



BRITISH  
**Nutrition**  
FOUNDATION

## Annual Report and Accounts 2011-12





The British Nutrition Foundation (BNF) was established 45 years ago and exists to deliver authoritative, evidence-based information on food and nutrition in the context of health and lifestyle. Accurate interpretation of nutrition science is at the heart of all we do.

The Foundation's work is conducted and communicated through a unique blend of nutrition science, education and media activities.

BNF's strong governance is broad-based but weighted towards the academic community, and we are honoured to have Her Royal Highness The Princess Royal as our Patron.

BNF is a registered charity that attracts funding from a variety of sources, including contracts with the European Commission, national government departments and agencies; food producers and manufacturers, retailers and food service companies; grant providing bodies, trusts and other charities.



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Professor Alan Shenkin has been the Honorary President of the British Nutrition Foundation since 2010. Professor Shenkin studied medicine in Glasgow and became a Consultant in Clinical Biochemistry at Glasgow Royal Infirmary in 1978, a post he held until 1990. He then moved to Liverpool as Professor and Head of the Department of Clinical Chemistry, and was also appointed Honorary Consultant Chemical Pathologist at the Royal Liverpool and Broadgreen University Hospitals. Since 2007, he has been an Emeritus Professor at the University of Liverpool. Professor Shenkin has had a longstanding association with various nutritional organisations, most notably the Medical Royal Colleges Intercollegiate Group on Nutrition and the European Society of Parenteral and Enteral Nutrition. His research interests have focused on vitamins and trace elements in health and disease, and the use of laboratory tests in assessing nutritional status.





# Report from the Chairman of the Board of Trustees

Professor Alan D. B. Malcolm

It is good to start a report with some really excellent news.

The biochemist who probably did more to ensure that Britain remained adequately, if not luxuriously, fed during World War II was (Sir) Jack Drummond. When Lord Woolton was appointed Minister of Food, one of his first questions was "Where are my scientific advisers?" (those were the days!). His opinion of being introduced to Professor Drummond was "I was more fortunate than any man deserved to be in finding him". Drummond ensured that everyone had enough calories and protein, as well as vitamins, to ensure a healthy life. The weekly ration included 55g of tea, 225g of sugar, 55g of cheese, 110g of cooking fat and one egg (although this was supplemented by a packet of dried egg once a month). But it also included 2 litres of milk. He was particularly conscious of the extra needs of pregnant women, babies and the young. He banned bananas on the grounds that the nutritional value did not represent a good bargain when set against the volume they would have occupied in ships which were under threat of being torpedoed. In 1944, the average 8 year old child consumed around 1000 calories less than his/her descendants do today. Obesity simply did not exist.

And then, appallingly, he and his family were brutally murdered while on holiday in France in 1952. Friends and colleagues raised funds to establish a Memorial Fund in his honour, and for the past 50 years or so this has been administered by University College London, where he had been a Professor. A year ago, the Trustees of the Drummond Memorial Fund decided to ask a body with similar aims to take over the running of these funds, and selected the British Nutrition Foundation as the best partner. This reflects wonderfully well on the Foundation's reputation, and also on the industry of our Director General, who put together a bid at very short notice. BNF's Trustees have had several satisfying discussions about how to use this donation, and you will be able to read about this elsewhere in this Report.

The other external recognition of the BNF's reputation has been the wonderfully loyal demonstration by our Royal Patron, HRH The Princess Royal. She has attended three events in the past twelve months. The competition for her diary space is intense and we can feel pleased that she clearly enjoys attending our conferences and events. The Princess Royal attended the AGM, and presented

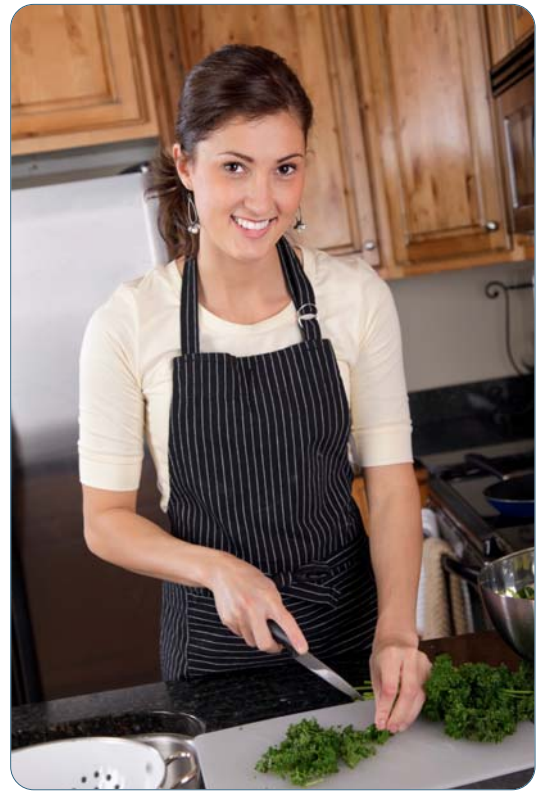
the prizes to school pupils and their teachers, which is enormously appreciated. She was also able to attend Professor Jeya Henry's lecture, *How much food does man require? New insights*, which was delivered with all his usual verve and panache. Sadly, we have recently lost access to him as a Member of Council, because he has accepted a post in Singapore, and he felt unable to give the commitment to BNF which he felt appropriate. We would like to thank him for his contribution over the past seven years. Our Guest of Honour at The Annual Luncheon was Dr Celia Caulcott, the Director of Innovation and Skills for the Biotechnology and Biological Sciences Research Council (BBSRC). She provided a most useful insight into the workings of the BBSRC and, in particular, into its development of links between academia and industry. This is of course an area in which BNF excels.

The Princess Royal also came to our conference on *Physical activity: the latest on its contribution to energy balance and health* and gave the introductory talk at our 45th anniversary conference on *Behaviour change in relation to healthier lifestyles*. This latter was a wonderfully frank description of how difficult she had found it to change her diet in order to enable her to ride horses at an internationally-competitive level.

As Jack Drummond recognised, different sections of society have differing needs. The Foundation continues to produce specialist materials aimed at the young, teenagers, elderly people, pregnant women, nursing mothers and others. Although its focus is, and will remain, in the UK, BNF is increasingly recognised overseas as an honest broker in nutritional matters. It continues to be sought after as a partner for project funding from the EU.

Our *Food – a fact of life* website is now attracting over 1.3 million visits a year. This is a seven-fold increase during its six year lifetime and our leap into modern communications now includes podcasts and e-seminars, which have been well received. We have started producing educational materials in Welsh and are continuing to discuss opportunities for translations into other European languages, including Gaelic. The outputs of the *European Food Framework* project are now available in eight languages and our education skills are being put to good use in Turkey, where nutrition education resources for primary schools are being developed.





Throughout the year, our programme of seminars, conferences, workshops and lectures has continued apace, as well as a number of events targeting the specific needs of teachers and students, including our new e-seminar programme to provide continuing professional development (CPD) for teachers, and a string of lectures to undergraduates and MSc students. Altogether these have directly reached an audience of more than 6000 and many more continue to benefit from the recorded information available to view on our websites.

We have invested significant amounts of staff time in developing a platform from which to deliver CPD. Not only does this build on our undoubted in-house skills, it is a first step in constructing a new income stream for the future.

