Memo of meeting

**Date and time:** 2018-06-25 14:00 - 15:00

**Attendees:** Professor Luigi Palla, Dr. Suzana Almoosawi, Chaochen Wang

**Notekeeper:** Chaochen Wang

**Main Topic:** how to define an eating occasion specifically for carbohydrate intake or what approaches can we use to analysis the eating time pattern of carbohydrate.

* From Professor Luigi:
  + We may use gram consumed per hour;
  + Percentage of energy from carbohydrate per eating occasion (we already know that the cut-off value for energy eating occasion is defined as 210 kJ);
  + Or is there any definition of eating time window block? (For total energy intake we used 15 minutes).
* From Dr. Suzana:
  + According to the guideline (which?), it is suggested that the distribution of carbohydrate intake should be equal for breakfast (25%), lunch (25%), dinner (25%), and snacks (25%). Therefore, the recommendation is 270 g/day (for both men and women?) which lead to 67.5 gram per meal.
  + Or if we consider the composition of energy sources, it is also recommended that 25% of the total energy should come from carbohydrates.
  + We may also use the ratio of carbohydrates and (for example) fibre: 1 g fibre/ 10 g carbohydrates.
  + In the NDNS survey, they already defined 7 meal blocks:
    - breakfast (6 am to 9 am);
    - mid-morning snack (9 am to 12 noon);
    - lunch (12 noon to 2 pm);
    - afternoon snack (2 pm to 5 pm);
    - dinner (5 pm to 8 pm);
    - late-night snack (8 pm to 10 pm);
    - midnight snack (10 pm to 6 am).
  + Use the already defined 7 meal blocks will be easier in terms of comparing with existing publications from NDNS data.
* From Professor Luigi:
  + Can we use 1 hour window for each participant? So each person will have 24 time sequence of eating (carbohydrates) per day.
  + **We may calculate the energy consumption per hour for each participant. And also calculate the percentage of energy that come from carbohydrate each hour. Would that be sensible?**
  + What cut-off would be appropriate to say that within that specific hour, the consumption of carbohydrates would be good or bad?
* From Dr. Suzana:
  + Probably, this could be an option. Usually, a food product/meal can be categorised as with low carbohydrates or sugar condensed if the contribution of energy from carbohydrates in that food/meal is lower than 25% or higher than 70%:
    - if 25% energy from carbohydrates low-carbohydrates;
    - if 70% energy from carbohydrates high-carbohydrates;
    - if 26% ~ 69% energy from carbohydrates medium-carbohydrates.
  + But if we need to dichotomise, I need to confirm again whether there is any evidence/suggestion about that.
  + Still, this could the first step of our analysis. The second step we may think about is the quality (ratio) between different subtypes of carbohydrates within the hour.