

The Role of CAOBISCO Products in the Diet of the European Union

Dr Janet Lambert
Lambert Nutrition Consultancy Ltd

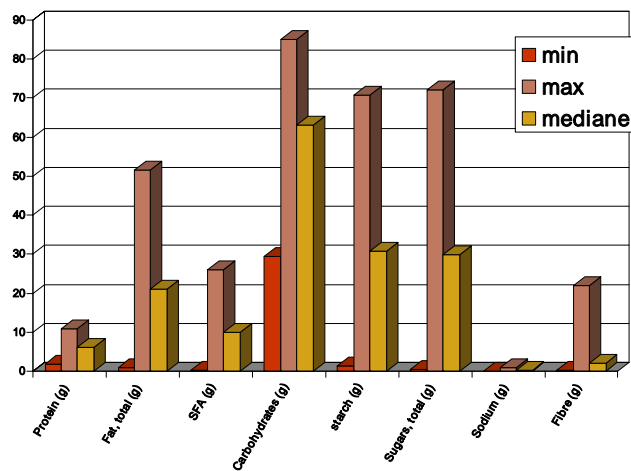
Survey carried out in 2005

- Looked at:
 - Recorded intakes of biscuits, cakes, chocolate and sugar confectionery in countries of the European Union
 - Contribution made to total energy and nutrient intakes
 - Relationship between consumption and body weight

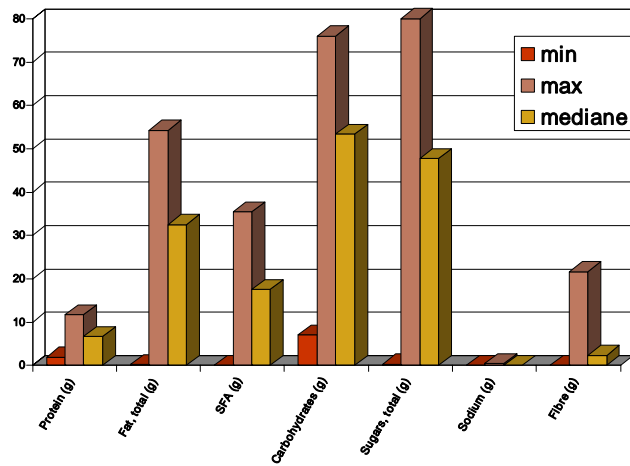
What nutrients do Caobisco products provide?

- Biscuits, chocolate and confectionery are very varied in their composition
- They contain different amounts and types of fats
- They contain carbohydrates and fibre
- They contain a variety of vitamins and minerals.

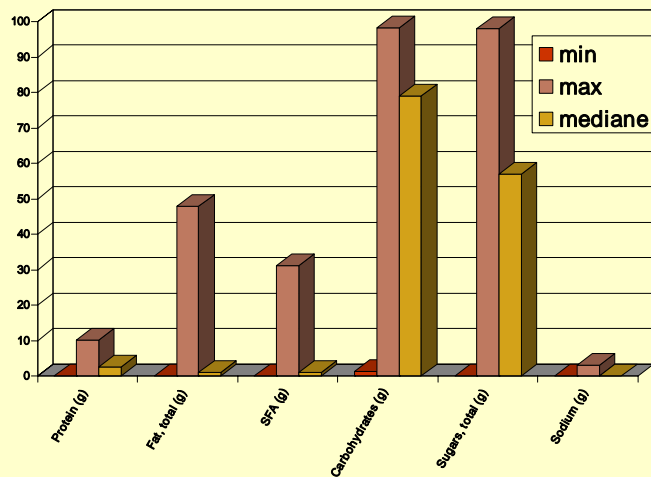
Nutrient content of sweet fine bakery wares in Europe (g/100g)



Nutrient content of chocolate products in Europe (g/100g)



Nutrient content of non-chocolate confectionery in Europe (g/100g)



12 countries published useable dietary intake surveys

<i>National surveys</i>		
<u>France</u>	Netherlands	Poland
<u>Germany</u>	Norway	<u>UK</u>
<u>Ireland</u>	Spain	
Italy	Sweden	
<i>Local surveys</i>		
<u>Belgium</u>	Greece (Crete)	

Children consume on average about 2 plain biscuits per day

Country	Year	Age, yrs	Males	Females
			g (% consumers)	
Ireland	2001	9-12	16 (84)	14 (85)
Belgium (Ghent)	1997	13-18	23	20
UK	1997	4-18	19 (84)	16 (84)
France	2004	3-14	17 (68)	

Adult mean daily biscuit consumption

Country	Year	Age, yrs	Males	Females
			g (% consumers)	
Ireland	1998/9	18-64	15 (69)	14 (76)
UK	2001/2	19-64	14 (63)	10 (68)
France	2004	15+	10 (43)	