Although the staff have been stunningly successful in winning external contracts, we are still highly dependent on the support and contributions from member companies, and the Trustees wish to express our gratitude. The never ending mergers and dispositions within the industry do of course continue to prove challenging, and the Director General and her staff are to be congratulated on the agility with which they have to practise in order to keep up. We have been delighted to welcome six new members to BNF over the course of the financial year - Alpro UK, Cargill Incorporated (Truvia), Dine Limited, General Mills, Greggs plc and Seafish, and two new sustaining members - the ABF Grocery Group and DuPont Nutrition and Health Division.

Our financial results for the year ending 31st May 2012 show that we have successfully cracked the issues raised by last year's accounts which had exposed some weaknesses in our internal accounting procedures. I am happy to say that these have been robustly addressed, and all the staff are to be congratulated on their distinct contributions during the last twelve months.



# Director General's Report

Professor Judith Buttriss

In my report last year, I predicted a return to a balanced budget and a modest surplus to build reserves in the 2011/12 financial year. This has been achieved. As the accounts reveal, the 2011/12 financial year ended in a far better place than it started. Thanks undoubtedly go to our members – new and established – and other stakeholders who have continued to support our charitable work during the year despite the continued challenges the economy has delivered, to BNF staff for their commitment and hard work, and to our Council, Trustees and advisory committees for their guidance, encouragement and support.

Six new companies joined during the year and two existing members became sustaining members; approximately £95,000 of new membership income was generated within the year and, as a result, membership income exceeded the budget at the year-end by a good margin. We also attracted substantial project income as detailed in the reports that follow and a new EU-funded project, BACCHUS, will start in the autumn. It was a particular honour to have the opportunity to bid to take over management of the Drummond Memorial Fund; the bid was successful and the fund will be utilised over a period of years to extend the reach of current BNF activities, to support and encourage young people as their careers in nutrition develop and also to add value to our existing work (school awards, internships and nutrition-related online training). More details can be found at [www.nutrition.org.uk](http://www.nutrition.org.uk).

The year began with restructuring to strengthen our finance capacity and successful transfer of administrative and financial duties. The appointment of a qualified accountant as the Foundation's Finance Manager has transformed the way we operate. Internal financial procedures have been tightened up and the format of reporting to the Board of Trustees overhauled. In addition, staff now have access to improved financial information to facilitate their work and external support is available on human resource issues, as well as longer standing support on pensions and information technology. In recognition of the importance of computer- and internet-based activities in our work, a fibre broadband line has been installed to increase the speed of the Foundation's internet connection and new software has been made available to all staff.

The Foundation also secured funding for a new online training platform (see Roy Ballam's report). The first

course was launched in Spring 2012 and provides a modular approach to building knowledge and understanding about food, health and nutrition. Further courses are under development.

## Public health agenda

The work of the Foundation is influenced by many factors including developments in public health policy and nutrition science. Now and in the future, public health policy will be shaped by the pressures of an increasing global population, estimated to reach over 9 billion by 2050, and the impact on health services of the expected increase in chronic disease burden associated with an ageing population. We are living longer and, by 2020, 1 in 5 people around the world is expected to be over the age of 65 (already in the UK 17.6% of the population is over 65 compared to 11% in 1951). To feed the expanding population sustainably, global food production will need to increase by an estimated 70%, through approaches such as 'sustainable intensification'. Waste will have to be reduced from farm to fork, and recycling become the norm. Despite the prevalence of obesity in countries such as the UK (26% of UK adults, with a further 42% of men and 32% of women overweight) and worldwide (over a billion overweight or obese), many people, even in Europe, are poorly nourished and globally a billion go to bed hungry and a further billion have inadequate micronutrient intakes.

These challenges will require greater attention to food security and sustainability of the food supply, investment in research to boost technological developments to enhance food security, greater attention to health and wellness promotion and, in due course as the science develops, greater attention to the potential of personalised nutrition and the opportunities afforded by the blurring of the barriers between the food and pharmaceutical industries to provide foods and drinks with additional functional benefits.

A growing challenge is the variation in agendas set by the devolved governments in the UK. For some time there have been different school curricula in the four countries and BNF has established separate advisory groups in each country to inform our schools work. Separate structures are now responsible for health matters across the UK (rather than one London-based organisation), each seemingly with its own strategy, and we are getting to grips with these changes and including summaries in our horizon scanning activities for members. In England, emphasis





is shifting towards health protection and in April 2013 Public Health England will be launched, established to protect and improve the nation's health and wellbeing, and to reduce health inequalities.

The 2012 Health and Social Care Act will see local government in England taking the lead for improving health, co-ordinating efforts to protect health and ensuring health services are proactive in promoting health. Local government will have the authority to shape services to meet local needs, to influence wider social determinants of health inequalities, and will be responsible for establishing 'health and wellbeing boards'. Apart from a few mandatory services, such as the National Child Measurement Programme and NHS health checks, local authorities will be largely free to determine their own priorities. The nature of these and their relation to food and health is not yet clear but is expected to be linked with the indicators in the Public Health Outcomes Framework. In future, local authorities will be the primary commissioners for many services currently commissioned and delivered via the NHS. It is anticipated that a greater number of providers will be competing for contracts and it will be important to ensure that quality is maintained; for example, that those delivering nutrition related services are appropriately trained and professionally registered via bodies such as the Health Professions Council and the Association for Nutrition.

#### **Adding value, unlocking opportunities, maximising potential**

A key theme of our work in recent years has been integrating the topics of sustainability and healthy eating. Through articles, papers and talks we have highlighted the need for caution in pushing for dietary change without considering the potential for unintended consequences in terms of micronutrient provision. Ruminant animals have been in the spotlight because of their contribution to methane production, a potent greenhouse gas, yet these foods are also major sources of some of the vitamins and minerals already in short supply in the diets of sections of the UK population. The challenge of achieving a sustainable food supply was highlighted by the comprehensive Foresight report from the Government Office for Science in 2011, on the future of food and farming from a global perspective. BNF has kept abreast of the latest thinking in this high profile area

through my involvement with the Food Research Partnership (FRP), chaired by Professor Sir John Beddington, and some of Defra's research activities focussing on identifying the characteristics of sustainable, healthy diets. Going forward, I am involved in a FRP subgroup focusing on factors affecting resilience of the food chain.

BNF's members' forum on sustainable healthy diets has provided a platform for discussion, supported by the series of articles published in December 2011 in a themed issue of Nutrition Bulletin, on the challenges associated with sustainable agriculture and food supply from a nutrition perspective, and by presentations at conferences and events, and journal papers written by myself and BNF colleagues. Sustainability of the food supply has also been a feature of our work with schools. A key observation from this work is that policies on sustainable food production need to focus on the combination of economic (e.g. employment, trade), environmental (e.g. global warming potential, biodiversity) and social (including health, ethics and social dynamics) impacts on production systems, as well as taking into account the constraints associated with critical resources, namely water, energy and land (including soil quality and its conservation).

BNF is committed to providing a high standard of work, regardless of whether activities are BNF-focused or with external partners, and exploiting the opportunities these unlock. Indeed, we attach substantial value to the collaborations and partnerships that we have forged, both in the UK and also across Europe, and have a long standing track record in creating innovative targeted information that is accurate, consistent and relevant. A good example of partnership working is the development of our *Food – a fact of life* programme for schools. Another of our strengths is our wide ranging network of contacts and our engagement with influential nutrition communities and working groups in research, education and policy.

