



Added Sugars

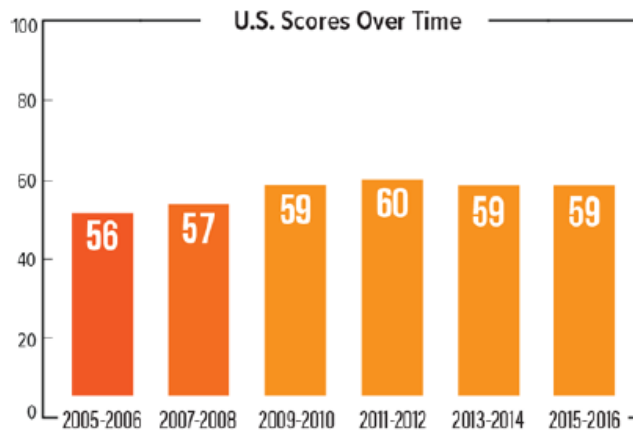
Perspectives from the 1st DGAC Meeting



Our Common Goal: Improving the Health of Our Nation

- What we eat and drink matters
- We still fall far short of eating according to the *Dietary Guidelines*

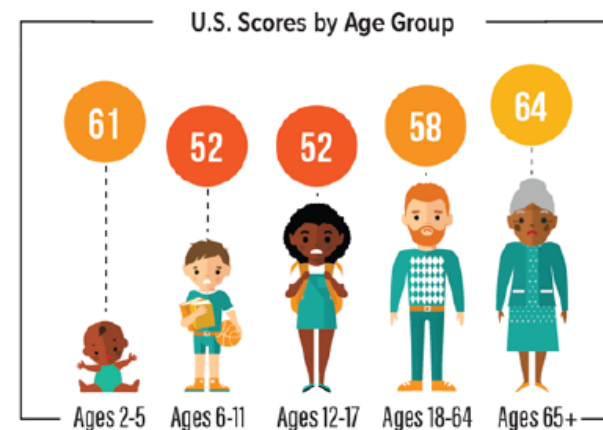
How Healthy Is the American Diet?



59

The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines.
(on a scale from 0-100)



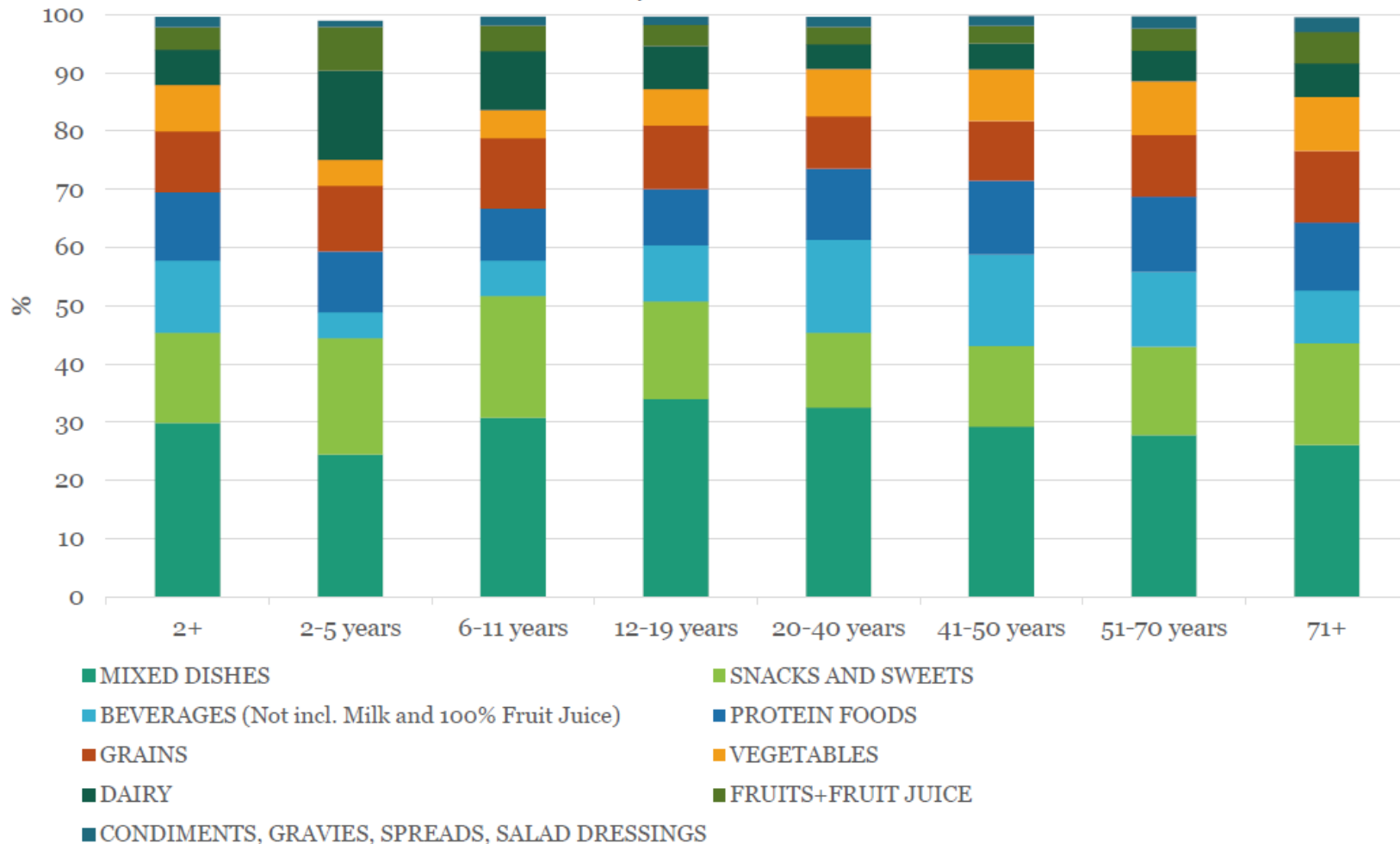
Data source for Healthy Eating Index scores: What We Eat in American, National Health and Nutrition Examination Survey. (Undated data are from 2015-2016).



