fellows, in human nutrition, to undertake the pilot work needed to generate data that can be used as the basis of a more substantial grant application. The recipients of the grants in 2018 were:

Dr Rebecca Jones, University of Bedfordshire
Dr Oonagh Markey, Loughborough University

BNF Drummond Early Career Scientist Award

The BNF Drummond Early Career Scientist Award recognises early career excellence in nutrition science. Applicants are judged on their contributions to nutrition science to date, their potential to become future leaders in the field, and the scientific merit and clarity of communication of their work. Winners and runners up are invited to submit a paper to Nutrition Bulletin, to showcase their research to date.

Winner

Dr Caoileann Murphy,
University College Dublin

Runners-up

Dr Jing Guo (University of Reading)
Dr Fiona Malcomson (Newcastle University)
Dr Keri McCrickerd (Singapore Institute for Clinical Sciences)

BNF Drummond Education Awards

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards, covering each of the Awarding Organisations, are given to students at GCSE and National 5 levels, and at A-level and Advanced Higher.

GCSE/National 5 Awards

Assessment and Qualifications Authority
Student: Anna Margaret West
Teacher: Nick Powley
Penair School, Truro

Council for the Curriculum,
Examinations and Assessment
Student: Daniel Fry
Teacher: Claire Thomson
Sullivan Upper School, Hollywood

Eduqas
Student: Lily Grace Forster
Teacher: Trudi Mayo
Chapel-en-le-Frith High School, High Peak

Oxford, Cambridge and RSA
Examinations Group
Student: Jenna Morris
Teacher: Alexandra Wigg
St Albans High School for Girls, St Albans

Scottish Qualifications Authority
Student: Adriana Helen Stronach,
Teacher: Lesley Wilsom
Portlethen Academy, Aberdeen

Welsh Joint Education Committee
Student: Millie Hughes-Butterfield
Teacher: Non Knott
Ysgol Gyfun Gymraeg Bro Myrddin,
Caerfyrddin

A-level/Advanced High Awards

Assessment and Qualifications Authority
Student: Emily Alice Kirkman
Teacher: James Finch
Sheldon School, Chippenham

Council for the Curriculum,
Examinations and Assessment
Student: Aine Casey
Teacher: Joanne Maguire
St. Patricks' Academy, Dungannon

Edexcel
Student: Katie Alice Prescott
Teacher: Natalie Kay
Pipers Corner School, High Wycombe

Scottish Qualifications Authority
Student: Jennifer Heslop
Teacher: Joyce Morrison
Kyle Academy, Ayr

Welsh Joint Education Committee
Student: Selina May Radcliffe
Teacher: Kathryn Mallows
Cowbridge Comprehensive School,
Cowbridge

Professor Judy Buttriss
Director General



“ Food is more than fuel, it characterises who we are and how we live our lives. ”



Looking ahead

Although the nutrition headlines have again been driven by a focus on childhood obesity trends, the past year has brought growing recognition of the impact on the planet of what we grow and eat (or waste), particularly among younger generations from whom some high profile agents of change have emerged.

The importance of securing a food supply that is healthy yet sustainable from an environmental perspective has been on the Foundation's agenda for some time, and this is set to continue. The announcement in June about government's plans for a food strategy provides the chance to look at food, nutrition and the environment afresh, through multiple lenses.

Food is more than fuel, it characterises who we are and how we live our lives. It influences our health and wellbeing, and the food we produce in the UK shapes the landscape we live in, provides jobs and supports the economy. Eating healthily is not just about eating less and cutting things out; for most of us it is also about eating more of some things such as wholegrains and vegetables. The integrated message of variety, balance and nutrient density – making every calorie count – needs to be reflected in food production right through to what we teach children in school about food, establishing food literacy from an early age.

A vibrant food sector is reliant on a ready supply of talent to grapple with challenges around soil health, agronomy, food technology and food engineering, right through to the practical skills and passion needed to deliver tasty, nutritious and appealing food. Our education system needs to foster an interest in science-based careers in food, and can the new strategy improve matters?

At the Foundation, we believe that a minimum level of 'food education' should be provided for all young people providing a springboard for careers – and, importantly, the skills required to implement an integrated food strategy. The government's food strategy announcement provides an opportunity for joined-up planning – not only ensuring we have the right food for our nation, but also delivering future generations who aspire to have a career in 'food'.

In summer 2019, a new BNF strategy was signed off, the essence of which is illustrated on pages 16-17 and incorporates the vision that *'Everyone can access healthy, sustainable diets'*, the Foundation's role in this being the translation of evidence-based nutrition science in engaging and actionable ways.

In working towards this vision, collaboration will be key and BNF is delighted to be a founder member of a formal alliance, to be known as the *Academy of Nutrition Sciences*, which builds on the existing collaboration between four established organisations with a history of involvement in: nutrition science research; the communication and application of research; nutrition and dietetic education; and regulation of the nutrition profession. The aim of the Academy is to work at a strategic level to deliver outputs and impact at a scale that would be unlikely for the individual member organisations alone. The creation of the Academy comes at an important time when the central role of diet and nutrition in wider

public health is firmly in the spotlight. Working to improve the availability of well-informed and safe advice on food and nutrition will be a critical goal, alongside operating as a champion for education and research in food and nutrition.

