

MEN LIKE SWEET, WOMEN LOVE SWEETER

Most of us know that consuming excess sugar may have a health impact. But for most of us, that is hardly an argument convincing enough to make us shun sweets. While fruits, vegetables and dairy products are among foods that naturally contain sugar, we also end up consuming added sugar in the form of desserts, sweet beverages and suchlike.

An ICMR-National Institute of Nutrition (NIN), Hyderabad, survey, which was sponsored by International Life Sciences Institute-India (ILSI-India), measured added sugar intake levels in seven major metro cities. Here's what it found



Mumbai has a sweet tooth

26.3g | Average daily sugar consumption for a Mumbaikar. The highest level for the metros surveyed



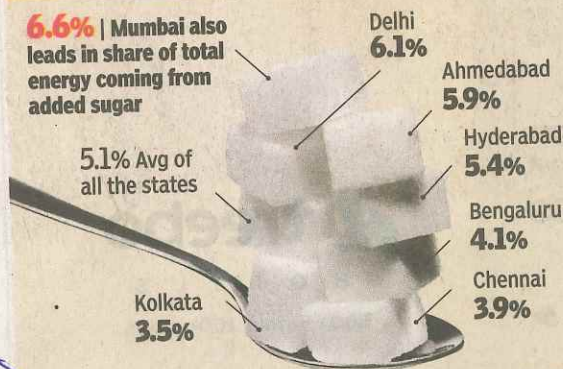
What is added sugar?

The sugars and syrups added to foods during processing. Desserts, sodas and energy and sports drinks are among foods/beverages that contain added sugars

WHO guidelines issued in 2015 called for adults and children to reduce daily intake of free sugars to less than 10% of total energy intake. It added that a further reduction to below 5% or roughly 25 gm (6 teaspoons) per day would provide additional health benefits. That would suggest most Indian metros are keeping their added sugar use in check

Energy through added sugar

6.6% | Mumbai also leads in share of total energy coming from added sugar



Not kids, adults consume most added sugar



17.6g The daily added sugar consumption for schoolchildren. It was more than the daily 15.6g consumed by pre-school children

Source: ICMR-NIN, mayoclinic.org, WHO

While the survey suggests Indians are consuming less sugar than recommended levels, intake patterns may not be the same for all income categories

Times of India
7/1/20

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