Membership provides a cost effective way for companies to work towards their nutrition goals. Through their generous donations, our members are supporting the work we do in schools, with health professionals and targeting the general public. We interact with our members in many different ways:



some use our resources to support initiatives associated with their commitments to the government's Responsibility Deal; others commission insight and expert opinion on nutrition matters and consumer-directed nutrition information; with others we provide a sounding board on emerging nutrition and policy issues, advice on nutrition strategy and policy development, and expert opinion on compliance with government health policy or the fit of schools resources with national curricula. We also provide a horizon scanning and alerts function, a recipe/menu analysis service, networking opportunities via our Forums and committees, and a nutrition service for journalists that can be a route to correcting factually incorrect or unjustified comment.

The strategy we put in place in 2008, with nutrition science at its heart, has put us in a good position to respond to the challenges and policy areas that have been pertinent during the past 5 years, with its focus on: sustainability of the food supply; nutrition in pregnancy, early life and during the school years; and healthy ageing.

Themes for the Foundation for 2012/13 are: nutrition in early life and childhood, behaviour change (in relation to diet and physical activity) and the eatwell plate in practice from a sustainability perspective. With our Council, Board of Trustees and other stakeholders, we are now developing our plans for 2013-2017. Feeding into this process are the learnings from BNF's involvement with a team from Associated British Food's Leadership Development Programme. The opportunity to gain insight and inspiration from senior people in various business roles has been one of the highlights of the year for the management team.

### Looking round the corner

It has been a challenging but rewarding year for the Foundation and we begin the new financial year with considerable optimism but also recognition that we need to remain focused on what we do well and to continue to be nimble and flexible in the way we operate, as it is through these characteristics that we have achieved our recent successes. As part of our strategy development, we have again been taking soundings among the partners we work with and once again they have confirmed that the Foundation is defined by the scientific and educational rigour that underpins our work, our integrity and our networks, and the accessibility and relevance of our nutrition information.

As 2012 progresses we shall again be challenging ourselves to improve our performance and relevance in a changing world, showcasing what we do well and looking for opportunities to add yet more value to the work we already do and also to the work of others who share our values and ambition.







# Science Programme

Sara Stanner, Science Programme Manager

*Translating evidence-based information about diet, nutrition and lifestyle into targeted resources to suit the needs of different stakeholders*

It has been another busy and rewarding year for the Science Team, in which we have progressed long established projects and won a number of exciting new ones.

## Tackling topical issues

Over the last year, we have continued to develop resources collating and appraising the latest evidence on a range of topical nutritional issues. Several of these focused on the importance of good nutrition in the early years. In September 2011, we published a briefing paper written by Dr Elisabeth Weichselbaum and Professor Judith Buttriss, reviewing the diets of school-aged children in the UK, the factors affecting their food choices and physical activity habits, and initiatives to encourage behaviour change in this age group. We are delighted that this has already attracted a significant number of downloads (nearly 3,000). We continued work on our Task Force report Nutrition and Development: Short and Long Term Consequences for Health, which will be published and launched early next year. This Task Force, comprising internationally-recognised scientific experts and chaired by Professor Tom Sanders from King's College London, has considered the evidence for an impact on future health outcomes of nutrition and poor or excessive growth during vulnerable periods in early life. The work has focused our attention on the importance of clear nutrition messages for women prior to and during pregnancy. With this in mind, we teamed up with the journal *Maternal and Child Nutrition* to produce a virtual issue jointly with our peer reviewed journal *Nutrition Bulletin* on nutrition during pregnancy. This freely downloadable resource has proved very popular. It includes our Briefing Paper on Diet and Pregnancy, alongside articles describing changes to advice since its publication in 2006, and reports on current recommendations for nutritional supplementation during pregnancy in the UK and across Europe as well as on the implications of weight management during pregnancy; 14,442 articles were downloaded by June 2012.

Reflecting the theme of early life nutrition, we also developed a dedicated area of the Healthy Living section of BNF's website to provide targeted advice for pregnant women and new mums ([www.nutrition4baby.co.uk](http://www.nutrition4baby.co.uk)). In order to alert mums-to-be and new mums about where to access sound advice on nutrition, we have given a number of radio and television interviews, written articles (for example for the BBC online 'Scrubbing Up' feature) and even set up a Twitter

account that provides weekly tips on topical and relevant nutrition issues.

Another key theme for us this year has been the challenge of integrating healthy eating with sustainability of the food supply, in light of the growth in global population, the expected effects of climate change on food production, and the impact on climate change of current food production practices and the associated greenhouse gas emissions. In December 2011, we published a themed issue of *Nutrition Bulletin* to describe the global challenges associated with delivering a diet fit for the future. This themed issue also featured a foreword from Professor Sir John Beddington and several case studies describing current activities in this area.

In June 2011, we published a Briefing Paper written together with Georgine Leung from the Education Group, focusing on the diets of minority ethnic groups in the UK, investigating how these diets may influence risk of chronic diseases and considering the implications in terms of preventative strategies. As well as giving several talks to disseminate the findings of this report, Georgine has produced a podcast for BNF's schools website ([www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)).

## Communicating our messages and activities

As part of our continued engagement with the media, a member of the Science Team is available during working hours to provide a free advice service to journalists to help them to report accurately about diet and health. We also continue to work with Alison Taylor (External Relations and Development Consultant) to ensure that we add value to our efforts by promoting our resources and key messages widely, including to the general public.

Our website ([www.nutrition.org.uk](http://www.nutrition.org.uk)) remains the most important tool for communicating our messages and activities to others. It receives about 19,000 visitors each month and we continue to refresh and expand the content. For example, we recently introduced a 'Facts Behind the Headlines' section to address misreporting of nutritional issues in the media. In December 2011, we were delighted to be certified as a provider of high quality information by The Information Standard scheme. The scheme, supported by the Department of Health, allows organisations that successfully meet the quality criteria of the standard and become certified, to place the quality mark on their materials.







In October 2011 we held a conference on *Physical activity – the latest on its contribution to energy balance and health*. Our Patron, HRH The Princess Royal, attended the day and gave a stimulating keynote address. Films and interviews from the speakers at the conference were placed on our website and have proved extremely popular, receiving a total of over a thousand views. The team has continued to give a range of talks and presentations. As well as lectures for university students and talks at many education events, we have presented at a wide range of conferences.

### Working in Europe

Our longstanding involvement with European Union (EU) funded projects enables us to promote the activities of the Foundation to stakeholders across Europe and beyond, to build upon our network of contacts and showcase our skills in the dissemination of nutrition information to a much wider audience. An example of this is the EuroFIR project (short for European Food Information Resource), funded under Framework Programme 6 (FP6), with which BNF has been involved since 2005. This project has successfully built an electronic (internet) portal to access all available food composition data in Europe and beyond, providing a single, authoritative source of food composition data in Europe for nutrients and for plant bioactive substances that have potential health benefits. Although the 5-year EuroFIR Network of Excellence came to an end in this form in June 2010, the EuroFIR network continues to exist as a legal entity called EuroFIR AISBL (Association Internationale Sans But Lucratif), based in Brussels, currently supported through an FP7-funded extension EuroFIR NEXUS. This project began in April 2011 and will run for 2 years with the aim of ensuring

long-term sustainability of EuroFIR's work as a centre of excellence in the compilation and provision of food composition data.

We are also involved in ProSafeBeef, a 5-year EU sixth Framework Integrated Project that finishes in 2012. Through research and innovation, ProSafeBeef aims to advance beef safety and quality across Europe, and to develop new nutritious beef products to enable the beef chain in Europe to thrive and diversify. BNF has a supporting role in dissemination, producing several newsletters and updating the ProSafeBeef website.

