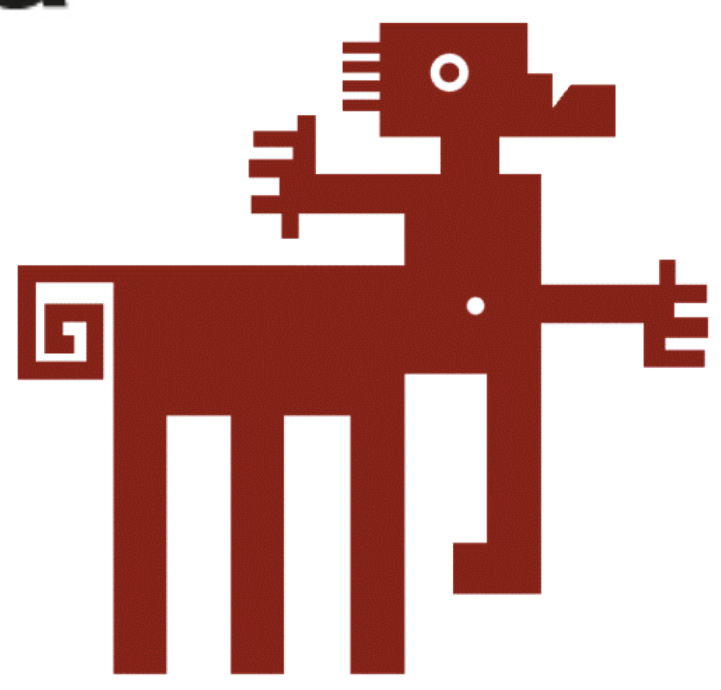


Sugar role in the modern feeding



OBJECTIVES

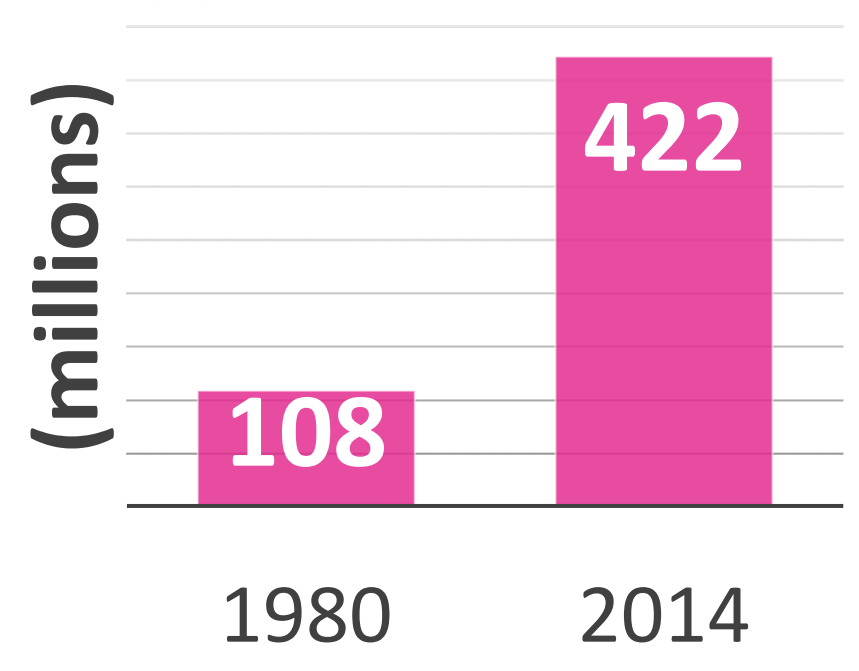
1. Impact of Common Agricultural Policy and the liberalisation of sugar sector
2. Sugars Classification
3. Consumer trends
4. Intake of sugars and direct and indirect effects on health
5. Intake recommendations
6. Strategies to reduce consumption

4.