Professor Judy Buttriss
Director General

Plans for 2019-2020

During 2019-2020, the Foundation will implement its new strategy, as well as its new governance arrangements.

In 2019-2020, we shall:

- focus on delivering the strategic objectives of the strategy;
- relaunch www.nutrition.org.uk, improving the user journey and updating the information provided;
- produce four issues of *Nutrition Bulletin*, plus three issues of *Spotlight*, focusing on topical issues;
- host a series of webinars for health professionals, teachers and those working in industry;
- champion nutrition science through our networks and stakeholder groups, and through our interactions with journalists, research funders and government, and with the Academy of Nutrition Sciences;
- deliver the *Food – a fact of life* education programmes for UK schools, including teacher training;
- publish a series of parental engagement resources for schools, supporting parent-child activities at home;
- launch an online food science course for secondary school teachers, supporting the new GCSE;
- produce a resource characterising good practice in delivering food and nutrition education in primary schools across the UK;
- host BNF Healthy Eating Week 2020, encouraging more nurseries, schools and workplaces to participate;
- run our internship programme, supporting future nutrition scientists;
- establish network schemes for nutrition science undergraduates and recent graduates, and for teachers.

Our Values

INTEGRITY	We are science-led, impartial, open minded, transparent and committed to diversity and sound ethical principles.
COLLABORATION	We amplify our impact via partnership working with a range of stakeholders.
QUALITY	We deliver excellence consistently.
POSITIVITY	We are a team of highly qualified experts who care about providing credible nutrition science and are passionate about the positive influence it can have on healthier lives.





THE BNF STRATEGY

VISION		Everyone can access healthy, sustainable diets		
MISSION		Translating evidence-based nutrition science in engaging and actionable ways		
STRATEGIC PRIORITIES	DEVELOP Produce high quality nutrition resources, information and training.	INFORM AND FACILITATE Disseminate resources, information and training to make healthier choices easier.	CHAMPION Advocate evidence-based nutrition science.	PROGRESS Advance our mission by ensuring the future growth and sustainability of BNF.
STRATEGIC OBJECTIVES	Generate evidence-based nutrition information, resources and training. Advance the development of <i>Nutrition Bulletin</i> . Create curriculum and qualification compliant education resources.	Provide health professionals, key opinion leaders, academics and the media with information on relevant aspects of nutrition. Deliver the <i>Food – a fact of life</i> education programme to teachers. Work with corporate members and others to encourage a food environment that promotes healthier choices.	Advance and amplify our impact, influence and profile through engagement, collaboration and partnerships that seek to improve public health. Recognise and reward excellence in nutrition science. Advance high quality food and nutrition education in schools. Expand the impact and raise the profile of BNF Healthy Eating Week.	Showcase our work and impact. Build and diversify membership. Secure and grow finances. Develop staff potential. Utilise efficient and effective office systems.

BNF – Translating evidence-based nutrition science in engaging and actionable ways

The core purpose of the British Nutrition Foundation is to translate evidence-based nutrition science in engaging and actionable ways and we do this through developing, informing, facilitating and championing nutrition science information, training and resources. In all aspects of our work, we aim to generate and communicate clear, accurate, accessible information on nutrition, diet and lifestyle, which is impartial and relevant to the needs of diverse audiences, in particular the general public, the media, government, schools, health professionals, and food and beverage companies.

Our broad funding base, networks and governance structure are inherent strengths that ensure we work with a diverse range of groups and talented individuals within the food and nutrition world. As a result, we are ideally placed to understand the nutrition challenges faced and the opportunities and context for activities associated with delivering improved public health.

BNF has robust procedures in place to sustain the quality and clarity of its outputs. BNF's key publications are peer reviewed by technical committees and external experts drawn from the education and nutrition science communities.

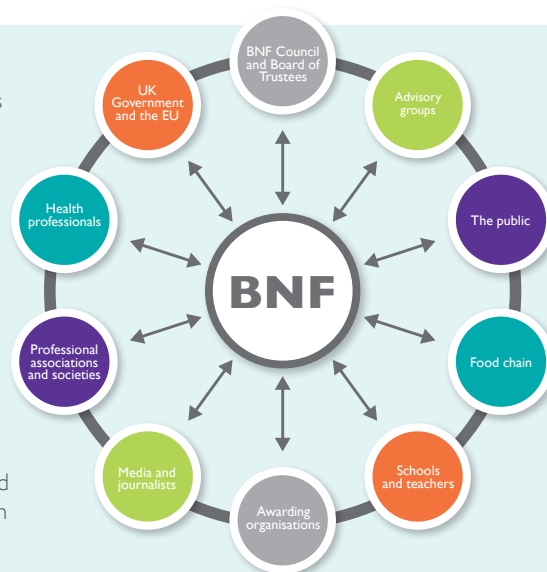
Our website content is governed by the Information Standard and a web panel exists to help ensure relevance to the intended audiences and clarity of the information.

In the spirit of openness and transparency, our corporate members and committee membership are listed on our website and in our annual reports.

The Foundation is part of a broad network and we attach substantial value to the collaborations and partnerships that we have forged, both in the UK and also across Europe and beyond, that enable us to extend our influence without moving our focus from the things we do well.