Children consume 3- 4 small chocolate bars per week

Country	Year	Age, yrs	Males	Females
			g/d (% consumers)	
Ireland	2001	9-12	20 (81)	20 (86)
Germany	1985/6	10-12	25 (85)	23 (87)
UK	1997	4-18	20 (84)	16 (80)
France	2004	3-14	17 (68)	

Adult mean daily chocolate consumption

Country	Year	Age, yrs	Males	Females
			g/d (% consumers)	
Ireland	1998/9	18-64	13 (59)	11 (66)
Germany	1985/6	25-50	10 (51)	9 (56)
UK	2001/2	19-64	10 (54)	9 (57)
France	2004	15+	4 (32)	

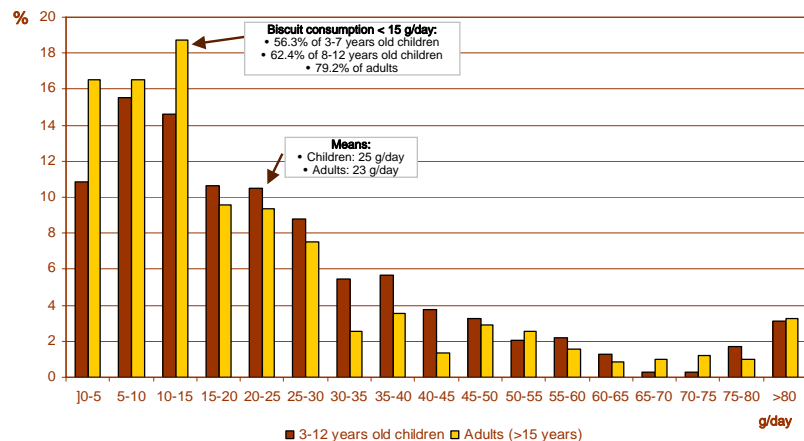
Mean daily sugar confectionery consumption by children

Country	Year	Age, yrs	Males	Females
			g (% consumers)	
Ireland	2001	9-12	12 (76)	10 (76)
Germany	1985/6	10-12	6 (42)	5 (47)
UK	1997	11-14	13 (63)	11 (66)
France	2004	3-14	2.5 (29)	

Sugar confectionery consumption by adults is very small

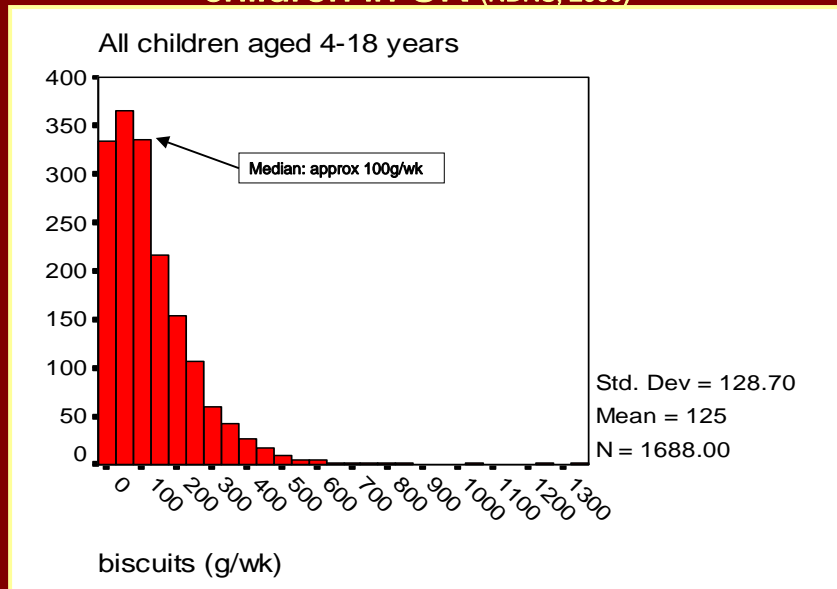
Country	Year	Age, yrs	Males	Females
			g/d (% consumers)	
Ireland	1998/9	18-64	2 (18)	2 (27)
Germany	1985/6	25-50	1 (9)	1 (12)
UK	2001/2	19-64	2 (20)	3 (21)
France	2004	15+	<1 (8)	

Distribution of biscuit consumption by consumers in France (g per day)

