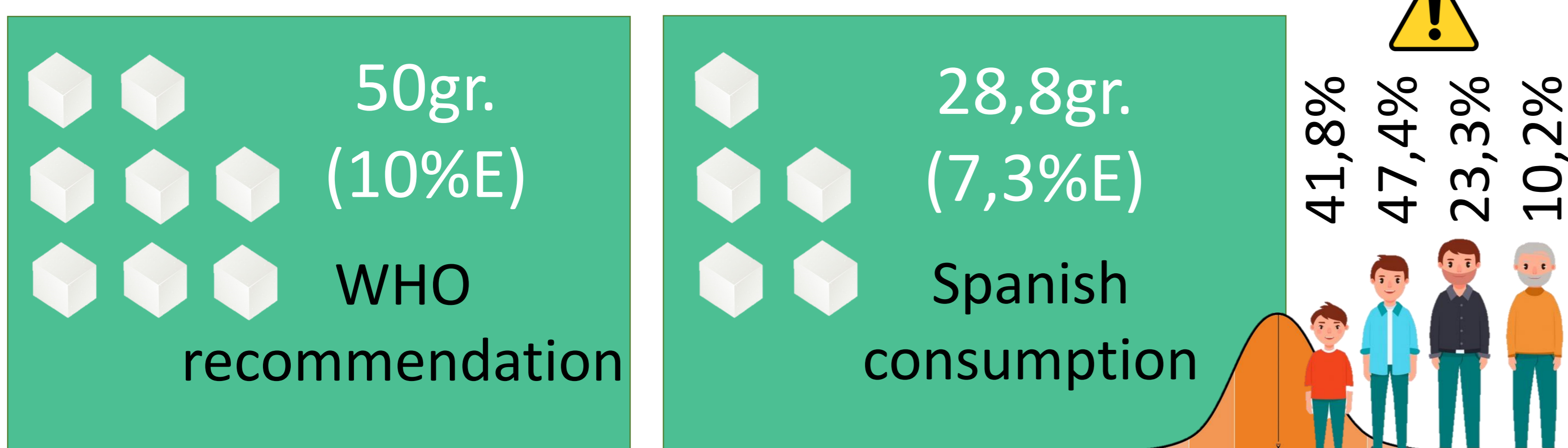


OBJECTIVES

- Classify the different types of sugars.
- Quantify sugar and SSBs consumption of Spain.
- Determine if there is concern in the consumption of SBBs.
- Determine how sugar and SBBs affects our health.
- Analyze measures to reduce sugar and SBBs consumption.