WEIGHT GAIN INCREASE RISK TO DEVELOP:

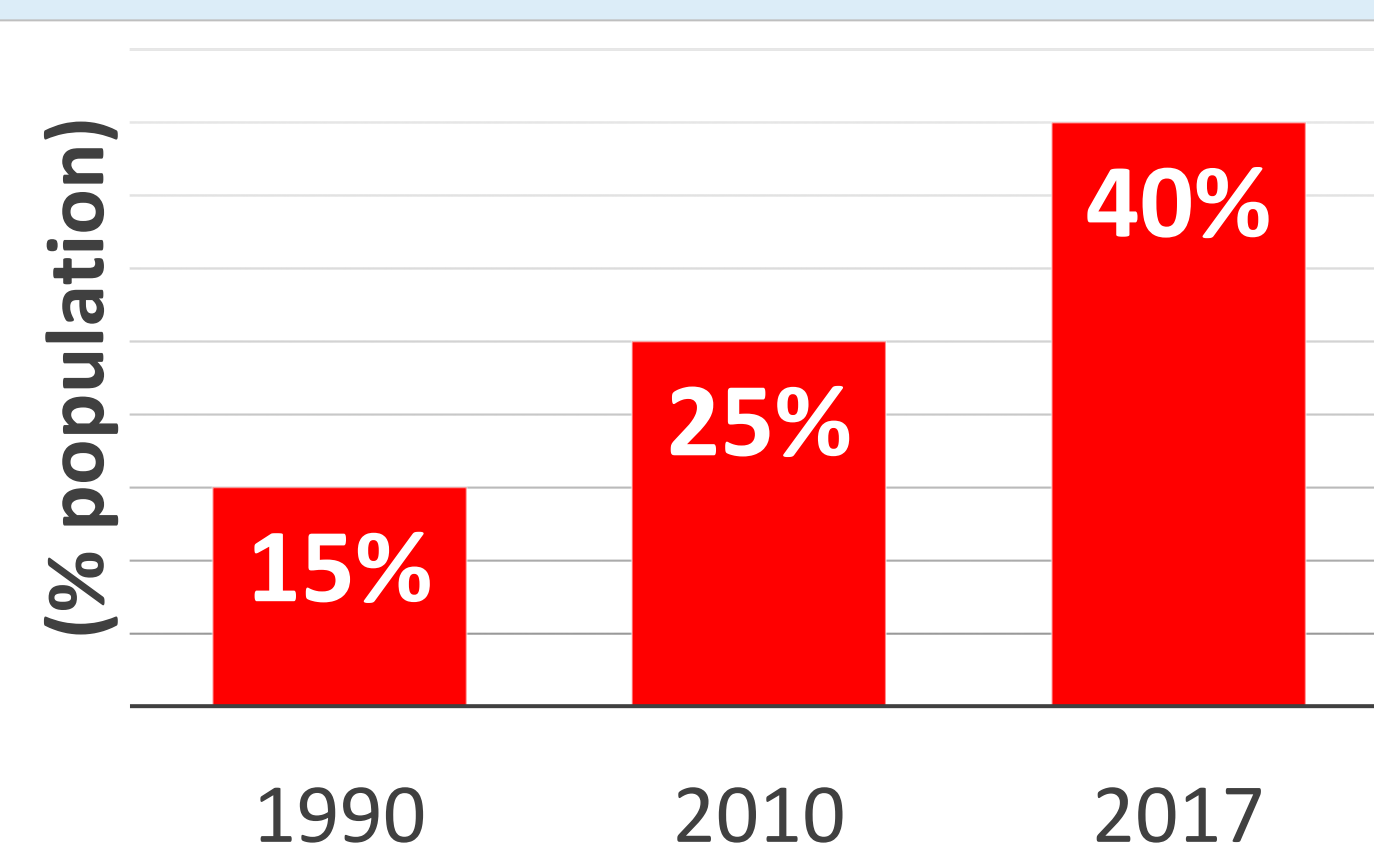
- Cardiovascular diseases
- Cancer
- Type II Diabetes

Can produce:
Blindness, renal
insufficiency,
heart attack,
cerebrovascular
accident,
amputations...



World pandemic: Obesity

Spain (2017): ~ 17% with obesity
USA (2017): 40% drastic increase



HFCS of SB



EFSA ✓ SB ↑ weight gain & obesity
WHO ✓ sugar free intake ↑ dental caries
(update directive 2020)

5.

