

Draft guidelines on Sugar intake.

The WHO is launching a public consultation on its draft guideline on sugar intake. When finalized, the guideline will provide countries with recommendations on limiting the consumption of the sugars to reduce public health problems like obesity and dental caries.

WHO's current recommendation from 2002 is that sugar should make up less than 10% of total energy intake per day. The draft guideline suggests to further reducing to 5% of total energy intake per day. Five percent of total energy intake is equivalent to around 25gms (around 6 teaspoons) of sugar per day for an adult of normal Body Mass Index (BMI).

The suggested limits intake of sugars in the draft guideline apply to all monosacharides and disaccharides that are added to food by the manufacturer, cook or consumer, as well as sugars that are naturally present in honey, syrups, fruit juices and fruit concentrates.

Much of the sugars consumed today are hidden in processed foods that are not usually seen as sweets. The draft guidelines was formulated based on analysis of all scientific studies on the consumption of sugars and how that relates to excess weight gain and tooth decay in adults and children.

The guidelines can be accessed at www.who.int/nutrition/sugars_public_consultation

The Ministry of Health would like to request all interested health personals to review the guidelines and provide comments to the Life Style Related Disease Programme (LSRDP) by *20th March 2014*.

Non Communicable Disease Division

Public Health Department.