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

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Free sugars refer to monosaccharides 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 (NCDs). 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.

Biography

Osama O Ibrahim is a highly-experienced Principal Research Scientist with particular expertise in the field of microbiology, molecular biology, food safety and bioprocessing for both pharmaceutical and food ingredients. He is knowledgeable in microbial screening, culture improvement; molecular biology and fermentation research for antibiotics, enzymes, therapeutic proteins, organic acids and food flavors; biochemistry for metabolic pathways and enzymes kinetics, enzymes immobilization, bioconversion and analytical biochemistry. He was an External Research Liaison for Kraft Foods with Universities for research projects related to molecular biology and microbial screening and holds three bioprocessing patents and multiple publications. Upon his retirement from Kraft Foods he established his own biotechnology company providing technical and marketing consultation for new startup biotechnology and food companies. He has received his BS in Biochemistry with honor and two MS degrees in Microbial Physiology/Fermentation and in Applied Microbiology. He has received his PhD in Basic Medical Science (Microbiology, Immunology and Molecular biology) from New York Medical College. He is a Member of American Chemical Society, American Society of Microbiology and Society of Industrial Microbiology since 1979.

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