2 SUGAR CONSUMPTION



4 HOW SUGAR AFFECT OUR HEATH?

Dental caries
↑ 30% risk
Bernabé et al., 2014

Overweight and obesity
HFCS
Kasangian, 2010

Malnutrition
Bailey et al., 2018

Cancer
Laguna, 2014

Diabetes Mellitus II
150 kcal SSBs
EPIC study

Metabolic syndrome
↑TG ↓HDL
Denova et al., 2010

Cardiovascular diseases
↑ risk factors
Stanhope, 2008

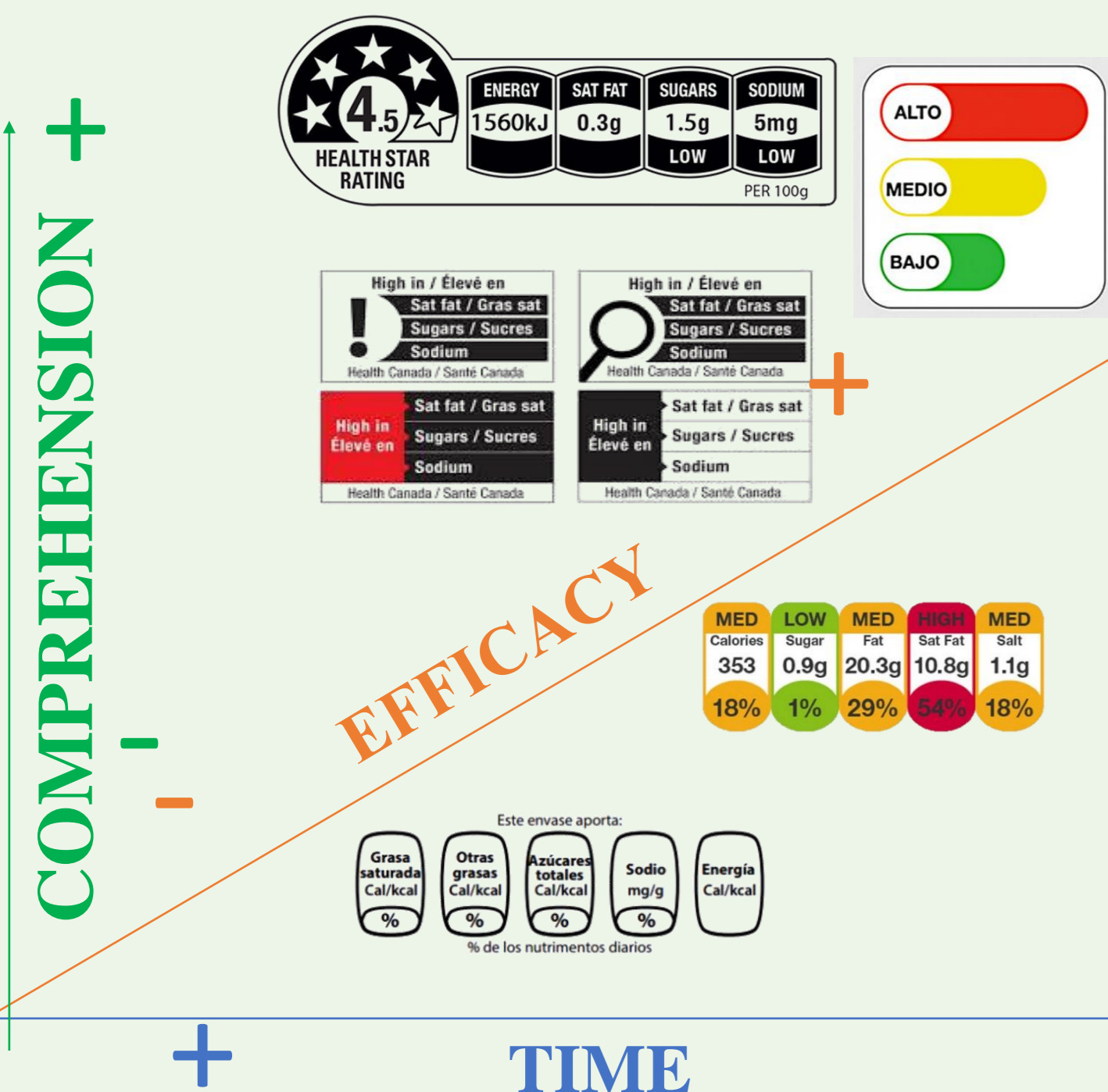
Increased consumption of fructose-sweetened beverages increased prevalence of obesity, metabolic syndrome (Greenwood, et al., 2014)

5 MEASURES

Banning marketing and advertising (for children)



Frontal Labelling (ENFE)



