

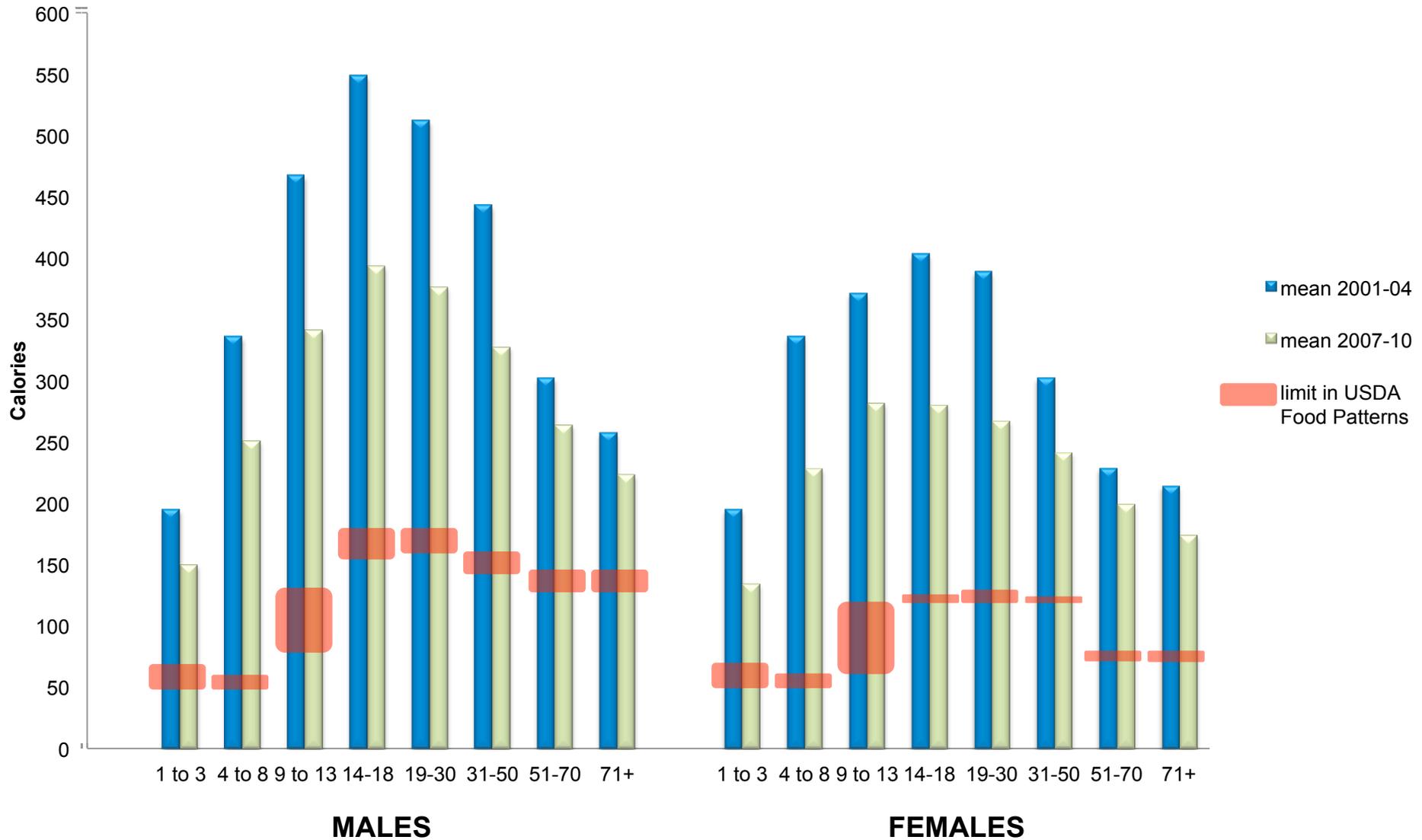
Added Sugars Working Group

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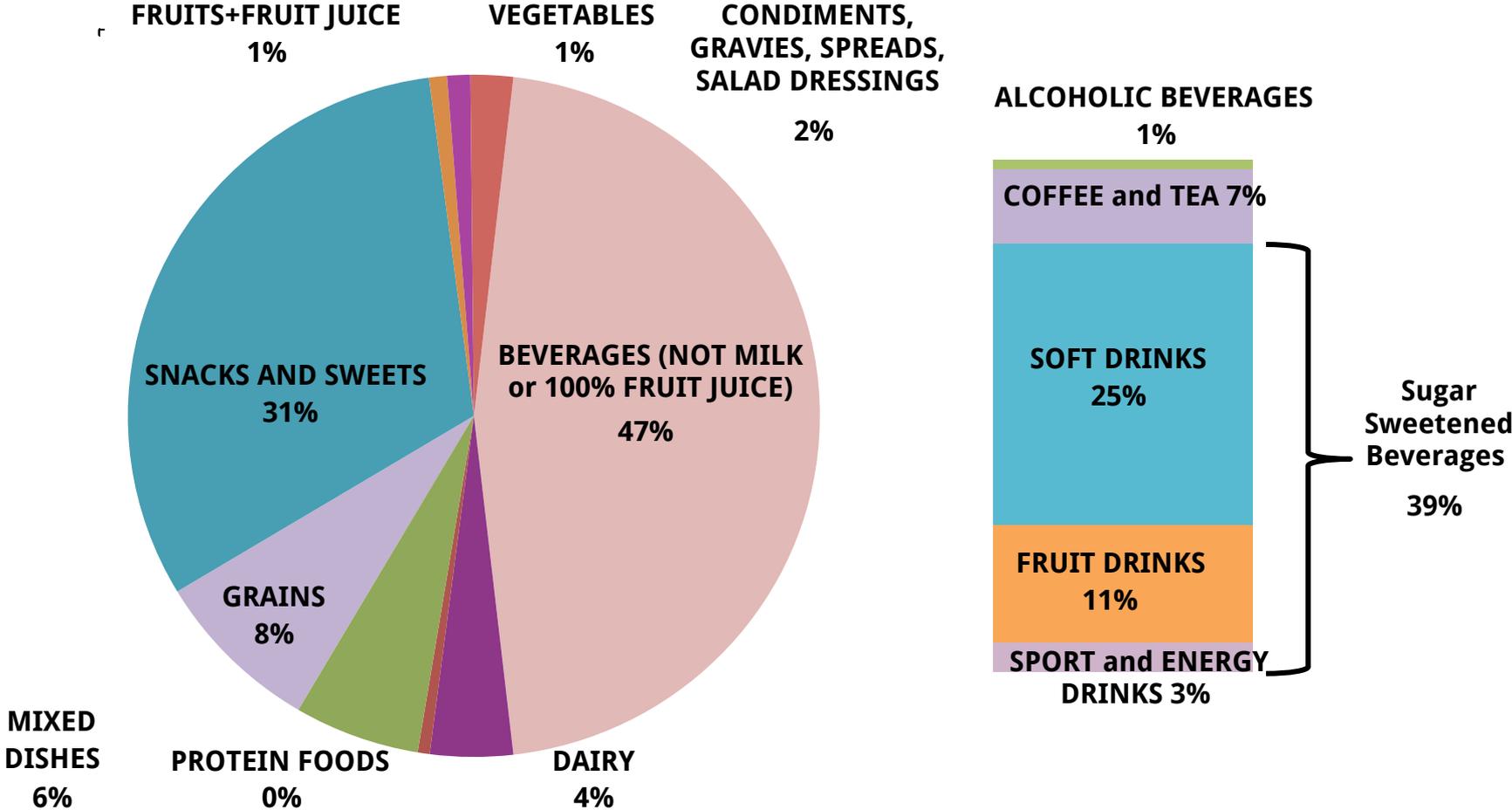
Scope

- To inform potential recommendations for added sugars by:
 - Examining the relationship between the intake of added sugars and health
 - Evaluating the amount of added sugars that can be consumed while meeting nutrient needs within the USDA Food Patterns
- To consider the evidence on low-calorie sweeteners, which have been used to replace added sugars in some foods and beverages

Added sugars intake in 2001-04 and 2007-10 by age/gender group in comparison to added sugars limits in the USDA Food Patterns



Food sources of added sugars



What We Eat in America, NHANES 2009-10

Added Sugars: Definition

Added Sugars: *Sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono and disaccharides), syrups, naturally occurring sugars that are isolated from a whole food and concentrated so that sugar is the primary component (e.g., fruit juice concentrates), and other caloric sweeteners. This would include single ingredient foods such as individually packaged table sugar. Sugar alcohols are not considered to be added sugars.*

Names for added sugars include: Brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt sugar, molasses, raw sugar, turbinado sugar, trehalose, and sucrose.

Proposed definition from FDA in the Proposed Rule
to the revision of the Nutrition and Supplement Facts Label (March 2014)

Invited Experts and Consultants

Invited Experts

Individuals invited by the SC, usually on a one time basis, to provide their expertise to inform the SC's work. Invited experts do not participate in decisions at the SC level.

Consultant SC Members

Individuals sought by the SC to participate in SC discussions and decisions on an ongoing basis but are not members of the full DGAC. Like DGAC members, consultants complete training and have been reviewed and cleared through a formal process within the Federal government.