Evidence basis considered

Author (2015)	Quantitative recommendation	Energy intake	Weight gain	Diabetes	Dental caries	Other
WHO	<10% energy from free sugars, <5% 'conditional' recommendation	Not assessed	✓	Not assessed	✓ *	None
SACN	≤5% energy from free sugars	✓ *	✓ (only in children)	✓ (for SB)	✓	Many other outcome considered; none contributed toward the quantitative recommendation
DGAC	≤10% energy from added sugars	Not assessed	✓	✓ (for SB)	✓	Increased risks of stroke, hypertension, and coronary heart disease and adverse impact on diet quality *

(*) Outcome used as primary basis for deriving the specific quantitative recommendation

6.

- Personal election
- Sales control
- Labelling of added sugars, prohibit healthy nutrition claims
- Taxes on food with high sugar content
- Institutional measures to regulate the consumption of sugars

Catalonia: The tax on packaged sugary drinks

- 0,08€/L for drinks with 5 – 8g of sugars per 100 ml
- 0,12 €/L for which contain more than 8g of sugar per 100 ml



Labeling proposal

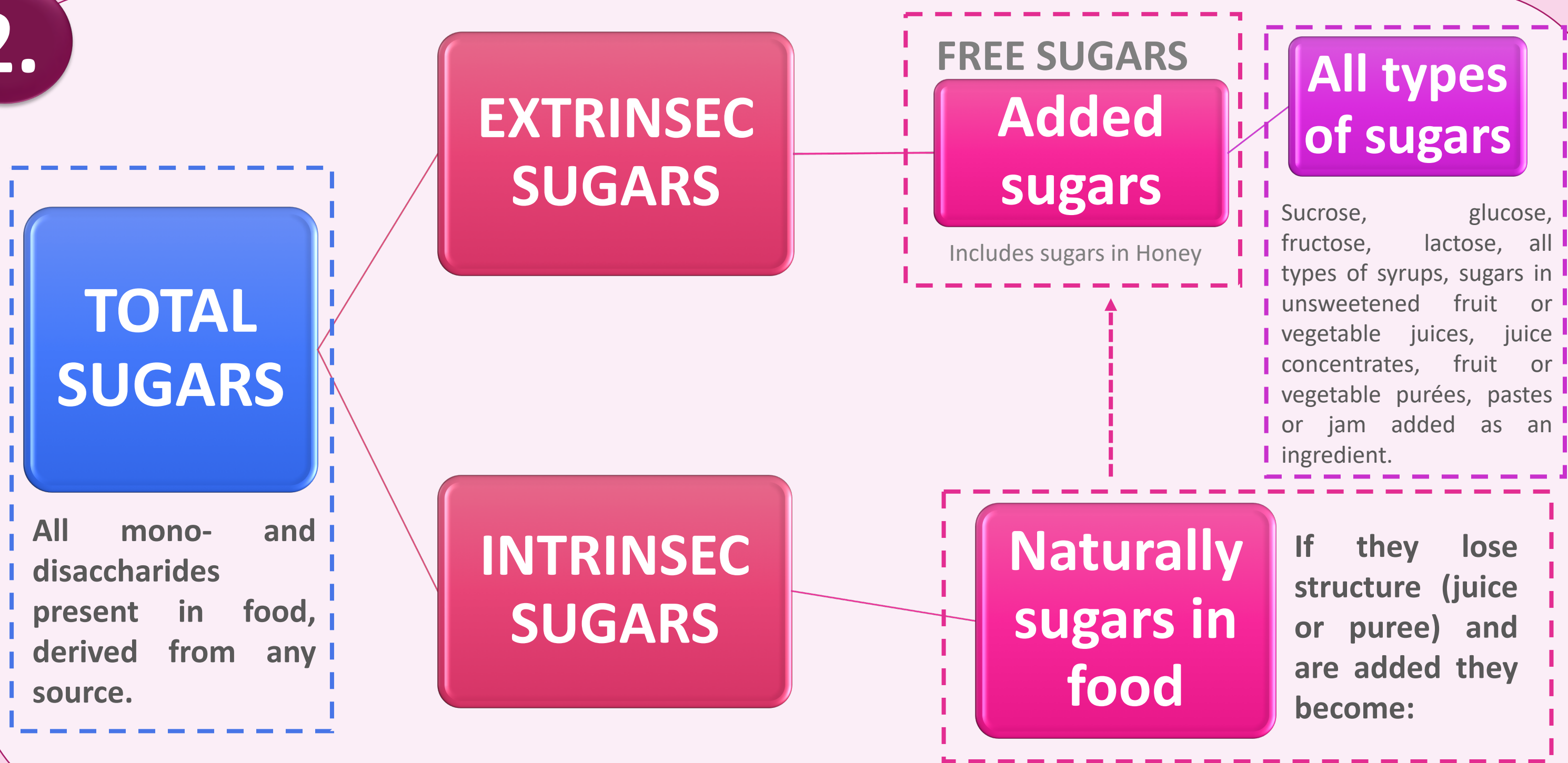
CONCLUSIONS

1. The Common agricultural policy and the liberation of the sugar sector caused an overproduction and a peak in sugar intake.
2. Added sugars, sugars in honey and intrinsic sugars that have lost their structure, work as free sugars = fast absorption.
3. Sugar intake has grown dramatically due to the consumption of ultra-processed foods. Sweetened beverages provide high amounts of sugar.
4. Sweetened beverages consumption causes weight gain and obesity, and they are the main risk factors to develop diabetes type 2, cardiovascular diseases and cancer.
5. It is recommended not to exceed more than 5% of energy from free sugars (WHO & SACN) and 10% from added sugars (DGAC).
6. Recommendations to reduce sugar intake: Label added sugars, food taxes that exceed the recommended sugar quantities.

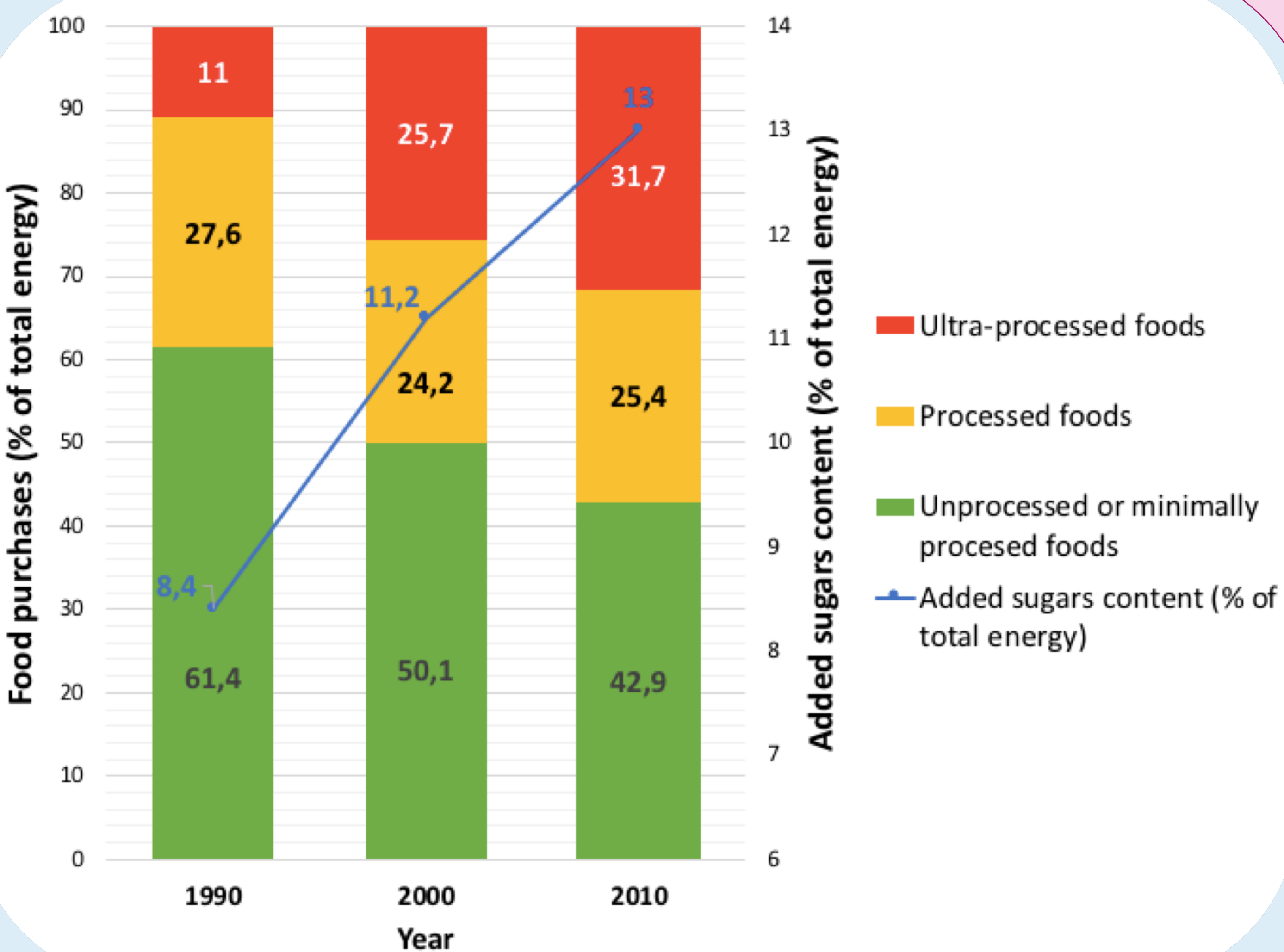
1.