Our strengths lie in our:

- networks and strong links with the nutrition science community residing in universities and research institutes;
- networks within the wider education sector; especially schools;
- longstanding working relationships with government officials and with health professional sectors engaged in communicating nutrition advice;
- nutrition science communications;
- collaborations over many years with the food and agriculture sectors, across the food chain;
- broad funding base and a robust and open governance structure.



BNF actively engages with a variety of stakeholders

How we ensure our integrity

For 2018-2019, the Foundation's governance comprised a BNF Council and a Board of Trustees, on which served senior/experienced individuals in the field of food and nutrition.

The composition was deliberately weighted towards the scientific 'academic' community based in universities and research institutes. BNF had a number of advisory committees that advise on, reflect on and provide constructive feedback on the Foundation's work, resources and training activities. These include: the Scientific Advisory Committee; the Industrial Scientists Committee; the Editorial Advisory Board; and Education Working Groups.

We are privileged to have a Royal Patron, Her Royal Highness The Princess Royal, who takes an active interest in the work of the Foundation and its events.

The future

During the year, the Foundation commissioned an independent review of its governance against the Charities Governance Code (www.charitygovernancecode.org). This included looking at organisational purpose, leadership, integrity, board effectiveness, diversity, and openness and accountability, as well as our charitable legal requirements. The results of the review

highlighted how our governance procedures could be further enhanced to be more fully compliant.

The BNF Council approved:

- the Board of Trustees (BoT) to become the sole governing body;
- a new Advisory Committee (AC) to provide advice and input on strategic initiatives;
- a Nominations Committee to appoint members of the BoT and AC, as well as oversee an annual review to ensure an appropriate balance of committee membership, expertise, skills and capabilities;
- a Scientific Committee to advise on matters relating to scientific and educational needs and initiatives.

Membership of the different groups will be as diverse as possible, and have a majority of academics, educationalists and lay (independent) members to ensure the continued strong independence and avoid undue commercial and political influence. Changes to governance will be formally ratified at the BNF AGM in November 2019.

To find out more, see page 24 or go to: www.nutrition.org.uk/aboutbnf



Annual Accounts 2018-2019

Statement of Financial Activities for the financial year ended 31 May 2019

	Unrestricted Fund £	Restricted Fund £	Total 2019 £	Total 2018 £
Income				
<i>Income from:</i>				
Voluntary income	901,388	-	901,388	837,834
Investment income	18,814	-	18,814	16,343
Charitable activities	601,877	-	601,877	668,178
Total Income	1,522,079	-	1,522,079	1,522,355
Expenditure				
<i>Expenditure on:</i>				
Raising funds	101,536	-	101,536	129,474
Charitable activities	1,320,684	14,730	1,335,414	1,380,996
Total expenditure	1,422,219	14,730	1,436,949	1,510,470
Unrealised gains on investments	(2,698)	-	(2,698)	9,841
Realised gains on investments	-	-	-	235
Net income	97,162	(14,730)	82,432	21,961
Other (losses)/gains on foreign exchange	(9)	-	(9)	1,260
Net movement in funds	97,153	(14,730)	82,423	23,221
Funds as at 1st June 2018	1,318,301	30,720	1,349,021	1,325,800
Funds as at 31st May 2019	1,415,454	15,990	1,431,444	1,349,021

Annual Accounts 2018-2019

Balance Sheet for the year ended 31 May 2019

	2019 £	2019 £	2018 £	2018 £
Fixed Assets				
Intangible Assets		23,122		50,439
Tangible Assets		16,169		10,985
Investments		611,054		600,285
		650,345		661,709
Current Assets				
Debtors	151,370		167,035	
Cash at bank and in hand	816,981		772,522	
	968,351		939,557	
Creditors: Amounts falling due within one year				
	187,252		252,245	
Net Current Assets		781,099		687,312
Total Net Assets		1,431,444		1,349,021
Funds				
Restricted funds		15,990		30,720
Unrestricted funds				
Designated funds		297,640		363,798
General funds		1,117,814		954,503
		1,431,444		1,349,021

A full set of accounts and notes to the accounts are provided on our website (www.nutrition.org.uk) or can be obtained on request from: The British Nutrition Foundation, New Derwent House, 69-73 Theobalds Road, London WC1X 8TA.

Annual Accounts 2018-2019

Statement of Cash Flows for the year ended 31 May 2019

	2019 £	2018 £
Cash flow from operating activities		
Net cash provided by/(used in) operating activities	56,218	(8,971)
Cash flow from investing activities		
Bank interest received	63	96
Investment income	18,751	16,247
Acquisition of fixed asset investments	(15,725)	(7,500)
Proceeds from disposal of fixed asset investments	-	10,240
(Loss)/Profit on Forex	(9)	1,260
Purchase of intangible assets	(7,262)	(25,000)
Purchase of tangible fixed assets	(9,835)	(14,937)
Net cash (used in) investing activities	(14,017)	(19,593)
Change in cash and cash equivalents	42,201	(28,564)
Cash and cash equivalents at the beginning of the year	823,261	851,825
Cash and cash equivalents at the end of the year	865,463	823,261
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	82,423	23,221
Adjustments for:		
Depreciation charge	4,651	4,479
Amortisation charge	34,579	25,439
Bank interest paid/(received)	(63)	(96)
Investment income	(18,751)	(16,247)
(Profit)/loss on Forex differences	9	(1,260)
(Profit) on sale of investments	-	(235)
Revaluation of investments	2,698	(9,841)