Experts & Consultants

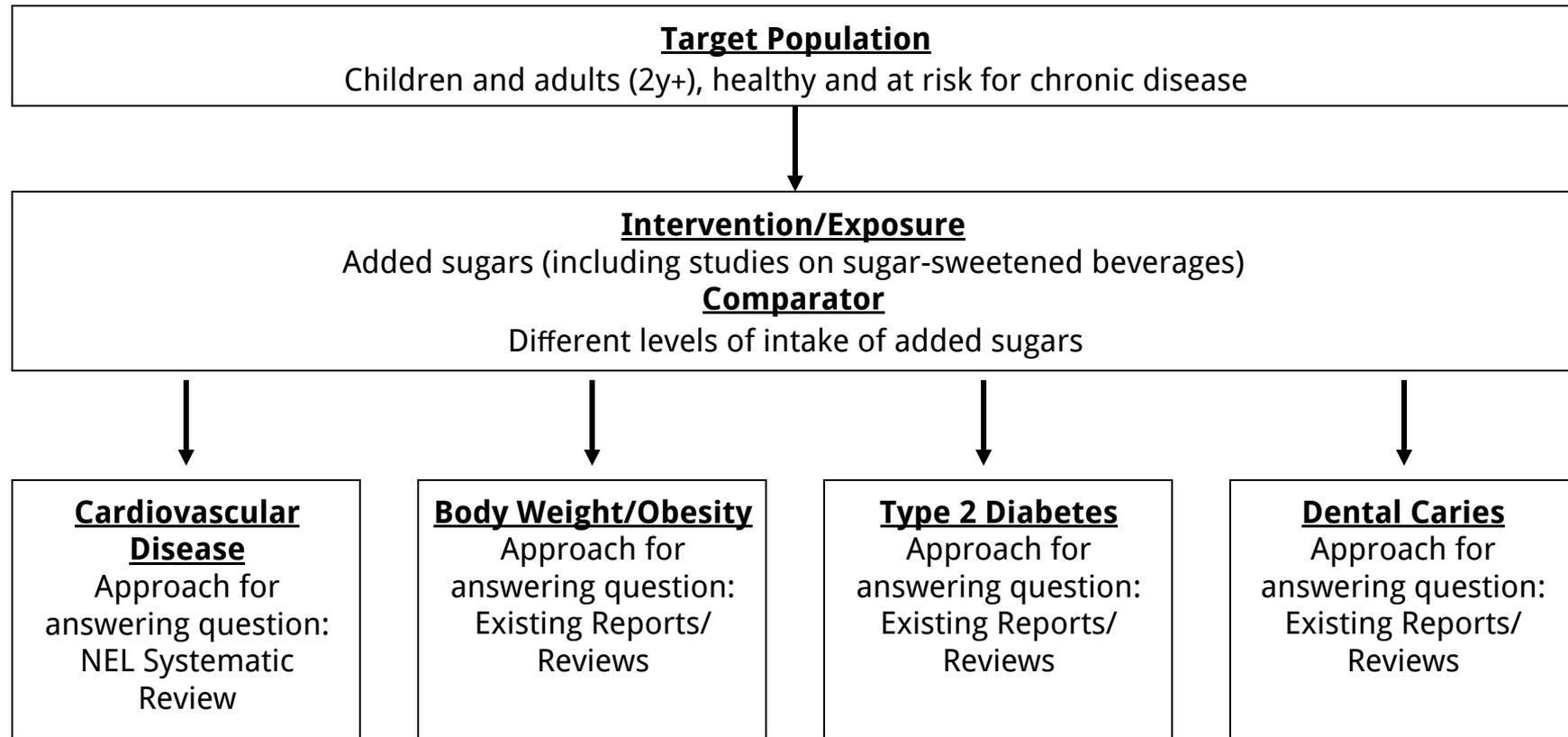
Invited Experts (July to Sept 2014)

- Barry M. Popkin, Ph.D., W. R. Kenan, Jr. Distinguished Professor of Nutrition, at UNC-Chapel Hill

Consultant SC Members

N/A

Analytical Framework: Added Sugars and Health Outcomes



Question:

What is the relationship between the intake of added sugars and cardiovascular disease, body weight/obesity, type 2 diabetes, and dental caries?

Sources of Evidence Under Review

- Added Sugars and CVD:
 - Original NEL systematic review
 - Date range: Jan 2000 to Aug 2014
 - Includes 13 intervention studies and 13 prospective cohort studies
- Added sugars and dental caries:
 - WHO commissioned systematic review/meta-analysis
- Added sugars and body weight:
 - WHO commissioned systematic review/meta-analysis supplemented with 2 recent systematic reviews/meta-analyses
- Added sugars and type 2 diabetes:
 - Five systematic reviews/meta-analyses published between Jan 2010 and Aug 2014

Low-Calorie Sweeteners

- Concurrently review evidence on low-calorie sweeteners and health outcomes
- Examples:
 - Acesulfame K
 - Advantame
 - Aspartame
 - Cyclamate
 - Monk fruit
 - Neotame
 - Saccharin
 - Stevia
 - Sucralose

Next Steps

1. Continue reviewing the evidence on added sugars, low-calorie sweeteners, and health outcomes
2. Describe the amount of added sugars that can be consumed within the USDA Food Patterns
3. Recommend multi-level strategies to reduce added sugars intake
4. Recommend strategies for consumers to know and understand the amount of added sugars in foods and beverages

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