








Submission: P1030 Health Claims - Formulated Supplementary Sports Foods & Electrolyte Drinks

September 2014

The Dietitians Association of Australia (DAA) and Sports Dietitians Australia (SDA) appreciate the opportunity to provide feedback on the public consultation of P1030 Health Claims - Formulated Supplementary Sports Foods & Electrolyte Drinks by Food Standards Australian New Zealand.

The Dietitians Association of Australia (DAA) is the national association of the dietetic profession with over 5500 members, and branches in each state and territory. DAA is a leader in nutrition and advocates for better food, better health, and wellbeing for all.

Sports Dietitians Australia (SDA) is a professional organisation of dietitians specialising in the field of sports nutrition. SDA's vision is to create leaders in sports nutrition practice who provide diet and nutrition advice to help active Australians achieve their personal and sporting goals.

	
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DAA/SDA interest in this consultation

DAA and SDA advocate for a safe and nutritious food supply in which the community has confidence, and which meets the nutritional needs of groups with special needs. DAA and SDA support a healthy lifestyle focused on eating nutritious foods and physical activity.

Recommendations

DAA/SDA supports the draft food regulatory measure to permit formulated supplementary sports foods (FSSFs), electrolyte drinks and electrolyte drink bases (EDs) to carry health claims related to their respective purposes; and the transfer of the regulation of EDs from Standard 2.6.2 – Non-Alcoholic Beverages and Brewed Soft Drinks to Standard 2.9.4 – *Formulated Supplementary Sports Foods*.

While DAA and SDA support these changes, we are concerned about the risk to population health that may arise with the introduction of self-substantiated claims for ED's and would be pleased to discuss our concerns in the preparation of the upcoming review of Standard 2.9.4 *Formulated supplementary sports foods*.

Discussion

DAA/SDA generally supports the permission of foods and beverages to carry health claims in accordance with Standards 1.2.7. In this instance, DAA/SDA supports the draft variation permitting both FSSFs and EDs to carry health claims relating to their respective purposes i.e. for FSSFs, to assist sports people in achieving specific nutritional or performance goals; and for EDs, for the rapid replacement of fluid, carbohydrates and electrolytes lost as a result of sustained strenuous physical activity.

DAA/SDA supports transferring the regulation of EDs from Standard 2.6.2 to Standard 2.9.4, as it is a more appropriate placement for these beverages. This recognises the purpose of EDs as foods specifically formulated for strenuous physical activity, rather than as lifestyle products not specifically formulated for sports people.