BNF and four other partners started work on the CommNet project in January 2012. The project aims to support the communication activities of other EU-funded research projects in the areas of food, agriculture, fisheries and biotechnology (under the European Framework 6 and 7 Programmes of Research). The project runs until 2014 and provides various free services to support the communication of research results, ranging from media training to audiovisual production, and dissemination aimed at different audiences, including the general public, young people and policy makers. The project aims to build on an existing informal network 'CommNet', which was formed in 2005 by a group of science communicators and researchers from EU-funded FP6 food research projects, and to extend it to include communication officers/managers from additional food projects and also projects in the areas of agriculture, fisheries and biotechnology to exchange best practices, and to engage in joint communication activities to reach out to scientists, policy makers, SMEs and other stakeholders and users of research results. BNF's main role in this project, which involves staff across the Foundation, is to inform







young people about new developments and research in the areas covered by the EU projects in the CommNet network. BNF is involved in six of the seven work packages and is leading two of them ('addressing young people' and 'dissemination of project results'). We are developing a toolkit for teachers and students to inform and inspire young people about new research and developments from EU-funded research projects. Further information is available on the project website: [www.commnet.eu](http://www.commnet.eu).

As well as our European projects, the Foundation continues to provide the secretariat for the network of European Nutrition Foundations (ENF), which has been reinvigorated through annual meetings and regular email contact. The network met in Dublin in October 2011 and London in June 2012. The proceedings of both meetings will be published in *Nutrition Bulletin*. This network has established useful contacts and helps us to keep up-to-date with activities across Europe.

#### Working with our member companies

We work with BNF member companies in a variety of ways – for example, reviewing the scientific evidence on topical nutritional issues (for papers, articles or internal use) and communicating the findings to external audiences; checking the accuracy of website material, articles or leaflets; providing recipe analysis; giving talks or updates; or providing training. Examples include:

- Working with Sainsbury's Little Ones team to ensure the accuracy of information and suitability of recipes in their magazines for pregnant women

and new mums. We were also delighted this year to be asked to work with them on a Little Ones recipe and nutrition book and to provide support for Sainsbury's Everyday Easy recipes and tip cards.

- Helping nabim to dispel some of the popular myths around bread by reviewing the evidence on bread's effects on bloating and other gastrointestinal symptoms. As well as publishing an article in *Nutrition Bulletin*, we presented the findings at a media event and have produced information for the BNF website to help dispel some of the common misunderstandings on this topic.
- Working with the Potato Council to consider the role of potatoes in the UK diet and the possible reasons for, and implications of, our declining intakes. As well as publishing articles on the topic, we presented at a round table discussion organised by the Potato Council and Fresh Potato Suppliers involving representatives from industry, the British Dietetic Association and the Department of Health.

We value the experience and insight that engaging with our members provides, for example via our BNF Forums. In June 2011 we held a BNF event (jointly with the Nutritionists in Industry group) on sustainable diets, which provided a platform for discussion of the important challenges that lie ahead in providing food with less environmental impact, within the context of constrained resources and the likelihood of global warming. We set up a new forum this year on the challenges facing those operating in the out-of-home sector, and another is scheduled for 2012/13 on saturated fat reduction.





To help our member companies to keep-up-to date with nutritional issues and policy developments, we publish a set of quarterly e-newsletters that together summarise research and policy developments across Europe and beyond and reference related legislation, alongside a brief summary of BNF's activities.

### Seeking and fostering partnerships with others

The Foundation builds, maintains and fosters its links with many organisations and individuals interested in and concerned about food and nutrition. This year, with nutrition in the early years being a key theme, we have been working with the Royal College of Midwives to develop online training in general nutrition and on weight management for its members as part of their CPD. We also carried out an in-depth review of the association between diet and arthritis on behalf of the Arthritic Association.

A while back, the Food Standards Agency (FSA) invited us to write a paper reviewing its salt reduction programme. This was drafted with input from the Agency to describe the important contribution to this process made by the food industry, the challenges faced and initiatives elsewhere triggered by the work in the UK. The paper was published in *Public Health Nutrition* in February 2012.

We continue to be involved in a 4-year Department of Health project (UK FoodComp) that is updating and extending the official UK data on the composition of foods, which will culminate in the publication of the 7th edition of McCance and Widdowson's *The Composition of Foods*. BNF's role is dissemination and stakeholder engagement and this year we helped coordinate industry feedback

on the project's plans for new analyses of fruit and vegetables. Food industry input has added value to the process and helped ensure the new data will be relevant and up-to-date, by providing access to information about new products, market share and seasonality. We presented a poster on the work of this project at the International Food Data Conference in September 2011 and our Director General delivered a related plenary paper on 'Sustainable diets; harnessing the nutrition agenda'. We also coordinated an event for nutritionists and dietitians at *Nutrition and Health Live* in November 2011 and are currently working on a paper summarising new data on the composition of eggs.

### Looking to the future

Looking ahead, we have several exciting plans in place for the coming year. We shall be publishing and launching our new Task Force report on nutrition and early development, with a conference that will be part of a programme of communication activities to disseminate the key findings of this in-depth report. We shall also be involved in a number of activities linked to the theme of behaviour change, including a BNF conference in June 2012 and a themed issue of *Nutrition Bulletin* planned for March 2013. We also look forward to continued collaborations with many of our members, to collaborating with our colleagues in the Education Group on projects that span the Foundation's interests and expertise, and ultimately to helping BNF achieve its objectives to communicate clear and evidence-based information on diet, physical activity and health for the benefit of all.





# Education Programme

Roy Ballam, Education Programme Manager

*Inspiring and supporting all involved in food and nutrition education*

## Food – it's a fact of life!

It has been another incredible year for the Foundation's Education Group, enhancing and promoting our unique education programme, *Food – a fact of life*, throughout the UK and beyond. It is also the 21st anniversary of the programme, which has provided an opportunity to reflect on the past and continue to build and focus on the future. During the past year, the website attracted 1,363,686 visitors (up 18.5% on the previous year). We are delighted with this continued year-on-year increase in visits, indicating that the information and resources we provide (all free-of-charge) are valued, trusted, up-to-date and curriculum compliant. Our views were substantiated by an independent evaluation of the website with teachers and pupils in early 2012.

One of the major achievements during the year was the update to the design and functionality of the *Food – a fact of life* website ([www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)). This included a new homepage with dynamic banners, more intuitive navigation to resources, better video integration and establishing integrated social media links. Feedback has been positive and work continues to ensure the resources can be found easily by busy teachers. This update was supported by the Agriculture and Horticulture Development Board (AHDB). During the year we also launched a new web-based tool designed for teenagers, *mywellbeing*, allowing them to compare their diets to *The eatwell plate* and to aspects of the 8-tips for eating well and physical activity guidelines. The tool has been well received and put through its paces. Schools welcomed the function for young people to receive personalised feedback and to make pledges for the future. Production of the resource was supported by the All Saints Educational Trust.

Our eSeminar programme continues to grow in popularity and now has nearly 200 registered regular viewers. During the year we broadcast 22 live presentations. These included prominent speakers discussing diet and arthritis, the National Diet and Nutrition Survey, new product development, food waste, pregnancy and sedentary lifestyles. These presentations have remained available on-line and up until the end of May 2012 have been watched on 15,141 separate occasions.

In May we sent over 40 schools two interactive textbooks (for use on their iPads) to ascertain the potential use and impact for teaching and learning of this type of resource. Each book featured text,

photographs, video and interactive content. While results are currently being collated, preliminary feedback indicates that pupils have been enthusiastic in using the textbook in class and teachers value the information being presented in an interactive and innovative way. The pilot will help to shape any future developments.