Annual Accounts 2018-2019

Statement of Cash Flows as at 31 May 2019 *continued*

Decrease/(increase) in debtors	15,665	(29,840)
Increase/(decrease) in creditors	(64,993)	(4,591)
Net cash provided by operating activities	56,218	(8,971)

(ii) Analysis of Cash and cash equivalents

	At 31 May 2019 £	At 1 June 2018 £
Cash at bank and in hand	816,981	772,522
Cash held in investments	48,482	50,739
	865,463	823,261

Financial support for BNF activities

During the year, the following Corporate Members provided financial support for specific BNF branded activities:

Agriculture and Horticulture
Development Board
Healthy Eating Week 2019
Food – a fact of life
Alpro UK
Portion size
Danone Waters
and Dairies UK Ltd
Healthy Eating Week 2019
Greggs plc
Healthy Eating Week 2019

Innocent Drinks
Healthy Eating Week 2019
J Sainsbury plc
Portion size
Kellogg Europe
Prebiotics webinar
Quorn Foods
Healthy Eating Week 2019
Mars UK Ltd
Portion size

Marks & Spencer plc
Portion size
Tate & Lyle
Gut webinar
Tesco plc
Portion size
Waitrose Ltd
Healthy Eating Week 2019
Portion size

During the year, the following organisations provided financial support for BNF branded activity:

All Saints Educational Trust
Characteristics of good practice in teaching food
and nutrition education
King's College London
Online training, Pint of Science event
Morrisons Foundation
Primary school teacher online training

Honorary Officers

at 31 May 2019

Patron

Her Royal Highness The Princess Royal

Honorary President

Professor A Shenkin BSc PhD FRCP FRCPath
Emeritus Professor of Clinical Chemistry,
University of Liverpool

Honorary Vice-Presidents

Mr JW Sutcliffe BSc
Non-Executive Director, Muntons (Holdings) plc
Professor ADB Malcom MA DPhil CBiol FSB
FIFST FRSC

Chairman of the Board of Trustees

Professor C Dennis CBE DL
Food Scientist and Technologist

Honorary Treasurer

Mr D Webster BA
Head of Communications,
Associated British Foods



Left column from top:
Her Royal Highness The Princess Royal
Honorary Vice-President Mr JW Sutcliffe
Chair of the Board of Trustees Professor Colin Dennis

Right column from top:
Honorary President Professor A Shenkin
Honorary Vice-President Professor ADB Malcom
Honorary Treasurer Mr D Webster

The Council

at 31 May 2019

* Members of the Board of Trustees

Chairman of Council

Professor A Shenkin BSc PhD FRCP FRCPath
Emeritus Professor of Clinical Chemistry,
University of Liverpool

Scientific Governors

Professor AJ Adamson BSc PhD RD RNutr
Professor of Public Health Nutrition,
Newcastle University

Professor JE Blundell BSc PhD FBPsS
Chair of Psychobiology, University of Leeds

Professor J Cade BSc PhD FAFN
Professor of Nutritional Epidemiology
and Public Health, University of Leeds

Professor C Dennis CBE DL
Food Scientist and Technologist and
Chairman of the Board of Trustees*

Miss G Fine MSc
Public Health Nutritionist*

Professor G Frost BSc PhD RD
Chair in Nutrition and Dietetics,
Imperial College London*

Professor MJ Jackson PhD DSc FRCPath,
Professor, Institute of Ageing and Chronic
Disease, University of Liverpool

Professor SA Lanham-New BA MSc PhD
RNutr
Head of the Department of Nutritional
Sciences, University of Surrey

Professor JC Mathers BSc DipNutr PhD
Professor of Human Nutrition,
Newcastle University*

Professor TAB Sanders BSc PhD DSc
Emeritus Professor of Nutrition and Dietetics,
King's College London University

Professor CM Williams OBE BSc PhD
FSB RNutr FAFN
Director of Food, Agriculture and Health,
University of Reading*

Professor MJ Wiseman MB BS FRCP
FRCPath FAFN
Visiting Professor in Human Nutrition,
University of Southampton*

Professor K Whelan BSc MSc MA PhD RD
Professor of Dietetics and Head of Department
of Nutritional Sciences, King's College London

Industrial Governors

Ms J Batchelar OBE BSc PGCE
Director of Sainsbury's Brand, J Sainsbury plc

Mr M Bond BSc
Health Platform Leader – Active Nutrition,
DuPont Nutrition and Health

Dr S Gatenby BSc PhD
Senior Director, Nutrition Europe,
PepsiCo UK Ltd

Mrs A Greenhalgh-Ball BSc RD
Senior Director Nutrition EMEA,
Kellogg Company of Great Britain Ltd

Mr I Rayson BA MA
Director of Corporate Communications,
Nestlé UK Ltd*

Mr D Webster BA
Head of Communications,
Associated British Foods*

General Governors

Ms C Drummond MBE BSc FRSA
FSB FRAGS FIAGM CEnv, Chief Executive,
Linking Environment and Farming (LEAF)

