**Invitation to an open discussion**

**on the political outcome document of the ICN2**

**Comment Form**

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As a partner in the Multi-Stakeholder Global Agenda for Sustainable Livestock, the International Meat Secretariat (IMS) is pleased to participate in the discussion on the Draft of the Rome Declaration on Nutrition. The IMS represents beef, sheep and pork meat producers around the world and its Committees, including the Human Nutrition and Health Committee and the Sustainability Committee contribute to the development of best practices around the sustainable production and consumption of our products as part of a healthy diet. Our members represent countries that together account for more than 75% of global red meat production and include key global producers of red meat, including Australia and Brazil and as such, play a critical role in contributing to global food and nutrition security.

1. **General comments on the Draft of the Rome Declaration on Nutrition.**

We welcome the inclusive approach adopted in the Declaration, in particular, recognition of the need to include all stakeholders, including the private sector, to ensure food and nutrition security is achieved. The agricultural industries operate from paddock to plate and consequently, have the potential to make a meaningful contribution to food and nutrition security by helping to identify opportunities and innovations and facilitating their implementation as part of a multi-stakeholder partnership.

1. **Specific comments on the paragraphs related to the multiple threats that malnutrition poses to sustainable development (paragraphs 4-10).**

We recommend distinguishing ‘industrially produced trans fats’ from ‘ruminant trans fats’ to ensure consistency with the latest scientific evidence. It is well established that trans fatty acid consumption from partially hydrogenated oils increases risk of coronary heart disease (1,2), whereas there is no conclusive evidence that ruminant trans fatty acids in amounts usually consumed increases risk of coronary heart disease (3).

References:

1. Uauy R et al., (2009) Review. WHO Scientific update on trans fatty acids: summary and conclusions. EJCN 63, S68-75.
2. FAO (2010) Food and Nutrition Paper 91. Fats and fatty acids in human nutrition. Report of an expert consultation. (http://foris.fao.org/preview/25553-ece4cb94ac52f9a25af77ca5cfba7a8c.pdf, accessed 12 March 2014)
3. Bendsen NT et al., (2011) Consumption of industrial and ruminant trans fatty acids and risk of coronary heart disease: a systematic review and meta-analysis of cohort studies. Eur J Clin Nutr 65;773-83.
4. **Specific comments on the vision for global action to end all forms of malnutrition (paragraphs 11-12).**

The IMS supports the provision of balanced and diversified diets, meeting nutrient requirements of all age groups and all groups with special needs as indicated in 12 (e).

We therefore recommend amending (f) to reflect this diversity by specifying key animal source foods, such as red meat, which contributes to year-round access to safe and nutritious foods.

The role of red meat for preventing iron and zinc deficiencies, particularly in women, infants and toddlers is well established. As noted in 10 (c) and 11 (a), micronutrient deficiencies such as vitamin A, iodine, iron and zinc affect over two billion people and the special needs of children and women require particular attention. As a rich protein source of iron and zinc, it is therefore relevant to include red meat as part of a healthy dietary pattern providing year-round access to safe and nutritious foods, along with other core foods.

Red meat, such as beef has a higher haem iron content (2.12mg/100g) than pork (1.1mg/100g), fish (0.50mg/100g) and chicken (0.26mg/100g) (4). In addition, red meat, such as beef and lamb, are higher in zinc (7.0mg/100g and 4.5mg/100g respectively) than pork (2.9mg/100g), chicken (1.6mg/100g) and fish (0.6mg/100g). A study in non-pregnant premenopausal women found that consumption of red meat five times a week was more efficacious for body iron stores than consumption of lacto-ovo-vegetarian foods, or the flesh of chicken and fish (5). Beef has also been shown to be a positive predictor of both iron stores and zinc pool sizes in premenopausal women, whereas bran breakfast cereals was a negative predictor (6). An intervention study has shown that daily consumption of red meat prevented the decline in iron stores that can occur during the second year of life. Each additional gram of red meat consumed was associated with a 0.6% higher serum ferritin concentration (7).

Red meat, including beef, pork and sheep and goat meat are popular and represent key sources of protein, iron and zinc in diets around the world. Use of innovations and new technologies has the potential to increase access to low income populations, for instance, through the development of culturally appropriate, safe complementary products such as dried beef liver powder.

This evidence warrants the inclusion of red meat, in the statement 12 (f) such as “…and animal source foods such as fish and red meat, while limiting the consumption of……”.