## Follow us

An important element of our work has been communicating with schools, and other teaching establishments, about our education programme. This has included attending the Design and Technology Show (November, Birmingham) and exhibiting at the Association for Science Education Exhibition (January, Liverpool), the Education Show (March, Birmingham) and the Children's Food Conference (March, London). Curriculum specific flyers were circulated at these events to help inform teachers about the wealth of materials available from BNF, e.g. Physical Education, Health Education, Science and Food Technology teachers.

The Group continued to publish *Education News*, our printed newsletter which unfolds to reveal a poster, as well as our monthly email newsletters. In addition, we have been making more use of social media networks to promote our education programme. During the year we have been working closely with the Times Educational Supplement (TES) Resources website – a free portal for teachers to access materials for the classroom. Since our involvement, *Food – a fact of life* resources have been viewed over 260,000 times (from a bank of 906).

## What should children know and be able to do?

We were delighted to complete the European Food Framework on schedule, working with staff from the Science Team. The two-year project has resulted in a number of unique resources and tools being developed to support the teaching and learning of children and young people throughout Europe.

Phase I of the project resulted in a comprehensive Competence Framework being developed. It outlines core skills, knowledge and understanding for diet (food and drink), active lifestyles (physical activity) and energy balance for young people throughout Europe aged 5-16 years. The Framework provides a consistent, up-to-date and evidence-based consensus, supporting all involved in food, nutrition and lifestyle education, whether part of a formal school curriculum or not. The Framework is available







in eight languages – Dutch, English, French, German, Maltese, Polish, Italian and Spanish.

Phase 2 of the project resulted in five pilot projects being successfully undertaken and completed, with the aim being to produce resources to engage young people with the Framework. The pilot projects, carried out across Europe, have culminated in a bank of exciting resources which support learning about diet (food and drink), active lifestyles (physical activity) and energy balance. The projects took place in Austria, Malta, Spain and the UK, and across Europe via the Schools for Health Europe Network.

An online dissemination conference was hosted on the 29 May 2012. In total, 171 people registered from different countries throughout the world, with an average of 70 people participating during the conference at any one time (colleagues logged in and out to listen to different aspects). The event allowed participants to better understand the Framework and the pilot projects, ask questions of the presenters from around Europe and learn how to embed the project in their own country.

A project website was also developed and will be maintained after the project ends. The Framework and its resources (from the pilot projects), as well as newsletters and other information about the background of the project, can be accessed at: [www.europeanfoodframework.eu](http://www.europeanfoodframework.eu). The project has been managed by the BNF and was supported by The Coca-Cola Foundation, a philanthropic charitable organisation in the USA.

#### **Working collaboratively**

During the year we continued to work with our member companies in a variety of ways to support a range of educational initiatives.

Projects included:

- Active Kids Get Cooking, developing new teacher guidance for primary and secondary schools (Sainsbury);
- Breakfast club newsletter, creating a newsletter for breakfast club leaders about food and nutrition (Kellogg);
- Dairy farming resources, producing stickers and posters for schools and farmers, as well as developing a range of resources in Welsh (DairyCo);
- Eat Like A Champ(ELAC), updating the programme in light of feedback, creating a series of training videos and helping to communicate the programme to schools. ELAC is a six step programme designed to help children aged 9-10 years to learn about healthy eating in a fun and exciting way. The programme also encourages physical activity, and is supported by the Diversity dance troop; 505 schools registered for the programme (Danone);
- Food technology resources, creating product case studies and resources about careers to support A-level food technology students (Marks and Spencer);
- GrainChain, supporting the Inspire competition for teachers and creating a suite of support resources (HGCA and nabim);
- Make it with mince, updating existing resources and creating new materials to support a competition (EBLEX);
- Meat and Education, managing the programme to provide new resources for secondary schools and training for teachers (EBLEX and PBEX);
- School Visitor programme, helping to review and support a programme for interaction in primary schools (Warburtons).



We worked with Change4Life to create resources to support its Supermeals initiative (Department of Health); the British Leafy Salads Association to develop primary school resources about growing food; and Sabri Ülker Food Research Institute Foundation to support its schools education programme in Turkey.

In June 2011, we worked with the Council for the Curriculum, Examinations and Assessment (CCEA) in Northern Ireland to host two one-day conferences for secondary school Home Economics teachers. The days were fully subscribed and those that were unable to attend received presentations and hand-outs. A BNF conference was also held on the 5 November 2011 in Edinburgh, for secondary school Home Economics teachers. The event was a success, attracting over 180 teachers, and was chaired by Mrs Frances Gallagher, who is a BNF Trustee. Members of BNF's Education Group have also spoken at a number of external conferences, training events and meetings.

We met with our four regional Education Working Groups in England, Northern Ireland, Scotland and Wales. These Groups continue to provide the Foundation with valuable insight into devolved education issues, such as curriculum and qualification reform and change, as well as providing constructive feedback on resource development and teacher professional training.

#### Get trained online

Another highlight of the year was the launch of our online training platform, which comprises a suite of modular courses based around food, health and nutrition. This has been realised by staff from throughout the Foundation working together, in association with an IT partner, The Test Factory.

The online training provides an engaging way for different audiences to learn more about food and nutrition, supporting their professional development and/or to engage in a workplace health programme. The Foundation's unique blend of nutrition science and educational experience ensures that courses are up-to-date and accurate, as well as supporting and promoting a range of learning strategies. This IT development was supported by the Nestlé Charitable Trust. Since launch in late Spring, many individuals have experienced the online training and four member companies have already signed-up to using the platform. During the forthcoming year, new courses are being planned and developed to further promote excellent communication and learning in food and nutrition.

#### The future ...

While many education programmes and initiatives seem to come and go, it is reassuring that the Foundation continues to sustain, improve and promote *Food – a fact of life*. After 21 years, the programme, which was originally developed using a grant from the Ministry of Agriculture Fisheries and Food, continues to provide excellent teaching tools for all, delivering appropriate learning experiences for children and young people. From its origins of large boxes of posters, VHS videos and flash cards to the latest iPad interactive textbooks and online training, the Foundation continues its commitment to support learners in the future; *Food – a fact of life* epitomises the value of positive achievements of partnership working. What is next from *Food – a fact of life*? Well, you will have to visit the website regularly to keep informed, updated and (hopefully) amazed.







# Awards

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards are given to students at GCSE and Standard Grade levels, and at A-level and Advanced Higher. This year's awards were presented to the winners by Her Royal Highness The Princess Royal, the Foundation's patron. Further information can be found at <http://www.nutrition.org.uk/aboutbnf/awards>.

## **BNF GCSE and Standard Grade Prizes 2011**

**Assessment and Qualifications Authority**

Victoria MacIver *Theale Green School, Theale*

**Council for the Curriculum, Examinations and Assessment**

Alexandra Duignan *Methodist College, Belfast*

**Edexcel**

Emily Copping *Urmston Grammar School, Manchester*

**Oxford, Cambridge and RSA Examinations Group**

Stephanie Fenn *Stamford High School, Stamford*

**Scottish Qualifications Authority**

Andrea Gordon *Sandwick Junior High School, Sandwick*

**Welsh Joint Education Committee**

Ciar Egan-Savage *Cheadle Hulme School, Cheadle*

## **BNF A-level and Advanced Higher Prizes 2011**

**Assessment and Qualifications Authority**

Emma Tagg *Beaconsfield High School, Beaconsfield*

**Council for the Curriculum, Examinations and Assessment**

Karis Cubitt *Banbridge Academy, Banbridge*

**Edexcel**

Rebecca Deal *St Clement Danes School, Rickmansworth*

**Oxford, Cambridge and RSA Examinations Group**

Rachael Bradley *The Red Maids' School, Bristol*

**Scottish Qualifications Authority**

Rebecca Scotland *Holy Rood RC High School, Edinburgh*

**Welsh Joint Education Committee**

Nicole Murray *Tavistock College, Tavistock*

## **BNF Annual Lecture and BNF Prize**

The BNF Annual Lecture in 2011 was given by Professor Jeya Henry, Professor of Human Nutrition at Oxford Brookes University. His lecture was entitled *How much food does man require? New insights*.

