



EXCERPTS FROM THE MINUTES OF THE REGIONAL NUTRITION & ANTI-HUNGER COMMITTEE  
MEETING OF April 12, 2016

RNAHC Resolution No. 1; Series of 2016

RESOLUTION ADVOCATING TO THE MEMBERS OF THE REGIONAL NUTRITION ANTI-HUNGER COMMITTEE  
OTHER NGAs AND LGUs TO REDUCE THE CONSUMPTION OF FOOD & BEVERAGES CONTAINING HIGH-  
FRUCTOSE CORN SYRUP (HFCS) AND OTHER SWEETENERS

- WHEREAS, high Fructose Corn Syrup a liquid sweetener, is used to replace common table sugar in food manufacturing and is commonly found in cookies, fruit drinks, sports drinks and soft drinks;
- WHEREAS, numerous studies showed that increased consumption of sugar sweetened food and beverages is linked to overweight and obesity among children and adults, and to consequent development of non-communicable diseases (NCDs) such as diabetes;
- WHEREAS, the World Health Organization in 2015 said that sugar-sweetened food and beverages can increase overall energy intake and may reduce consumption of food containing more nutritionally adequate calories which lead to unhealthy diet and weight gain;
- WHEREAS, based on the results of the 2013 National Nutrition Survey, the prevalence of overweight and obesity has steadily increased in the last two decades, among adults that almost doubled from 16.6% in 1993 to 31.1% in 2013; among preschool children which was below 2% in 1989 and doubled to 4.9% in 2013 and increasing as well among the school children to adolescents;
- WHEREAS, the World Health Organization strongly recommends a reduced intake of free sugars (e.g. HFCS) throughout the life course and an intake of free sugar to less than 10% of total energy intake for the day;
- WHEREAS, The National Nutrition Council urges the public to reduce the consumption of sugar sweetened foods and beverages to reduce the risk of overweight and obesity and development of NCDs;

BE IT RESOLVED AS IT IS HEREBY RESOLVED, that the Regional Nutrition & Anti-Hunger Committee advocates to its agency members and other National Government Agencies and the Local Government Units to offer healthy options of beverages such as buko juice, calamansi, pineapple or fresh fruit flavored water or plain water during the conduct of meetings, seminars, conferences and other events to support the call for reducing the intake of beverages containing free sugars that contribute to increasing prevalence of overweight and obesity as well as the development of non-communicable diseases such as diabetes among Filipinos.

FURTHER RESOLVED that the RNAHC, advocates to its members, other government agencies and LGUs to disseminate information to their office personnel of the bad effects of too much consumption of food and beverages containing High Fructose Corn Syrup to the health of the individuals and their family members.

RESOLVED FINALLY, to furnish copies of this resolution to all members of the Regional Nutrition Anti-Hunger Committee, other government agencies and LGUs for appropriate action.

APPROVED this 12<sup>th</sup> day of April 2016 at the Cityinn Hotel, Zamboanga City.

Certified Correct:

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Approved:

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