

## **Submission proposal P1030**

### **Health Claims Formulated Supplementary Sports Foods & Electrolyte Drinks**

30 September 2014

To whom it may concern

#### ***Submission P1030***

Thank you for the opportunity to make a submission in response to proposal P1030 Health Claims Formulated Supplementary Sports Foods & Electrolyte Drinks.

I oppose health claims being permitted on formulated supplementary sports foods & electrolyte drinks. This opposition is based on the proposal being inconsistent with the section 18 objectives of the FSANZ Act, and in particular the priority objective, 'The protection of public health and safety'. The reasons that this proposal is inconsistent with this priority proposal include:



1. The Australian Dietary Guidelines and the Australian Guide to Healthy Eating "provide up-to-date advice about the amounts and kinds of foods that we need to eat for health and wellbeing." [Eat for Health, NHMRC, 2013]. They classify formulated supplementary sports foods & electrolyte drinks as 'discretionary foods' which should be consumed "Only sometimes and in small amounts"
2. There is no evidence that these products benefit the health of anyone doing less than 90 – 120 minutes activity at one time.
3. There is evidence that these products are high in added sugar and often in an acidic environment that contributes to dental caries.

Permission to use health claims on such products would have the effect of supporting their marketing and therefore promoting the consumption of products associated with a risk to public health.

Yours sincerely



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