The BNF Prize is intended to recognise a contribution of outstanding merit in the field of food, nutrition and health, made by an individual, or even a group of people, during the past year or over a period of previous years. The winner of the BNF Prize in 2011 was Dr Ann Prentice, Director and Head of Nutrition and Bone Health Research at MRC Human Nutrition Research.

Dr Prentice has agreed to deliver the Annual Lecture in 2012 at BNF's Annual Day, to be held at the Royal College of Physicians on 20th November 2012.



**Above:** BNF Prize 2011 winner Dr Ann Prentice, MRC Human Nutrition Research







# Future Plans

*The foci for the forthcoming year for the six strategic areas within BNF's five-year workplan are summarised below.*

## Nutrition Science

**Strategic Objective:** To promote and be recognised for the highest standards in the collation, evaluation, interpretation and dissemination of scientific information concerning nutrition, diet and lifestyle. To produce task force reports and reviews on key nutrition issues and to create innovative targeted information for external dissemination that is accurate, consistent and meaningful to the intended audience. To use the insight gained from this work to advise, influence, inspire and support government and its policy development, the food industry and key opinion leaders including journalists.

**Focus for 2012/13:** Develop activities around the topic of behaviour change, including a conference event; publish and publicise the new Task Force report on developmental programming; continue the rolling programme of science resources; meet the milestones and deliverables for current EC projects and continue to seek opportunities to be involved in future bids; continue to seek opportunities for project work with member companies and other organisations including government and the European Commission.

## Education

**Strategic Objective:** To inspire, develop and support excellence in all aspects of food and nutrition education (with reference to lifestyle, especially physical activity) in schools and elsewhere, and principally to be taking the lead for independent and accurate information on 'food and nutrition in schools'.

**Focus for 2012/13:** Further update the *Food – a fact of life* website offer, providing tailored content for a range of teaching and learning needs; continue to seek opportunities for project work with member companies and other organisations.

## External Communications

**Strategic Objective:** To be a primary and respected 'one-stop-shop' for those seeking evidence-based, reliable and clearly presented information on nutrition, diet, food education and other aspects of a healthy lifestyle, using a range of media that meet the needs of our full spectrum of stakeholders, including the public.

**Focus for 2012/13:** Continue the update and review of the main BNF website and the continuous promotion of *Food – a fact of life* through BNF's education channels, key education publications and national conferences. Deliver a programme of communications activities to promote BNF's nutrition science resources and activities.

## Strategic Partnerships

**Strategic Objective:** To inspire, seek and develop exemplary collaborations with individuals and organisations who share our priorities but also with those with different agendas, in order to extend our influence, facilitate change and add value to our activities.

**Focus for 2012/13:** Foster, review and develop established and newer partnerships and collaborations, including those with our members; initiate new partnerships and associated income streams as appropriate; utilise the Drummond Fund to extend the reach of current BNF activities and our profile and to add value to our existing work; review opportunities afforded by BNF Annual Day and existing awards; continue to extend influence in Europe; continue to bid for EU projects with leading research and education establishments across Europe; enhance relationships with professional teacher subject associations; build on and maximise the partnership with the IT provider for our online training courses and maximise opportunities to work on projects in close partnership with member companies, government and other like-minded organisations.



#### Finance

**Strategic Objective:** To review and strengthen our membership recruitment and retention strategies, and explore new funding streams. To secure a wide funding base that enables forward planning and protects BNF at times of market instability.

**Focus for 2012/13:** Secure funding and achieve a surplus to projected income and savings to budgeted expenditure; maintain robust financial procedures, including forecasting (cash flow, income and expenditure); further enhance financial reporting internally and to the Trustees, and continue to provide financial support to the Education and Science Programme Managers.



#### Support and Value the BNF Team

**Strategic Objective:** To provide appropriate remuneration and a benefits package that attracts and retains the highest calibre staff. To integrate this with a lifelong learning approach to professional development. To make the most of the wealth of experience and skills represented within our governance structure.

**Focus for 2012/13:** Maintain the Staff Handbook; keep staff updated on changes to employment and pension law; provide media training for staff as required; involve staff through office meetings and programme meetings; review induction process for Governors and Trustees; review Memorandum and Articles of Association to ensure compliance with legislation; review staff contracts of employment; better utilise the wealth of experience that exists amongst our Governors.





# Annual Accounts 2011-12

## Statement of Financial Activity for the year ended 31st May 2012

	Unrestricted Funds 2012 £	Restricted Funds 2012 £	Total Funds 2012 £	Total Funds 2011 £
<b>Incoming Resources</b>				
Incoming resources from generated funds:				
<i>Voluntary income:</i>				
Donations and subscriptions	793,674	7,000	800,674	747,373
Legacy received	577,170	-	577,170	-
<i>Activities for generating funds:</i>				
Investment income	13,489	-	13,489	8,089
Incoming resources from charitable activities:				
Projects	764,243	-	764,243	755,684
Conferences	34,351	-	34,351	36,099
Publications	17,345	-	17,345	17,276
<b>Total Incoming Resources</b>	<b>2,200,272</b>	<b>7,000</b>	<b>2,207,272</b>	<b>1,564,521</b>
<b>Resources Expended</b>				
Costs of generating funds:				
<i>Costs of generating voluntary income</i>	138,251	-	138,251	111,107
Charitable activities	1,359,159	7,104	1,366,263	1,585,233
Governance costs	66,780	-	66,780	46,650
<b>Total Resources Expended</b>	<b>1,564,190</b>	<b>7,104</b>	<b>1,571,294</b>	<b>1,742,990</b>
<b>Net incoming (outgoing) resources before Transfers</b>	<b>636,082</b>	<b>(104)</b>	<b>635,978</b>	<b>(178,469)</b>
Transfers between funds	(1,000)	1,000	-	-
<b>Net Movement in Funds</b>	<b>635,082</b>	<b>896</b>	<b>635,978</b>	<b>(178,469)</b>
Total funds brought forward	562,098	13,384	575,482	753,951
<b>Total Funds Carried Forward</b>	<b>1,197,180</b>	<b>14,280</b>	<b>1,211,460</b>	<b>575,482</b>



# Annual Accounts 2011-12

## Balance Sheet

as at 31st May 2012

	2012 £	2012 £	2011 £	2011 £
<b>Fixed Assets</b>				
Tangible assets		7,401		2,945
<b>Current Assets</b>				
Debtors:				
VAT receivable	-		1,709	
Prepayments and accrued income	49,555		109,577	
Other debtors	111,456		125,538	
	<b>161,011</b>		<b>236,824</b>	
Cash at bank and in hand	1,398,763		884,117	
	<b>1,559,774</b>		<b>1,120,941</b>	
<b>Creditors</b>				
Taxation and social security payable	29,545		24,341	
Accruals and deferred income	175,630		454,077	
Other creditors	80,539		69,986	
	<b>548,404</b>		<b>624,971</b>	
<b>Net Current Assets</b>		<b>1,274,060</b>		<b>572,537</b>
<b>Net Current Assets</b>				
Dilapidations		(70,000)		-
<b>Net Assets</b>		<b>1,211,460</b>		<b>575,482</b>
<b>Capital and Reserves</b>				
Restricted funds		14,280		13,384
Unrestricted funds				
Designated funds		652,257		75,087
General funds		544,923		487,011
<b>Total Funds Carried Forward</b>		<b>1,211,460</b>		<b>575,482</b>

A full set of accounts and notes to the accounts are provided on our website at [www.nutrition.org.uk](http://www.nutrition.org.uk) or can be obtained on request from: The Finance Manager, The British Nutrition Foundation, High Holborn House, 52-54 High Holborn, London WC1V 6RQ (Tel: 020 7404 6504).