- (1962) CAP: Historically protected the European Sucrose (<5% HFCS)
- (2017) Liberalising the sugar sector: ✗ quotas and minimum price guarantee: ↓↓prices ↑production ↑HFCS

2.



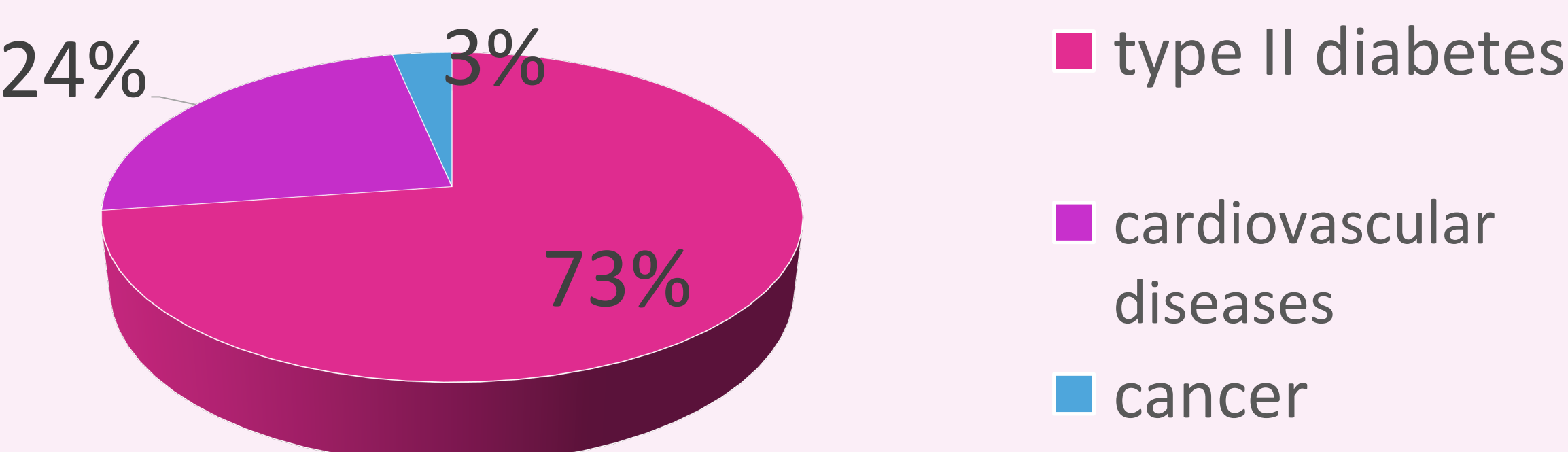
3.



The most consumed: sweetened beverages (SB)

4.

Deaths/year for the consumption of SB



Total Deaths/year: 183.000