Mr G Findlay BA,
Qualifications Manager,
Scottish Qualifications Authority*

Mrs G Henderson BEd
Education consultant

Dr R Pendrous BSc PhD CEng MIM3
Freelance journalist and writer*

Mr A Wotherspoon MIFST, BSc
Retired

Ex-officio Governors

Professor A Shenkin BSc PhD FRCP FRCPath,
Honorary President, BNF

Mr JW Sutcliffe BSc,
Honorary Vice-President, BNF

Professor ADB Malcolm MA DPhil
CBiol FSB FIFST FRSC
Honorary Vice-President, BNF

Honorary Members and Governors Emeritus

at 31 May 2019

BNF Honorary Members

Dr DM Conning *OBE MB BS FRCPath
FIBiol FIFST*

Professor RS Pickard *BSc PhD RNutr
CBiol FIBiol*

Professor BA Wharton *BA MBA MD
DSc FRCP FRCPCH FIFST*

Miss A Heughan *RD*

BNF Governors Emeritus

Mr IGT Ferguson *CBE BSc*

Mr P Hebblethwaite *BSc MSc CEng
FIFST FICHEM*

The Baroness Hooper *CMG BA
FRGS FRSA*

Dr WT Little *CBE FIFST*

Professor A de Looy *BSc PhD RD FBDA*

Professor M Losowsky *MB, ChB (Hons)
MD, FRCP*

Ms R McRobert *OBE*

Mr DA Tate *OBE DL MA*

Professor RG Whitehead *CBE BSc
PhD MA FIBiol CBiol HonFRCP*



Committees

at 31 May 2019

SAC Members

Chairman SAC

Professor M Wiseman MB BS FRCP FRCPath
FAfN, University of Southampton

Vice Chairman SAC

Professor B Ratcliffe BSc PhD RNutr FHEA
CBiol FSB RNutr, Robert Gordon University

Members

Mr R Ballam BA MA, British Nutrition
Foundation*

Professor J L Buttriss BSc PhD RNutr DipDiet
FAfN, British Nutrition Foundation*

Professor I Givens BSc PhD MIBiol CBiol,
University of Reading

Professor J Halford PhD C.Psychol. (Health)
AFBPsS, University of Liverpool

Professor I Johnson BSc PhD,
Institute of Food Research

Dr AA Lake, RD RNutr (Public Health) PhD,
Durham University

Professor SA Lanham-New BA MSc PhD
RNutr, University of Surrey

Dr M Nelson BSc MSc PhD RNutr, Public
Health Nutrition Research

Professor P Rogers MSc PhD,
University of Bristol

Ms S Stanner BSc MSc RNutr FAfN*

Dr PA Sharp BSc PhD, King's College London

Dr D Stensel PhD, Loughborough University

Professor J Thompson MSc PhD FACSM,
University of Birmingham

Professor K Whelan King's College London

Dr L Friis BSc PhD, EPSRC

*Ex-officio member

ISC Members

Chairman ISC

Mrs M Strong MBA BSc RD DADP FRSH
CertEd, AHDB

Members

Dr K Kamik MMedSci PhD, Tate and Lyle plc

Ms N Sritharan BSc, J Sainsburys plc

Dr S Gatenby BSc PhD RNutr,
PepsiCo UK and Ireland

Ms N Gillett BSc, ABF Allied Bakeries

Ms K Halliwell MBiochem MSc,
Food and Drink Federation (Observer)

Dr T Hulshof PhD, Kellogg Company
of Great Britain Limited

Ms C Maman, Danone Ltd

Ms R Obra-Ratwatte, Mondelez International

Ms L Read BSc Dip Nutr Diet RD,
Nestlé UK Ltd

Dr C Vallance BSc MSc PhD, MARS UK

Dr A Aherne PhD RNutr, Kerry Foods Ltd

Nutrition Bulletin

Editors

Dr L Chambers BSc PhD

Ms S Stanner BSc MSc RNutr FAfN

Professor J L Buttriss BSc PhD

RNutr DipDiet FAfN

Technical assistant

Ms S Coe BSc ANutr

Editorial Advisory Board

Chairman

Dr J Gray, Consultant Nutritionist, London, UK
– Chair

Dr A Aherne, Kerry Group, Ireland

Professor J Betts, University of Bath, UK

Professor J Blundell, University of Leeds, UK

Ms K Ciuba, Nutrition Consultant, Washington
DC, USA

Dr C Childs, University of Southampton, UK

Dr L Fernandez-Celemin, European Food
Information Council (EUFIC), Belgium

Dr C Forde, Singapore Institute for Clinical
Sciences and National University of Singapore,
Singapore

