



----- Issue 12 / February 2019 -----

WELCOME!

Welcome to the first
The Oatly Way of 2019!

In this issue you will find our feature interview with Louise Robertson RD. Louise specialises in metabolic disorders and discusses galactosaemia with us. We don't hear much about galactosaemia, so this is a great opportunity to get yourself up-to-speed on this lesser known disorder.

Also in this issue you will find our usual 'bits and pieces', with details of where you can find us at upcoming events, as well as our super easy, vegan-friendly **Sunshine Vegetable Curry** recipe - perfect for all of us trying to eat a more plant-based diet in 2019!

We welcome your feedback, so please do contact me with any comments, including suggestions for future e-newsletter topics - perhaps you would like to feature in a future interview article?

Lastly, if you would like to find out more about Oatly please visit the Healthcare Professional area of our website [here](#).

I wish you a happy and healthy 2019,

Kate Twine

Kate Twine
Registered Dietitian and
Nutrition Consultant
kate.twine@oatly.com

LOUISE ROBERTSON RD

Louise works at the Queen Elizabeth Hospital Birmingham as a Dietitian Specialising in Inherited Metabolic Disorders (adults) including Galactosaemia and is a member of the Galactosaemia Support Group UK Medical Advisory Panel. She also runs a blog and social media pages called Dietitian's Life.
www.dietitiationslife.com



GALACTOSAEMIA

WHAT IS GALACTOSAEMIA?

Galactosaemia is a rare genetic inborn error of galactose metabolism. It is caused by the deficiency of the enzyme galactose-1-phosphate-uridylyltransferase (GALT) which is needed in the biochemical pathway to break down galactose into glucose. The deficiency of GALT leads to the accumulation of various metabolites. In the UK it affects one in 44,000 and it is usually followed up in specialist metabolic centres.

HOW IS GALACTOSAEMIA DIAGNOSED?

Galactosaemia is usually diagnosed within the first few weeks of life when the infant develops a life-threatening illness. This includes feeding difficulties, liver failure and bilateral cataracts. Once it has been diagnosed and galactose has been removed from the diet, then symptoms quickly resolve. Infants are swapped onto lactose-free feeds, usually a soya-based feed.

WHAT IS THE RECOMMENDED DIET AND IS IT SIMILAR TO THAT FOR LACTOSE INTOLERANCE?

Treatment for classical galactosaemia is a lifelong galactose-restricted diet. Lactose is the main source of galactose in the diet (a disaccharide made up of glucose and galactose). Therefore all animal milk and dairy products and foods containing them need to be avoided. A total restriction is important and must be adhered to, unlike lactose intolerance where small amounts may be tolerated. Galactose is also found in fruit, vegetables and legumes. In the UK we do not restrict these as the amount of galactose in them is negligible and there is no evidence to suggest that consumption of these foods causes any long-term problems.

A number of hard mature cheeses have been analysed for galactose content by the Galactosaemia Support Group and they have found several kinds of cheese to be very

low or negligible in galactose. These include extra mature or vintage mature Cheddar cheese, Gruyere, mature Parmesan, Jarlsberg and Emmental cheese.

Products aimed at people with lactose intolerance (low lactose products) are often not suitable as the product still contains large amounts of galactose even though the lactose has been hydrolysed.

ARE THERE PROBLEMS DESPITE DIETARY TREATMENT AND CAN THE TREATMENT BE RELAXED?

Once the galactose-restricted diet is started then the acute problems resolve. Unfortunately, despite a strict galactose restriction some people develop long-term problems. These include speech and language and/or learning difficulties. There is no clear association between when it is diagnosed and these neurological disabilities. Women also suffer from primary ovarian insufficiency.

People with Galactosaemia are also at risk of impaired bone health due to changes in hormones and a

restriction of calcium-containing foods. Good calcium dietary sources include plant-based milk alternatives fortified with calcium, calcium-fortified dairy-free puddings and suitable low lactose hard cheese (see above). If calcium requirements are not met then a calcium and vitamin D supplement will be required.

There is an ongoing debate about relaxing the diet with increasing age, but due to limited evidence, no recommendations can be given.

