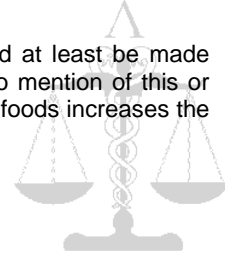


Food Standards Agency. October 2006.

Food served to older people in residential care

FSA has produced extensive guidance on the nutritional composition of foods for those aged over 75 in care homes. The guidance includes examples of weekly menus and the mineral, vitamin, protein, carbohydrate, fibre targets they meet. There are approximately 410,000 older people in residential and nursing homes in the UK.

[Editor's note: Food intake is of course optional but an appropriate balance should at least be made available. Malnutrition is a gradual process but should be monitored. There was no mention of this or what would constitute an appropriate surveillance regime. Excessive intake of some foods increases the risk of chronic disease.]



HSE 23rd October 2006

Revised asbestos regulations to come in to force on 13 November 2006

Control of Asbestos Regulations 2006, SI 2006/2739, can be viewed at <http://www.opsi.gov.uk/si/si200627.htm>

Under the new Regulations, most work with textured decorative coatings containing asbestos (TCs) will be removed from the licensing regime. Research shows the levels of asbestos fibres released during work with TCs are much lower than previously thought and lower than the proposed new control limit when carried out using good practice. However, all work with asbestos containing materials, including TCs, must be undertaken by trained workers following a risk assessment and in accordance with appropriate controls to prevent exposure to asbestos fibres.

A single control limit of 0.1 fibres per cm³ of air for work with all types of asbestos will apply.

Environment Agency RIFE-11

Radioactivity in Food and the Environment, 2005

In 2005, radiation doses to people living around nuclear sites remained well below national and European limits.

The highest dose was received by a group of high-rate consumers of fish and shellfish in Cumbria and estimated to be 0.46 milliSieverts (mSv) in 2005. This dose resulted from the combined effects of current and past liquid discharges from Sellafield and from past liquid discharges from the phosphate processing plant at Whitehaven. The dose limit for members of the public is 1 milliSievert.

In 2005, concentrations of radioactivity in food were all found to be below guidance levels except in sheep in upland areas across Cumbria, Scotland and Wales, which are still affected by the 1986 Chernobyl accident. The number of farms affected by post-Chernobyl controls has reduced from 9,700 in 1986 to 74 at the start of 2006. Trade restrictions apply.

UK Government Response to the European Commission's Discussion Paper on the Setting of Maximum and Minimum Amounts for Vitamins and Minerals in Foodstuffs.

Some minerals and vitamins are harmful if taken in excess. Fortification of foods should be such that those who eat them will not be harmed by such an excess. The Government could not decide whether to use average daily intake of vitamins as the reference point to set upper limits of fortification or to use likely intake of supplements as the basis. Views were sought.

[Editor's note: it seems likely that those who take supplements are more likely also to seek out fortified foods. Those who set upper limits should keep this in mind]