Dr N Fuller, University of Sydney, Australia

Professor A Gallagher, Ulster University, UK

Professor M González Gross, Universidad
Politécnica de Madrid, Spain

Professor B Griffin, University of Surrey, UK

Dr W Hall, King's College London, UK

Committees

at 31 May 2019

Professor R Johnson, *University of Vermont, USA*

Professor O Kennedy, *University of Reading, UK*

Dr C Lachat, *Ghent University, Belgium*

Dr A Lake, *Teeside University, UK*

Dr C Leonard, *The Coca-Cola Company, UK*

Mrs C Mac Evilly, *Head of External Affairs, Danone, Ireland*

Dr C Matthys, *KU Leuven, Belgium*

Dr K McNutt, *Nutrition Consultant, USA*

Professor A-M Minihiene, *University of East Anglia, UK*

Dr P Mitrou, *World Cancer Research Fund (WCRF) International, UK*

Dr C Murphy, *University College Dublin, Ireland*

Dr K Nemeth, *Food Research Institute, Slovakia*

Dr A Nugent, *Queens University Belfast, UK and University College Dublin, Ireland*

Dr G Pot, *Louis Bolk Institute, The Netherlands and King's College London, UK*

Professor M Reid, *University of Hull, UK*

Mrs H Riley, *Public Health Nutritionist, New Zealand*

Professor S Samman, *University of Sydney, Australia*

Professor H C Schönfeldt, *University of Pretoria, South Africa*

Professor A Sinclair, *Deakin University, Australia*

Dr J Slavin, *University of Minnesota, USA*

Dr H Soares-Costa, *National Institute of Health (INSA), Portugal*

Professor H Truby, *Monash University, Australia*

Professor G Varela-Moreiras, *University of San Pablo-CEU, Spain*

Professor A Zampelas, *Agricultural University of Athens, Greece*

Regional Editor

K Ciuba, *Nutrition Consultant, USA*

Education Working Groups

Chairman

Mr R Ballam, *British Nutrition Foundation*

Vice Chairman

Ms C Theobald, *British Nutrition Foundation*

England

Ms T Goodyere, *Birmingham City University*

Ms R Higgins, *Newtown CE Primary School*

Mrs K Hufton, *Hornbeam Academy Trust*

Ms Z Lawrence, *Mayville High School*

Mr K McGuinness, *Bramhall High School*

Mr J O'Rourke, *Washingborough Academy*

Ms A Stafford, *Healthy Schools London*

Ms E Tydeman, *Public Health England*

Northern Ireland

Mrs L Anderson, *Wellington College Belfast*

Ms F Close, *Food Standards Agency in Northern Ireland*

Ms M Davidson, *University of Ulster*

Mrs S Davidson, *Omagh Academy*

Ms J Hanvey, *Education Authority (Belfast)*

Ms H Kettle, *Enniskillen Royal Grammar School*

Mrs L Kelly, *St Columbanus' College*

Mrs D Neill, *Wallace High School*

Mrs W Strain, *Antrim Grammar School*
Ms D Wagner, *CCEA*

Scotland

Ms S Beattie, *Education Scotland*

Ms A Blair, *Meldrum Academy*

Mrs Y Dewhurst, *University of Aberdeen*

Mr G Findlay, *Scottish Qualification Authority*

Mrs E Fitzpatrick, *St Mary's Primary School*

Mrs T Olmeda-Hodge, *Food Standards Scotland*

Mrs C Hislop, *NHS Health Scotland*

Ms E Nicoll, *Preston Lodge High School*

Ms F Smyth, *St. Ninian's Primary*

Ms K Taylor, *Busby Primary School*

Wales

Ms A Bergiers, *Nantgaredig Primary School*

Ms A Candy, *Welsh Joint Education Committee*

Mr M Campion, *Her Majesty's Inspector of Education and Training in Wales*

Mr L Henry, *Ysgol Gyfun Gwyr*

Mr M Lewis, *Gowerton Comprehensive*

Ms N Lloyd, *Pen Y Cwm Special School*

Ms K Mallows, *Cowbridge Comprehensive School*

Mr S Neal-Price, *Curriculum Reform Division, Welsh Government*

Mrs N Rees Williams, *Appetite for Life Facilitator*

Task Force

Second Edition of Task Force on Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors.

Chairman

Professor K Frayn, *Emeritus Professor of Human Metabolism, University of Oxford*

Members

Mrs B Benelam, *Nutrition Communications Manager, British Nutrition Foundation*

Professor S Blair, *Faculty Affiliate, Prevention Research Center, University of South Carolina*

Professor R Bruckdorfer, *Emeritus Professor of Biochemistry, University College London*

Professor J L Buttriss, *Director General, British Nutrition Foundation*

Professor R Clarke, *Professor of Epidemiology and Public Health Medicine, University of Oxford*

Professor C Fall, *Professor of International Paediatric Epidemiology and Consultant in Child Health, MRC Lifecourse Epidemiology Unit, University of Southampton*

Professor G Ferns, *Professor of Medical Education, Deputy Dean, University of Brighton*

Professor L Hodson, *Associate Professor of Diabetes and Metabolism, University of Oxford*

Professor J Lovegrove, *Director of the Hugh Sinclair Chair of Human Nutrition, University of Reading*

Dr V Mohamed-Ali, *University College London and Director of the Life Sciences Research Division, Anti-doping Laboratory Qatar*

Professor M Murphy, *Professor of Exercise and Health, University of Ulster*

Professor S Ray, *MRC-EWL Senior Medical Advisor and Senior Clinician Scientist, MRC Elsie Widdowson Laboratory*