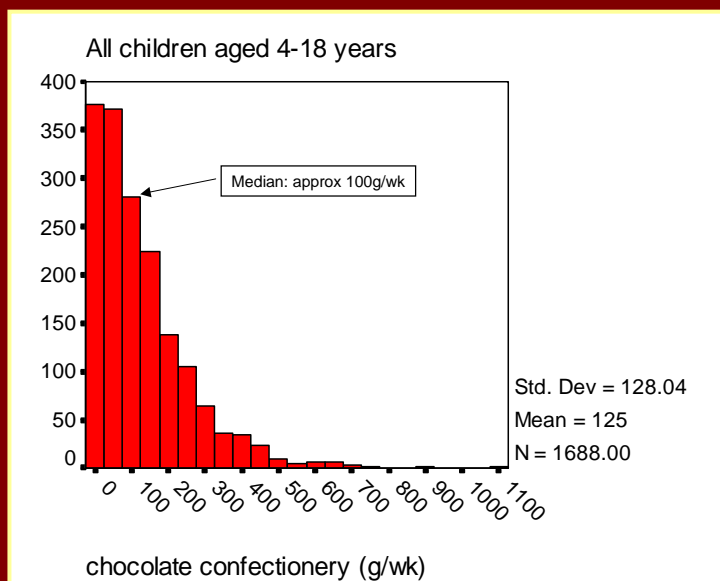


Reference
CREDES results, CCAF 2004 - Volet INCA

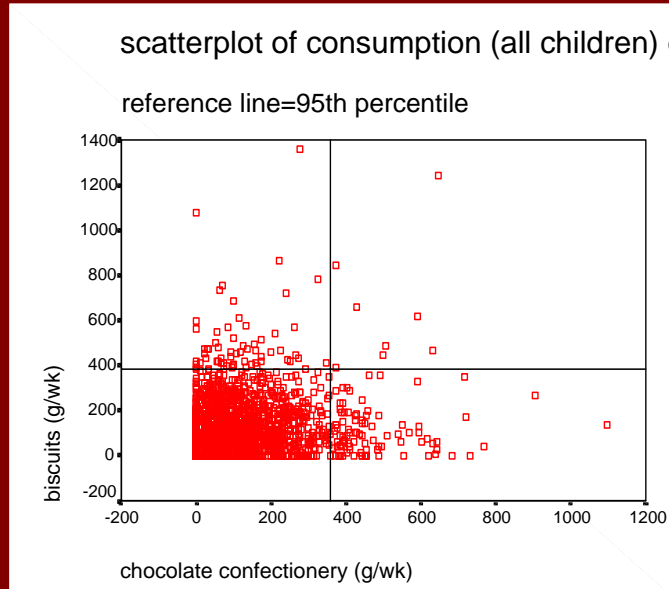
Distribution of biscuit consumption by children in UK (NDNS, 2000)



Distribution of chocolate confectionery consumption by children in UK (NDNS, 2000)



High chocolate consumers are not high biscuits consumers (UK children, aged 4-18 yrs)



Contribution of biscuits and chocolate products to our intakes of energy and fat

Biscuits contribute less than 5% of total calories and fat in the diet

		Sex	Calories (% total)	Fat (% total)
Adults	UK	M	3	3
		F	4	3
	France	M/F	2	2
Children	France	M/F	4	5

Chocolate's contribution to the calories and fat in the diet

		Sex	Calories (% total)	Fat (% total)
Adults	UK	M	3	3
		F	3	3
	France	M/F	1	1
Children	France	M/F	3	4
	UK	M/F	5	6

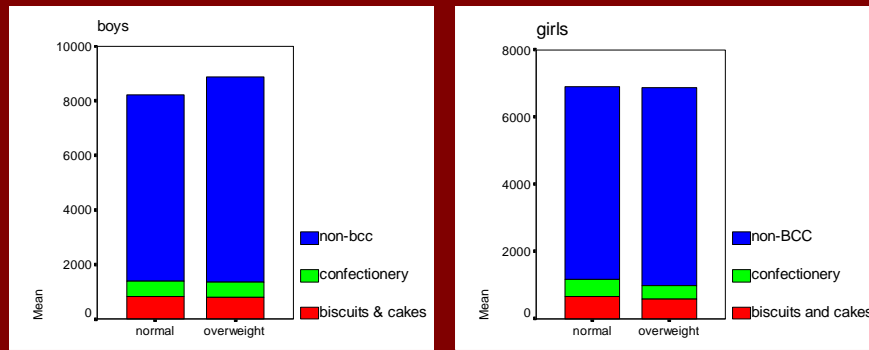
Caobisco product consumption, overweight and obesity

- Studies published in the scientific literature
- Relationship between industry availability data and obesity prevalence estimations by the International Task Force on Obesity (IOTF)