References:

1. Schonfeldt HC, Hall NG. Determining iron bioavailability with a constant heme iron value. J food com analysis 2011;24:738-740.
2. Worthington-Roberts BS, Breskin MW et al. Iron status of premenopausal women in a university community and its relationship to habitual dietary sources of protein. Am J Clin Nutr 1998;47:275-9.
3. Yokoi K, Sandstead HH et al. Association between zinc pool sizes and iron stores in premenopausal women without anaemia. Brit J Nutr 2007;98:1214-1223.
4. Szymlek-Gay EA, Ferguson EL et al. Food-based strategies improve iron status in toddlers : a randomized controlled trial. Am J Clin Nutr 2009;90:1541-51.
5. **Specific comments in the appropriate fields relating to these commitments (paragraph 13):**

*Commitment a): eradicate hunger and all forms of malnutrition, particularly to eliminate stunting, wasting and overweight in children under 5 and anemia in women; eliminating undernourishment and reversing rising trends in obesity;*

As a rich protein source of iron and zinc, red meat can make an important contribution to eliminating stunting and wasting. At the same time, consumption of protein foods as part of a healthy diet has been shown to maintain weight following weight loss (8). Several studies have shown similar improvements in body weight, body fat, blood pressure, lipidaemia and glycaemia when red meat is included as part of a healthy, balanced diet (9-15). This evidence suggests red meat has a role to play in the prevention of obesity and related health conditions. The red meat industry is therefore committed to supporting the development of products and communications which support the consumption of red meat as part of a healthy diet and lifestyle thereby contributing to the prevention of all forms of malnutrition.

References:

9. Larsen TM et al. Diets with High or Low Protein Content and Glycemic Index for Weight-Loss Maintenance New Engl J *Med* 2010; 363:2102-132

1. Roussell MA et al. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012; 95(1):9-16

11. Larsen R, Mann N, Maclean E, Shaw J. The effect of high protein, low carbohydrate diets in the treatment of type 2 diabetes. A 12 month randomized controlled trial. Diabetologia 2011;5(4):731-40.

12. Clifton PM, Keogh JB, Noakes M. Long-term effects of a high-protein weight-loss diet. American Journal of Clinical Nutrition 2008;87(1):23-29.

13. Hodgson JM, Burke V, Beilin LJ, Puddey I. Partial substitution of carbohydrate intake with protein intake from lean red meat lowers blood pressure in hypertensive persons. American Journal of Clinical Nutrition 2006:83(4):780-787.

14. McMillan J et al. Comparison of 4 diets of varying glycemic load on weight loss and cardiovascular risk reduction in overweight and obese young adults. Archives of Internal Medicine 2006;166(4):1466-75.

15. Nowson CA, Wattanapenpaiboon N and Pachett A. Low sodium Dietary Approaches to Stop Hypertension- type diet including lean red meat lowers blood pressure in postmenopausal women. Nutrition Research 2009;29(1):8-18.

*Commitment b): reshape food systems through coherent implementation of public policies and investment plans throughout food value chains to serve the health and nutrition needs of the growing world population by providing access to safe, nutritious and healthy foods in a sustainable and resilient way;*

As a partner of the Global Agenda for Sustainable Livestock, the IMS is committed to supporting the development and adoption of sustainable production practices.

*Commitment c): take leadership to shape and manage food systems and improve nutrition by strengthening institutional capacity, ensuring adequate resourcing and coordinating effectively across sectors;*

As a global organisation, the IMS can support the co-ordination of activities by member countries.

*Commitment d): encourage and facilitate contributions by all stakeholders in society and promote collaboration within and across countries, including North-South, South-South and triangular cooperation;*

The IMS supports the development of multi-stakeholder partnerships in support of food and nutrition security. We recommend inclusion of the private sector as an active participant as part of these partnerships.

*Commitment e): enhance people’s nutrition, including people with special needs, through policies and initiatives for healthy diets throughout the life course, starting from the early stages of life, before and during pregnancy, promoting and supporting adequate breast feeding and appropriate complementary feeding, healthy eating by families, and at school during childhood;*

As an excellent source of iron and zinc which is critical for healthy growth and development, the red meat industry is committed to supporting good nutrition during the first ‘1000 days’ through product development and communications which improve access to and consumption of healthy, balanced diets.

*Commitment f): adopt and implement a Framework for Action that should be used to monitor progress in achieving targets and fulfilling commitments;*

The red meat industry supports the development of clear targets which provide guidance and motivation for all stakeholders, including the private sector, to make a positive contribution to achieving food and nutrition security for all.

*Commitment g): integrate the objectives of the Framework for Action into the post-2015 development agenda including a possible global goal on food security and nutrition.*

The red meat industry supports establishing a separate global goal on food and nutrition security in recognition of the critical role it plays in ensuring a sustainable and healthy future.

1. **We would also appreciate your vision on policies, programmes and investment that might help translate such commitments into action.**

We encourage policies supporting the development of multi-stakeholder programmes and private-public investments which recognise the contribution of the private sector to food and nutrition security. This approach will increase access to knowledge, resources and funding required to tackle the complexities and enormity of reducing hunger and poverty in a sustainable manner.