

COMMITTEE ON TOXICITY OF CHEMICALS IN FOOD, CONSUMER PRODUCTS AND THE ENVIRONMENT

Potassium-based replacements for sodium chloride and sodium-based additives. Draft Potassium Working Group report for comment.

Introduction and background

1. In 2013, the Department of Health (DH) asked the Scientific Advisory Committee on Nutrition (SACN) to review current recommendations on the use of potassium-based replacements for sodium chloride and sodium-based additives.
2. DH policy has been to lower sodium intakes in the population by gradually reducing levels of salt in food products in a way that will progressively accustom the palates of consumers to less salt. The DH has not recommended the use of potassium-based replacements for sodium chloride and sodium-based additives as a means of achieving salt reduction, as their use would continue to maintain a higher salt flavour in food. Furthermore, there has been concern that some population groups such as infants, the elderly and people with kidney disease, might be vulnerable to increased levels of potassium in food because of immature or impaired renal function. Some patients with diagnosed kidney disease are advised to restrict their intake of potassium, but other people with undiagnosed renal impairment might also be adversely affected if their consumption of potassium increased.
3. The COT was asked by the SACN to advise on the possible adverse effects of increased potassium intakes as a consequence of salt replacement.
4. As COT members will recall, the COT statement on potassium based replacements for sodium chloride and sodium-based additives was finalised by Chairman's action in May 2015.

COT/SACN Working Group

5. As the Scientific Advisory Committee on Nutrition (SACN) was working on the potential benefits of increasing the use of potassium based replacements for sodium chloride and sodium based additives by both reducing sodium intakes and increasing potassium intakes, it was agreed that there should be a risk benefit assessment so that unified advice could be given to risk managers. A joint COT/SACN working group was established to undertake this task.
6. The Working Group (WG) has prepared a bridging document setting out the risk benefit assessment; this is attached at Annex A. Once finalised this will be

published accompanied by the COT and SACN statements and a separate document containing the exposure modelling data. These are attached at Annexes B, C and D respectively for reference purposes. Although largely complete, these have not been finalised for publication.

7. The draft report will be presented to both SACN and COT main committees before being finalised. The SACN meeting takes place in March, once both committees have commented, the WG report will be finalised and published as soon as possible thereafter.

Questions for the Committee.

8. Members are asked for their comments on the draft Working Group report attached at Annex A. In particular, Members will wish to consider Table 4, paragraphs 37-44 and 55-61 which are based on the COT statement.

Secretariat
January 2017

**COMMITTEE ON TOXICITY OF CHEMICALS IN FOOD,
CONSUMER PRODUCTS AND THE ENVIRONMENT**

Potassium-based replacements for sodium chloride and sodium-based additives. Draft Potassium Working Group report for comment.

Potassium-based sodium replacers: assessment of the health benefits and risks of using potassium-based sodium replacers in foods in the UK: Draft report of the COT/SACN Working Group.

This is a draft document and is not yet publicly available

Secretariat
January 2017

**COMMITTEE ON TOXICITY OF CHEMICALS IN FOOD,
CONSUMER PRODUCTS AND THE ENVIRONMENT**

Potassium-based replacements for sodium chloride and sodium-based additives. Draft Potassium Working Group report for comment.

Draft COT statement

This is a draft document and is not yet publicly available

Secretariat

January 2017

**COMMITTEE ON TOXICITY OF CHEMICALS IN FOOD,
CONSUMER PRODUCTS AND THE ENVIRONMENT**

Potassium-based replacements for sodium chloride and sodium-based additives. Draft Potassium Working Group report for comment.

Potassium-based sodium replacers: assessment of the benefits of increased potassium intakes to health: Draft SACN statement

This is a draft document and is not yet publicly available

Secretariat

January 2017

**COMMITTEE ON TOXICITY OF CHEMICALS IN FOOD,
CONSUMER PRODUCTS AND THE ENVIRONMENT**

Potassium-based replacements for sodium chloride and sodium-based additives. Draft Potassium Working Group report for comment.

Potassium salt replacers in vulnerable groups - modelling potential potassium intakes by UK population

This is a draft document and is not yet publicly available

Secretariat

January 2017