New nutritional pyramid

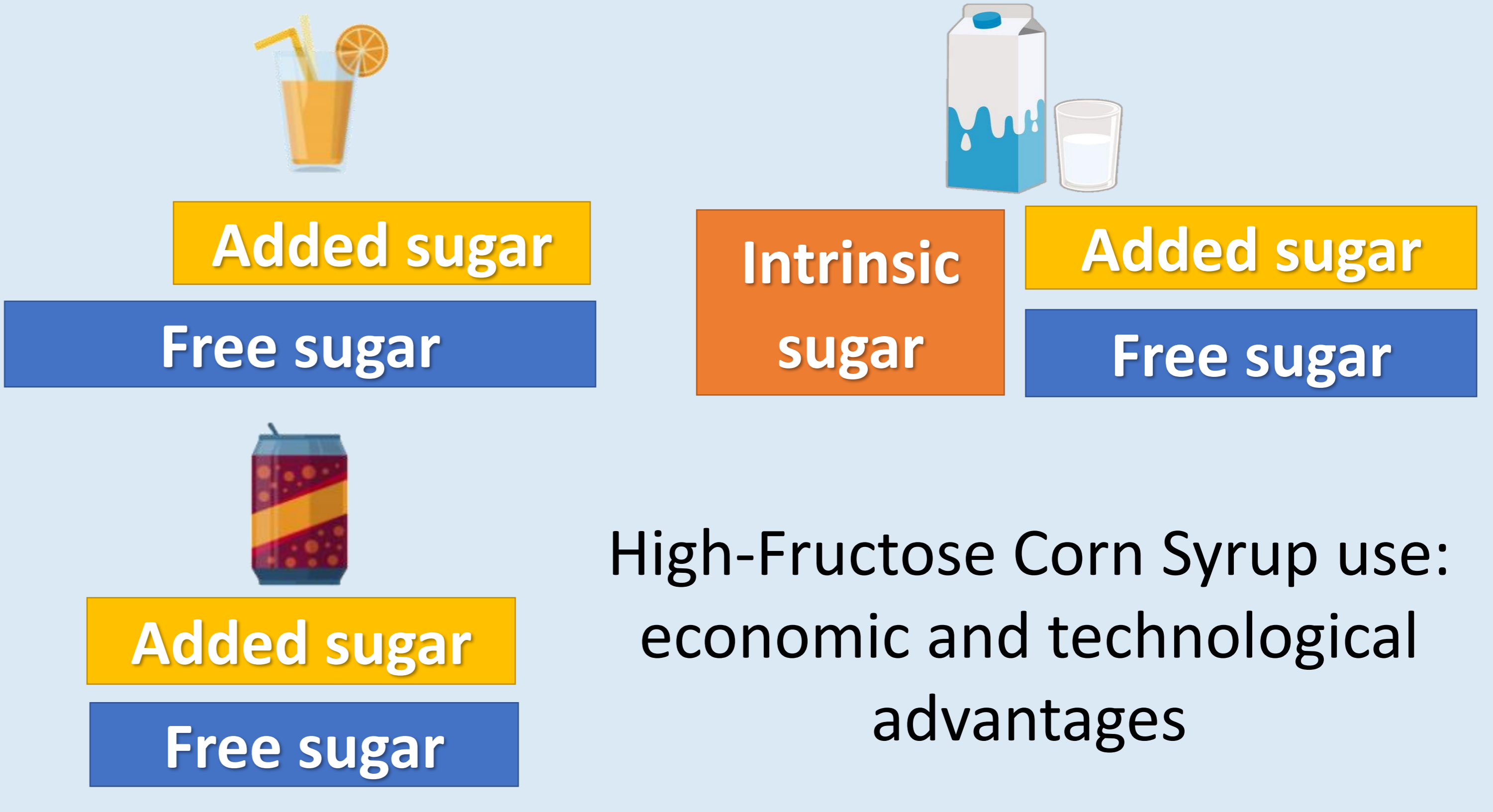


Taxes on SSBs

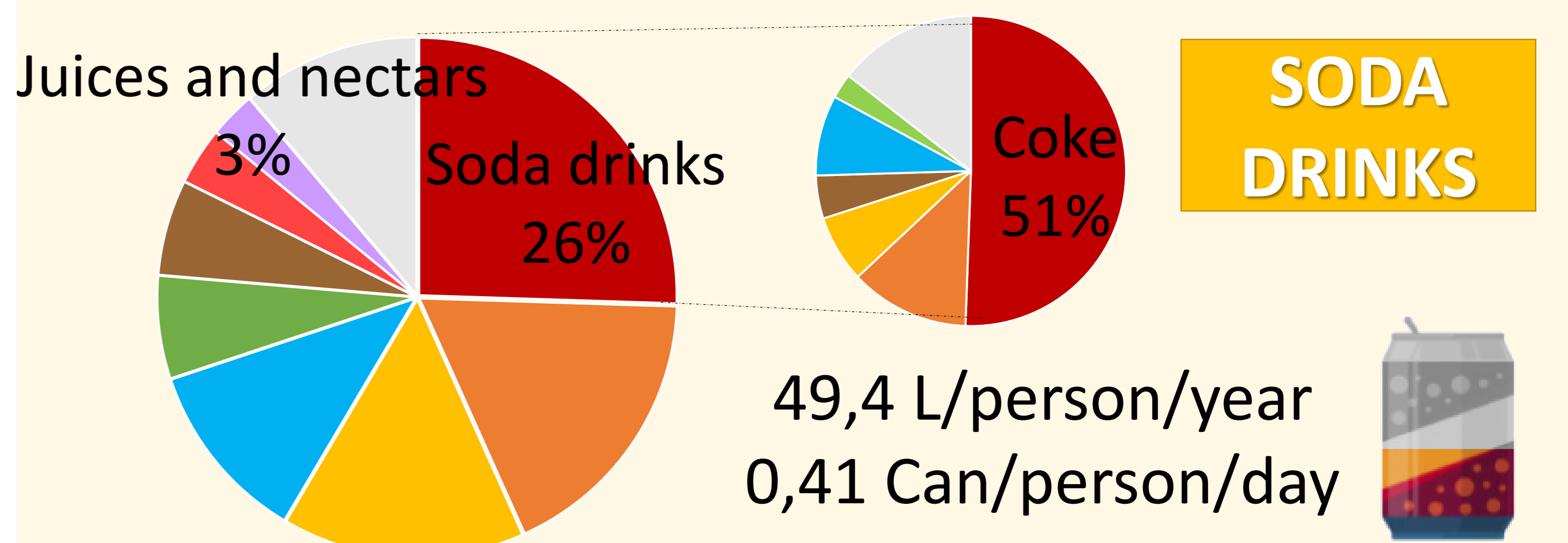


Industrial reformulations

1 SUGAR AND SBBs



3 SBBs CONSUMPTION



Guide	Sugar fraction	Recomendation
WHO, 2015	Free sugars	<10% E (<5% E conditional)
SACN, 2015	Free sugars	≤5% E
GNS, 2012	SSBs	Limit de consumption
NNR, 2012	Added sugars	<10% E
DGAC, 2015	Added sugars	≤10% E

We could exceed the WHO recommendations by:



CONCLUSIONS

- Part of the population exceed the WHO sugar recommendation.
- The most vulnerable population concerning the negative health effects of sugar consumption are children and adolescents.
- SSBs affects our health, in particular High Fructose Corn Syrup (HFCS) affects our health increasing risks of dental caries, obesity, malnutrition, cardiovascular diseases, diabetes and metabolic syndrome.
- Implement new and better control measures are needed to reduce sugar intake.

* SSBs: Sugar-sweetened beverages