



Vienna, 06 August 2010

The definition of whole grain - your input

Dear ICC National Delegates,

Nutrition research increasingly demonstrates that a diet rich in whole grain based foods protects against development of diet related disorders such as cardiovascular diseases, type-2 diabetes and obesity. Almost all countries worldwide are facing a high prevalence of CVD and a dramatic increase of obesity and diabetes. Consumption of whole grain products is increasingly recommended in (national) dietary guidelines. Therefore a comprehensive definition of whole grain and whole grain products is required.

ICC is welcoming the initiative of the European HEALTHGRAIN project for developing the HEALTHGRAIN whole grain definition. This definition is similar to the definition of AACC International (1999) but is more closely following current industrial production practices regarding:

- The ways in which endosperm, bran and germ - after separation in the milling process - can be recombined
- Inclusion of the option of removal of the surface layer of grain kernels

Both AACC Intl and HEALTHGRAIN are mainly defining whole grain as a raw material. The HEALTHGRAIN Forum - the follow-up organisation of the just finished HEALTHGRAIN project - will continue with the development of guidelines for criteria for whole grain products and labelling.

ICC is asking you, as National Delegate:

- **To enhance communication and discussion of this definition at national level**
- **To advise us about analytical methods that can be used for determining the level of whole grain in products (note: different specific methods may be required for different grains).**

Please send your reply to Costanza Conte, ICC Headquarters: costanza.conte@icc.or.at.

We realise that completion of these actions will require effort and time. Nevertheless we will highly appreciate a first reaction from your side by 01 October 2010. This reaction may include your opinion/opinions in your country and/or actions you are planning for discussing this definition. Your views on this issue will be considered in the future plans of the HEALTHGRAIN Forum and ICC in getting approval of the definition at the EU level.

Please, visit the web page http://www.icc.or.at/working_groups/whole_grain

and find the following documents:

- The HEALTHGRAIN definition of Whole Grain
- The abstract and the presentation of the definition (HEALTHGRAIN Conference, Lund 07 May 2010)
- A background document of the AACC International Whole Grains Task Force (WGTF).
- A short summary of "Determination of fibres (arabinoxylans, β -glucans), sterols and alkylresorcinols in cereals and their fractions with NIR techniques

When you have further questions, don't hesitate to contact Costanza Conte, Dr. Meinolf Lindhauer (meinolf.lindhauer@mri.bund.de) or Drs. Jan Willem van der Kamp (jan-willem.vanderkamp@tno.nl).

With best regards,

Prof. John Taylor - ICC President

Dr. Meinolf Lindhauer - ICC Technical Director