# Member Companies

At 31st May 2012

3663

Agriculture and Horticulture Development Board\*  
Alpro UK  
Asda Stores Ltd  
Birds Eye Iglo Group Ltd  
British Sugar plc  
Cargill Incorporated (Truvia)  
Coca-Cola Great Britain and Ireland\*  
Danone Waters and Dairies UK Ltd\*  
Dine Limited  
DuPont Nutrition and Health Division\*  
General Mills  
GlaxoSmithKline  
Greggs plc  
H J Heinz Ltd

innocent drinks  
J Sainsbury plc\*  
Kellogg Company of Great Britain Limited\*  
Kerry Foods Ltd  
Kraft Foods UK Ltd\*  
Lighter Life  
Marks and Spencer plc  
Mars UK Ltd  
McDonald's Restaurants Ltd  
McNeil Consumer Nutritionals  
Merisant UK Limited  
nabim  
National Starch  
Nestlé UK Ltd\*  
PepsiCo UK Ltd\*  
Seafish

Slimming World  
Tate & Lyle\*  
The ABF Grocery Group\*  
The Co-operative Group Ltd  
Unilever plc\*  
United Biscuits (UK) Limited  
Volac  
wagamama  
Waitrose Ltd  
Warburtons  
Weetabix Ltd  
Wm Morrison Supermarkets plc  
Yakult UK Ltd

\* Sustaining members  
Companies are listed in their preferred styles

## Financial Support for Specific Events and Activities

During the year, the following member companies provided additional financial support in relation to specific BNF activities.

Agriculture Horticulture  
Development Board

*Food – a fact of life website*

*(milk sector organisation, DairyCo)*

*Update to Food – a fact of life website*

Coca-Cola Great Britain and Ireland  
*Physical activity conference*

Kellogg Company of Great Britain  
*Briefing Paper on nutrition, health and school children*

*News and Views paper on vitamin D for Nutrition Bulletin*

Marks and Spencer plc  
*BNF A-level and Advanced Higher Awards*

nabim  
*News and Views paper for Nutrition Bulletin on bread*

Nestlé Charitable Trust  
*Online training*

During the year, several other organisations also provided financial support for BNF events and activities as follows.

The Arthritic Association  
*Diet and arthritis review*

The Garfield Weston Foundation  
*Donation*

The Grain Chain  
*(collaboration of HGCA, FAB and the Federation of Bakers)*  
*CPD event for teachers*

Pfizer Ltd  
*Donation*

Quality Meat Scotland  
*Scottish Education conference*





# Honorary Officers

## Patron

Her Royal Highness The Princess Royal  
KG GCVO

## Honorary President

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

## Honorary Vice-Presidents

Mr IGT Ferguson CBE BSc  
Wilton Park

Professor C M Williams BSc PhD  
Pro-Vice-Chancellor (Research and Innovation),  
University of Reading

## Honorary Treasurer

Mr M Collyer FIFST  
Non-Executive Director of various SMEs

## Chairman of the Board of Trustees

Professor ADB Malcolm MA DPhil CBiol FSB  
FRSC FIFST  
Formerly Chief Executive, Institute of Biology, London

## Vice-Chairman of the Board of Trustees

Mr D Gregory CSci FIFST  
Chairman, Assured Food Standards

## BNF Honorary Members

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Mr WDB Hamilton BSc BAgr MS MFC CChem  
FRSH FIFST FRSC

Professor RS Pickard BSc PhD RNutr CBiol FIBiol  
Professor BA Wharton BA MBA MD DSc FRCP  
FRCPCH FIFST

## BNF Governors Emeritus

Dr J Edelman CBE PhD DSc ARCS CBiol FIBiol  
Mr WDB Hamilton BSc BAgr MS MFC CChem  
FRSH FIFST FRSC  
Professor RM Hicks OBE PhD DSc FRCPath  
The Baroness Hooper CMG BA FRGS FRSA  
Dr WT Little CBE FIFST  
The Baroness Lloyd of Highbury DBE MD FRCP  
Ms R McRobert OBE  
Mr AJH Skrimshire CChem FRSC FIFST  
Mr J Sutcliffe BSc  
Mr DA Tate OBE DL MA  
Professor RG Whitehead CBE BSc PhD MA FIBiol  
CBiol HonFRCP  
Mr AP Williamson BSc(Tech)

# The Council at 31st May 2012

## Chairman of Council

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

## Scientific Governors

Professor J Blundell BSc PhD FBPsS \*  
Chair of Psychobiology, University of Leeds

Professor P Calder BSc PhD DPhil RNutr FSB FAfN  
Professor of Nutritional Immunology, University  
of Southampton

Professor A Cassidy BSc MSc PhD  
Professor of Nutrition and Head of Department  
of Nutrition, University of East Anglia

Professor A de Looy BSc PhD RD FBDA  
Professor of Dietetics, University of Plymouth

Professor C Dennis CBE DL  
Food Scientist and Technologist

Miss G Fine MSc  
Public Health Nutritionist

Professor KR Fox PhD FFPH \*  
Professor of Exercise and Health Sciences,  
University of Bristol

Professor G Gibson BSc PhD  
Professor of Food Microbial Sciences,  
University of Reading

Professor MBE Livingstone BEd MSc MSc DPhil RNutr  
Professor of Nutrition, University of Ulster

Professor MS Losowsky MB ChB MD FRCP  
Emeritus Professor of Medicine, St. James's University  
Hospital, Leeds

Professor ADB Malcolm MA DPhil CBiol FSB  
FIFST FRSC \*  
Formerly Chief Executive, Institute of Biology, London  
Chairman of the Board of Trustees, BNF

Professor JC Mathers BSc Dip Nutr PhD  
Professor of Human Nutrition, University of Newcastle

Professor M Peaker DSc FRSE FRS  
Formerly Director, Hannah Research Institute

Professor I Rowland BSc PhD \*  
Head of the Hugh Sinclair Unit of Human Nutrition,  
University of Reading

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

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

## Industrial Governors

Ms J Batchelar BSc PGCE  
Sainsbury's Director of Brand

Mr RJ Fletcher BSc \*  
Former Director, Scientific Affairs, Kellogg Europe

Mr D Gregory CSci FIFST \*  
Chairman, Assured Food Standards  
Vice-Chairman of the Board of Trustees, BNF

Mr P Hebblethwaite BSc MSc CEng FIFST FICHEM \*  
Independent Consultant, Sustained Advantage Ltd

Miss A Heughan RD \*  
External Affairs Director, Unilever UK

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

Mr J Roe MSc  
Head of Trading Standards and Compliance,  
William Morrisons

Mr D Webster BA  
Head of Communications, ABF UK Grocery

## General Governors

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

Mrs SJ Evans MA MW  
Food and Wine Writer and Broadcaster

Mr G Findlay BA  
Qualifications Manager, Scottish Qualification  
Authority

Mrs FCA Gallagher BA FRSA \*  
Adviser, Quality Improvement, Glasgow City Council