Ms S Stanner, *Science Director, British Nutrition Foundation*

Professor C Stehouwer, *Professor and Chair, Department of Internal Medicine, Maastricht University Medical Centre*

Professor P Yaqoob, *School Director of Research, University of Reading*

Contributors

Dr M Al Jaber, *Senior Scientist, Anti-doping Laboratory Qatar*

Ms S Coe, *Nutrition Scientist, British Nutrition Foundation*

Dr L Chambers, *Senior Scientist, British Nutrition Foundation*

Dr M de Maat, *Associate Professor, Head Haemostasis Laboratory, Erasmus University Medical Center, Rotterdam*

Professor G Gibson, *Professor of Food Microbiology, Head of Food Microbial Sciences, University of Reading*

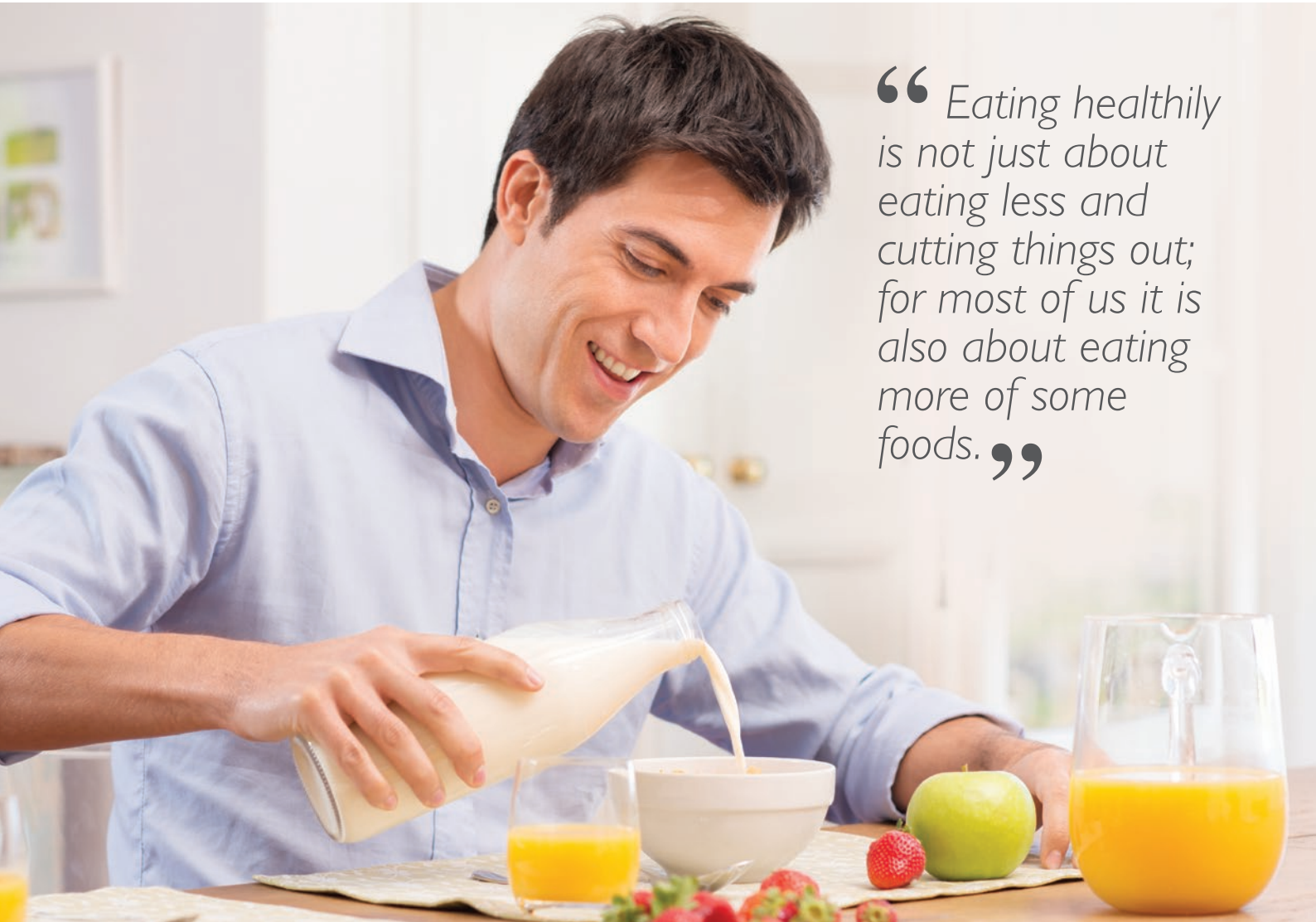
Dr K Kumaran, *Clinical Scientist/ Senior Lecturer, MRC Lifecourse Epidemiology Unit, University of Southampton*

Dr S Lockyer, *Nutrition Scientist, British Nutrition Foundation*

Professor M Pieters, *Professor, Nutrition, Haemostasis and Cardiovascular Diseases, North-West University, South Africa*

Professor C Williams OBE, *Director, Food Agriculture and Health, University of Reading*

Dr G Walton, *Lecturer in Metagenomics, University of Reading*

A man with dark hair, wearing a light blue button-down shirt, is smiling as he pours milk from a glass pitcher into a white bowl. The bowl is on a wooden table with a patterned placemat. Next to the bowl are a glass of orange juice, a green apple, and some strawberries. Another glass of orange juice is visible on the right side of the table. The background is a bright, out-of-focus kitchen.