REFERENCES AND FURTHER INFORMATION

Galactosaemia Support Group

- Patient support group in the UK
<https://galactosaemia.org/>

International clinical guideline for the management of classical galactosemia: diagnosis, treatment, and follow-up. (2016) Welling et al J Inherit Metab Dis (2017) 40:171-176.

New Galactosaemia Guidelines: What do they mean for Dietitians? (2017) Pat Portnoi and Anita MacDonald. NHD Magazine Aug / Sept 2017, Issue 127.

Events:



VegMed, The Power of Plants: Bringing Plant-based Nutrition into Mainstream Medicine

Saturday 12th & Sunday 13th October 2019, King's College London

Europe's biggest scientific conference on plant-based nutrition is coming to the UK for the very first time and Oatly are delighted to be sponsors!

The first day is for health professions: physicians, scientists, medical students, dietitians and nutritionists and those in related fields; and will be CPD accredited. The second day is open to the general public.

There is an incredible line up of international speakers, many of them pioneers in the field of plant-based nutrition, including Professor Tim Key, who will present findings from the European Prospective Investigation into Cancer and Nutrition (EPIC) as the principal investigator for the University of Oxford. More details on other

speakers in the next The Oatly Way. VegMed is being brought to the UK by ProVeg UK in partnership with Plant-Based Health Professionals UK. ProVeg International's Amy Odene said:

"... we're hosting VegMed to provide a much-needed platform for the latest research and information in plant-based nutrition, which can play a major and still largely underestimated role in preventing and reversing disease, improving overall health and reducing the strain on our increasingly under-pressure NHS."

Tickets are available here:

proveguk.eventbrite.co.uk



BDA Yorkshire, Plant-based diets and sustainability - for hospital and home

Saturday March 30th 2019, Leeds Beckett University

If you are attending this event, please come and visit the Oatly stand. More details [here](#).

BITS & PIECES

Supply Problems?

We are really sorry if you (or your patients) have struggled to find Oatly in your local supermarket lately. Recently we have had some unforeseen issues that have limited our production capacity. We're working hard to bring everything back to normal, so thank you for your patience.

Find out which stores we're in [here](#).



New Resources and Publications:

- **Oatly Tear-Off Pads** - these popular pads contain information on Oatly and a voucher for your patients. Place your order [here](#).
- **Climate Change Food Calculator** - This calculator from the BBC can be used to check the carbon footprint of different food and drink options, with oat drink being one of the 34 options available! Have a try [here](#).
- **Portion Size Guide** - The BNF has launched a new practical guide to portion sizes. View the resources [here](#).
- **Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems**, brought together 37 world-leading scientists to reach a scientific consensus that defines a healthy and sustainable diet. If you haven't read it yet, use the link [here](#).

Sunshine Vegetable Curry

A warming curry that is simple and quick to make, as well as being easy to vary depending on which vegetables are in season. Delicious served with your favourite grains or naan bread and pickles or a dip made with Oatly oat fraiche, chopped coriander and garlic.

Servings: Approximately 6-8

INGREDIENTS:

1 large onion
3 garlic cloves
300 g sweet potatoes
300 g cauliflower
150 g of kale
2 cans of chickpeas
(500 g drained weight)
Rapeseed oil to fry
1.5 tbsp (yellow) curry powder/garam masala
2 tablespoons tomato puree
Salt and pepper to season
300 ml vegetable stock
500 ml Oatly Creamy Oat
2 tablespoons mango chutney



METHOD:

1. Start by preparing the vegetables. Finely chop the onions and garlic. Peel the sweet potatoes and cut both the sweet potatoes and cauliflower into bite-sized pieces. Wash and roughly chop the kale. Rinse and drain the chickpeas.
2. Heat a little of the oil in a large saucepan and fry the onions gently for 5 minutes along with curry powder/garam masala.
3. Add the garlic, sweet potato and cauliflower, chickpeas and tomato puree and fry for another 5-8 minutes. Season with salt and pepper.
4. Add the vegetable stock and Oatly Creamy Oat and simmer until the vegetables are just soft, about 10-15 minutes. Remove from the heat, stir in the kale and mango chutney and leave it to stand for a couple of minutes (allowing the kale to warm through and wilt slightly) and then serve.

