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Sweeteners in our diets and WHO's guidance on free sugars uptake

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Free sugars refer to mono-saccharides such as (glucose, fructose) and disaccharides such as (sucrose, maltose) added to foods and drinks by manufacturer, cook or consumer and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates. Reducing free sugars intake to less than 10% of total daily energy uptake was recommended by the WHO (World Health Organization) for the first time in 1989 and was further elaborated by a joint WHO/FAO (Food and Agriculture Organization) expert consultation. This new updated WHO guideline calls for further reduction of free sugars intake to less than 5% of total energy uptake if possible. This guideline is to halt the rise of diabetes and obesity and reduce the burden of premature death due to Non-Communicable Disease (NDCs). It does not refer to sugars in fresh fruits and vegetables and sugars naturally present in milk, because there is no reported evidence of adverse effects of consuming these sugars. Metabolic pathways and WHO's guidance on these free sugar intakes will be highlighted in this presentation.

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