

7th International Dietary Fibre Conference 2018 "Fibre Diversity in Food, Fermentation and Health"

Plenary Panel discussion: "Nutrition Facts Label: make fibre listing mandatory!"

Backgrounds:

- The nutrition facts label supports making well informed healthy food choices
- Important information is given about macro- and micronutrients content
- Macronutrients are further split into important mandatory subgroups highlighting desired and less/undesired components. Examples: Total Fat: (of which) saturated and *trans* fat content, both in grams and %. Total Carbohydrate: (of which) total sugars and added sugars, also both in grams and %.
- With respect to carbohydrate the new development is welcomed that "added sugars" should now be listed mandatory because of negative health impact.
- Along similar lines one could argue that (fibres, of which added fibres) should be listed mandatory because of positive health effects.
- Since reduction of free/added sugars and increase of fibre content should ideally go hand in hand, in order to avoid exchange of sugars for fats, resulting in increased caloric content, a mandatory listing of total and added fibre content will help drive healthy product reformulations on the one hand and support healthy consumer choices on the other hand.

Set up of session:

1. 5 min: Introduction to the theme: Prof Dr Fred Brouns, Maastricht University, the Netherlands
2. 5 min: Is the quantification of total and added fibre easy and good enough to make it mandatory? Dr Barry McCleary, Megazyme, Ireland.
3. 5 min: Making the healthy choice: will fibre listing help? Dr. Danielle Wolvers, Dutch Nutrition Center (Voedingscentrum), the Netherlands
4. **20 minutes interactive plenary discussion**