Mrs M Haines Evans DL  
Chair, National Federation of Women's Institutes, Wales

Dr R Pendrous BSc PhD CEng MIM3 \*  
Editor, Food Manufacture

## Ex-officio Governors

Professor A Shenkin BSc PhD FRCP FRCPath  
Honorary President, BNF

Mr IGT Ferguson CBE BSc  
Honorary Vice-President, BNF

Professor CM Williams BSc PhD  
Honorary Vice-President, BNF

Mr M Collyer FIFST \*  
Honorary Treasurer, BNF

\* Members of the Board of Trustees





# Committees

at 31st May 2012

## The Scientific Advisory Committee

### Chairman

Professor MJ Wiseman MB BS FRCP FRCPath FAfN

### Vice-Chairman

Professor B Ratcliffe BSc PhD FHEA CBiol FSB RNutr

### Members

Professor A Adamson BSc PhD RD RNutr

Dr A Alldrick BSc PhD

Mr R Ballam BA MA \*

Professor JL Buttriss BSc PhD RPHNutr DipDiet FAfN \*

Dr V Burley BSc MSc PhD RPHNutr

Dr A Dangour BSc MSc PhD RPHNutr

Professor I Givens BSc PhD MIBiol CBiol

Professor I Johnson BSc PhD

Dr AA Lake BSc PhD RD RPHNutr

Professor SA Lanham-New BA MSc PhD RPHNutr

Dr A Lennox BSc PhD DipNutn

Dr M Nelson BSc MSc PhD RPHNutr

Professor P Rogers MSc PhD

Dr PA Sharp BSc PhD

Ms S Stanner BSc MSc RPHNutr \*

Professor J Thompson MSc PhD FAcSM

\* Ex-officio members

## The Industrial Scientists Committee

### Chairman

Miss A Heughan RD

### Vice-Chairman

Dr S French BSc PhD

### Members

Ms F Angus BSc MSc

Dr V Betteridge

Dr J Cooper BSc PhD CChem FRSC CSci FIFST

Dr J Garry BSc PhD

Dr S Gatenby BSc PhD RPHNutr

Ms N Gillett BSc

Ms K Halliwell MBiochem MSc

Mrs C Hughes BSc MSc

Mrs M Hurworth BSc

Ms S Moore BSc MMedSci RD

Miss C Parker BSc

Ms L Read BSc Dip Nutr Diet RD

Mrs M Strong MBA BSc RD DADP FRSH CertEd

Ms K Tanner BSc Dip MSc

Ms J Walton BSc APHNutr

## Nutrition Bulletin

### Chairman

Dr J Gray Consultant Nutritionist, UK

### Editorial Advisory Board

Ms K Ciuba Nutrition Consultant,  
Washington DC, USA

Dr H Costa INSA Lisbon, Portugal

Dr K Cunningham Health, Physical Activity  
& Behavioural Sciences Director, The Coca-Cola  
Company, UK

Dr I Darnton-Hill UNICEF, New York, USA

Prof H Green Nestlé Research Centre, Switzerland

Prof PCH Hollman University of Wageningen and  
RIKILT – Institute of Food Safety, The Netherlands

Ms M Howie Nutrition Manager, Waitrose Ltd, UK

Prof R Johnson College of Agriculture and Life  
Sciences, University of Vermont, USA

Dr C Leonard Director of Scientific & Regulatory  
Affairs & Nutrition, Kraft Foods Europe, Switzerland

Dr C MacEvilly Centre for Effective Services, Ireland

Dr K McNutt Nutrition Consultant, USA

Dr P Mitrou World Cancer Research Fund

International, UK

Dr K Nemeth Food Research Institute, Slovakia

Dr AP Nugent University College Dublin, Ireland

Prof M Reid Queen Margaret University, UK

Prof H Schönfeldt University of Pretoria,  
South Africa

Dr J Slavin University of Minnesota, USA

Dr I Tewfik University of Westminster, UK

Prof A Zampelas Agricultural University of  
Athens, Greece

## Education Working Groups

### England

Mrs R Bartlett Oak View Primary and  
Nursery School

Mr J Blackshaw Department of Health

Ms V Fehners Suffolk Advisory Service

Ms Z Lawrence City of Portsmouth Girls' School

Ms S Middleton Ashby School

Mrs M Parker HM Inspectorate of Education

Mr W Till University of Central England

Ms S Walker Marshfields School

### Northern Ireland

Ms L Anderson Wellington College

Ms L Barry Chair of ATHE Association

Ms D Black University of Ulster

Mrs S Davidson Omagh Academy

Ms G Henderson Council for Curriculum,  
Examinations and Assessment

Ms M Jennings Food Standards Agency

Dr L McMullan Department of Education

Mrs D Neill Wallace High School

Ms W Strain Home Economics Field Officer

### Scotland

Mrs Y Dewhurst University of Aberdeen

Mr G Findlay Scottish Qualifications Authority

Ms E Fitzpatrick South Lanarkshire Council

Mrs S Freeman Notre Dame High School

Ms J Gay Food Standards Agency

Ms C Hislop NHS Health Scotland

Ms T McGibbon Beeslack Community  
High School

Mr S Moore North Lanarkshire Council

Ms E Nicoll Preston Lodge High School

### Wales

Ms A Bergiers Nantgaredig Primary School

Ms H Ellis Hawarden High School

Mr S Howells Welsh Joint Education Committee

Mr M Lewis Gowerton Comprehensive

Mrs A Martin Jones Dyffryn School

Ms N Rees Williams Appetite for Life Facilitator





# The Staff

## at 31st May 2012

### Director General

Judith Buttriss *BSc PhD RPHNutr DipDiet FAfN*  
Visiting Professor Robert Gordon University  
Visiting Professor King's College London  
Trustee, Association for Nutrition (AfN)

### Programme Managers

Roy Ballam *BA MA*  
Education Programme Manager

Sara Stanner *BSc MSc RPHNutr*  
Science Programme Manager

### Senior Officers

Nicholas Baldwin *BA*  
Administration Manager

Bridget Benelam *BSc MSc*  
Senior Nutrition Scientist

Ievgeniia Chuvashova *BSc MSc*  
Finance Manager

Claire Theobald *BA QTS*  
Senior Education Officer

Laura Wyness *BSc MSc PhD*  
Senior Nutrition Scientist

### Officers

Sarah Coe *BSc*  
Research Assistant

Helena Gibson-Moore *BSc ANutr*  
Nutrition Scientist

Bethany Hooper *BSc*  
Research Assistant

Georgine Leung *BSc MSc APHNutr*  
Nutrition Scientist

Michelle Mistry *BSc DipEd DipHlthProm*  
Education Officer

Áine O'Connor *BSc PhD*  
Nutrition Scientist

Kim Ralph *BA*  
Education Secretary

Elisabeth Weichselbaum *MSc PhD*  
Nutrition Scientist

Emma Williams *BSc PhD*  
Nutrition Scientist

Rebecca Williams *BSc*  
Placement Nutritionist

Claire Williamson *BSc MSc RNutr*  
Nutrition Scientist



## Contacting the Foundation

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[www.nutrition.org.uk](http://www.nutrition.org.uk)  
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Designed and produced by **Ingenious Design Ltd.**  
The printing inks are made using vegetable based oils.  
No film or film processing chemicals were used.  
Printed on Lumisilk which is manufactured according  
to ISO 9001 and ISO 14001 standards and produced  
at an EMAS certified mill. The wood fibres used in the  
production of Lumisilk are FSC™ certified.