Studies of relationship between obesity / overweight and product consumption

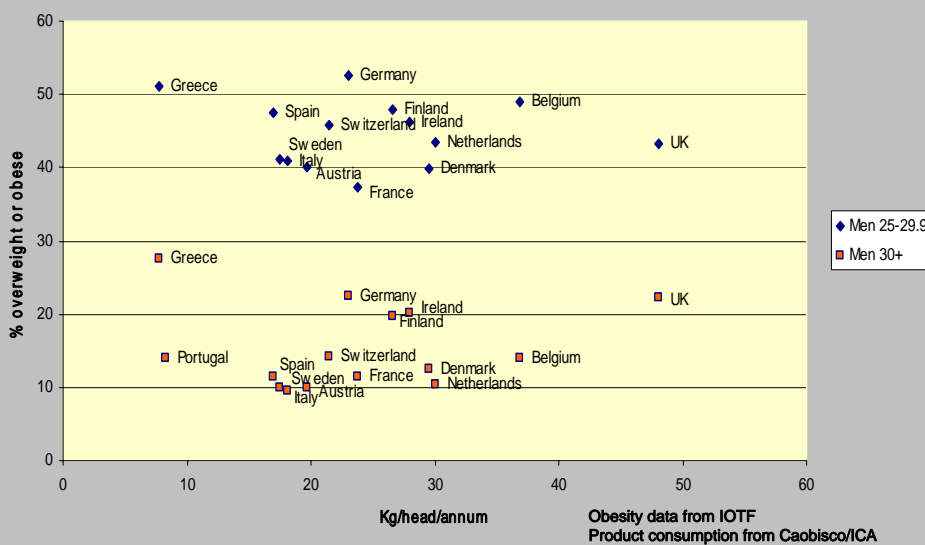
	Positive	Negative	None
France		Adults: confectionery (SU.VI.MAX, 2000)	All ages: biscuits, chocolate (INCA, 1999) Children, adults: biscuits (CCAF, 2004)
Germany			Children, 5-7y: confectionery (KOPS, 2001) Children, 5-6y: chocolate, cake (Bavaria, 2004)
Netherlands	Adults, young people: candy bars, chocolate (Hulsof, 2002)		
Norway		Children: sweets (1993-2000, Anderson)	
Sweden	Obese snackers: candies, chocolate (Forslund, 2005)		
UK		Pre-school children: baked products (ndns, 1992-3)	Children: all products (ndns 1983) Adults: all products (ndns 1986-7) Women: all products (New, 1992) Children: all products (ndns 1997)
Europe / N America		Children in 34 countries: candies, chocolate (2001-2, Janssen)	

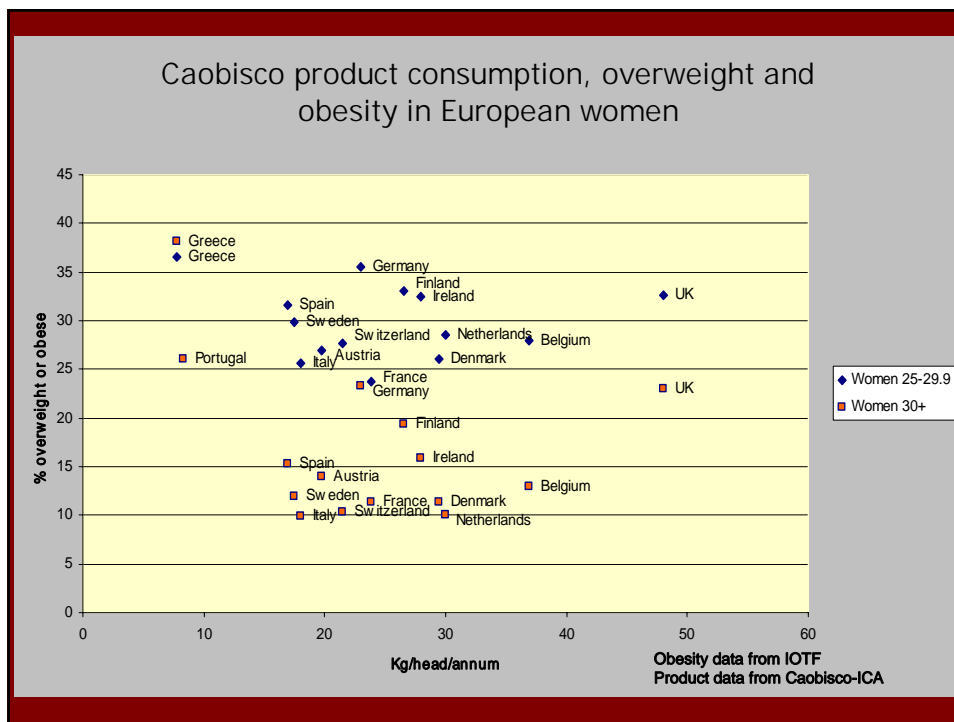
Overweight children and adolescents do not eat more biscuits, cakes and confectionery



Gibson, Lambert and Neate (2004) BNF Nutrition Bulletin, 29,301-9

Caobisco product consumption, obesity and overweight in European men





Conclusion

- Biscuits, chocolate and confectionery products vary greatly in the nutritional composition
- The data available shows that each makes a small contribution to the total diet of the countries surveyed
- Evidence does not point to Caobisco products as having a special causal role in overweight and obesity