“ Eating healthily is not just about eating less and cutting things out; for most of us it is also about eating more of some foods. ”

BNF Members

at 31 May 2019

To support achievement of BNF's charitable aims and objectives, the Foundation's Articles of Association allow corporate and individual membership.

Corporate membership is open to organisations, companies and corporations from a range of backgrounds, such as banking, insurance, the food chain, health care, fitness, IT and media. All applications for corporate membership are scrutinised by the Foundation's Trustees. Successful applicants sign-up to our governance policy, charitable aims and core values. Corporate members are encouraged to acknowledge their support of our work, and thus their contribution and commitment to important Corporate Social Responsibility issues concerning nutrition, health, education and wellbeing.

Corporate Members

Agriculture and Horticulture Development Board (AHDB)*
 Alpro UK
 Arla Foods
 Asda Stores Ltd*
 Asda Sustaining
 Associated British Foods plc*
 British Sugar plc
 Caffè Nero
 Cargill Incorporated (Truvia)
 Classado
 Coca-Cola Great Britain and Ireland*
 Corbion
 Costa
 Danone Waters and Dairies UK Ltd*
 DuPont Nutrition and Health Division*
 Ella's Kitchen
 Ferrero
 General Mills
 Greggs plc
 Innocent
 J Sainsbury plc*
 Kellogg Europe*
 Kerry Foods Ltd*
 KP Snacks Limited
 Marks and Spencer plc
 Mars UK Ltd
 McCain Foods Ltd
 McDonald's Restaurants Ltd
 Mitchells and Butlers
 Mondelez International*
 nabim
 National Farmers Union
 Nestlé UK Ltd*

Nestlé Nutrition
 Nestle UK Sustaining
 Nomad Foods Europe
 Ocean Spray
 PepsiCo UK Ltd*
 Pladis
 Premier Foods
 Quorn Foods
 Slimming World
 Starbucks
 Tata Global Beverages Limited
 Tate & Lyle*
 TetraPak
 Tesco plc*
 The Co-operative Group Ltd
 Unilever plc*
 Waitrose Ltd
 Warburtons
 Weetabix Ltd
 Wm Morrison Supermarkets plc
 Whitbread
 Yakult

*Sustaining Corporate Member

Student and Recent-Graduate Membership

BNF offers associate membership for students and recent graduates in nutrition related subjects. Associate membership focuses on professional development and includes optional access to *Nutrition Bulletin* at a subsidised rate. During 2018-2019, the Foundation had 103 members in these categories.

The Staff

at 31 May 2019



Left column from top:
Professor Judy Buttriss
Director General

Ms Sara Stanner
Science Director

Right column from top:
Mr Roy Ballam
Managing Director and Head
of Education



Directors

Director General

Professor Judith Buttriss BSc PhD RNutr
DipDiet FAfN
Visiting Professor, King's College London
Visiting Professor, Robert Gordon University
Visiting Professor, Surrey University
Director, Early Years Nutrition Partnership CIC

Managing Director and Head of Education

Mr Roy Ballam BA MA

Science Director

Ms Sara Stanner BSc MSc RNutr FAfN

Senior Officers

Mrs Bridget Benelam BSc MSc
Nutrition Communications Manager

Ms Ayela Spiro BSc
Nutrition Science Manager

Ms Claire Theobald BA QTS
Education Services Manager

Officers

Dr Lucy Chambers BSc PhD
Senior Scientist

Ms Sarah Coe BSc ANutr
Nutrition Scientist

Ms Cristina Florea
Office Administration Assistant

Ms Helena Gibson-Moore BSc RNutr
Nutrition Scientist

Mrs Sheryll McKenzie
Office Administration Assistant

Dr Stacey Lockyer BSc MSc PhD RNutr
Nutrition Scientist

Mrs Frances Meek BA QTS
Senior Education Officer

Ms Katie Relf
Office Administration Executive

Dr Simon Steenson BSc PhD
Nutrition Scientist

Mr Alex White BSc MSc ANutr
Assistant Nutrition Scientist

BNF Interns during the financial year:

Ms Claire Meehan BSc
Ms Daphne Katsikioti BSc MSc ANutr
Mr Ewen Trafford BSc MSc

Back row, left to right: Mrs Bridget Benelam, Ms Sarah Coe, Mr Roy Ballam, Professor Judy Buttriss, Mr Alex White, Ms Claire Theobald, Ms Cristina Florea and Ms Katie Relph.

Front row, left to right: Ms Ayela Spiro, Ms Claire Meehan, Mrs Frances Meek, Dr Stacey Lockyer, Ms Helena Gibson-Moore, Ms Sara Stanner and Dr Lucy Chambers.

Taken on 7 August 2018



British Nutrition Foundation

New Derwent House
69-73 Theobalds Road
London
WC1X 8TA

Telephone +44 (0) 20 7557 7930

Email postbox@nutrition.org.uk

www.nutrition.org.uk

www.foodafactoflife.org.uk

www.nutrition.training

Designed and produced by Ingenious Design