Data show that moving toward the Dietary Guidelines can have health and economic benefits

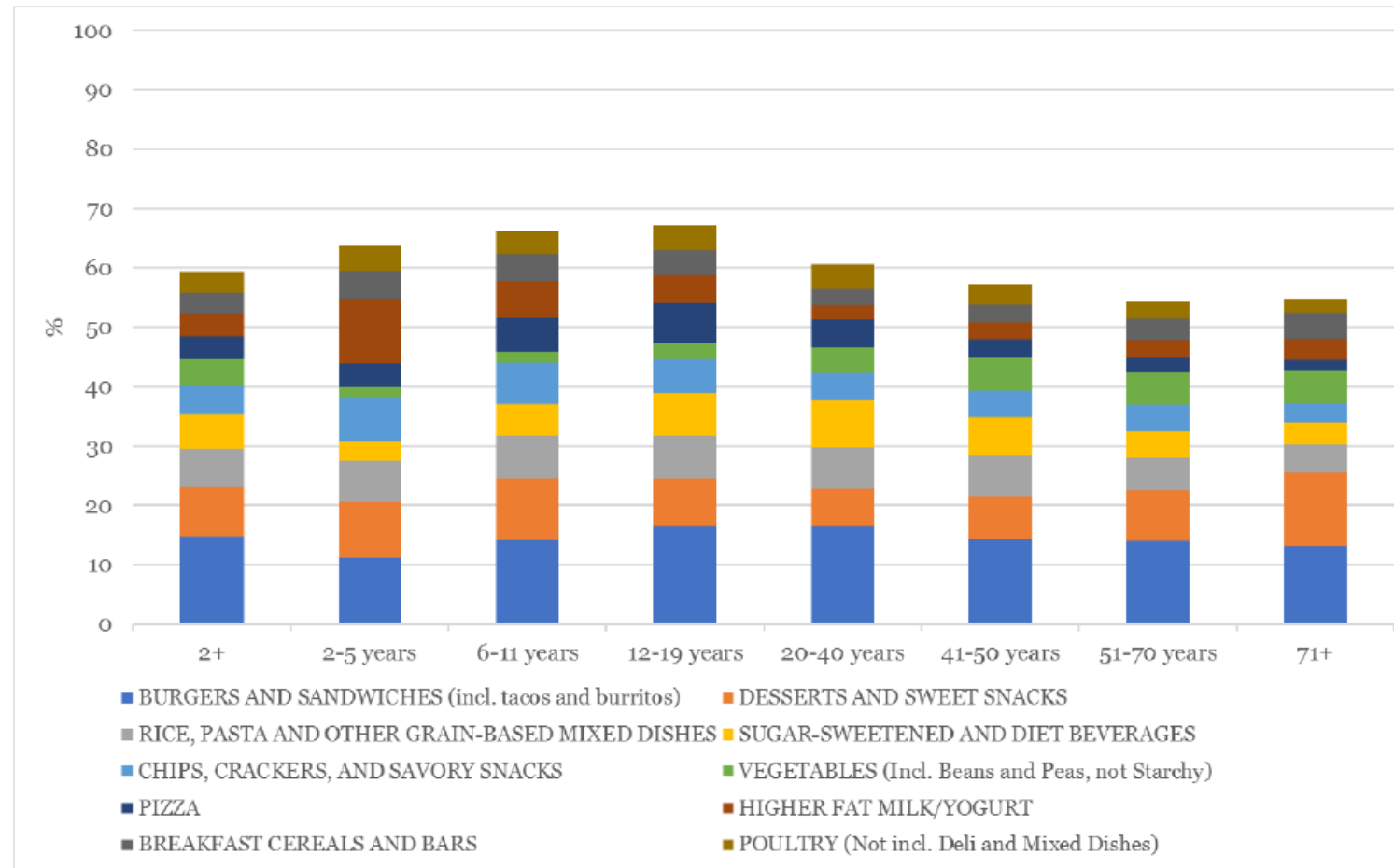
Food Category Sources of Calories

Males and Females - Distribution of energy intake (percentages) across major categories
WWEIA, NHANES 2013-2016



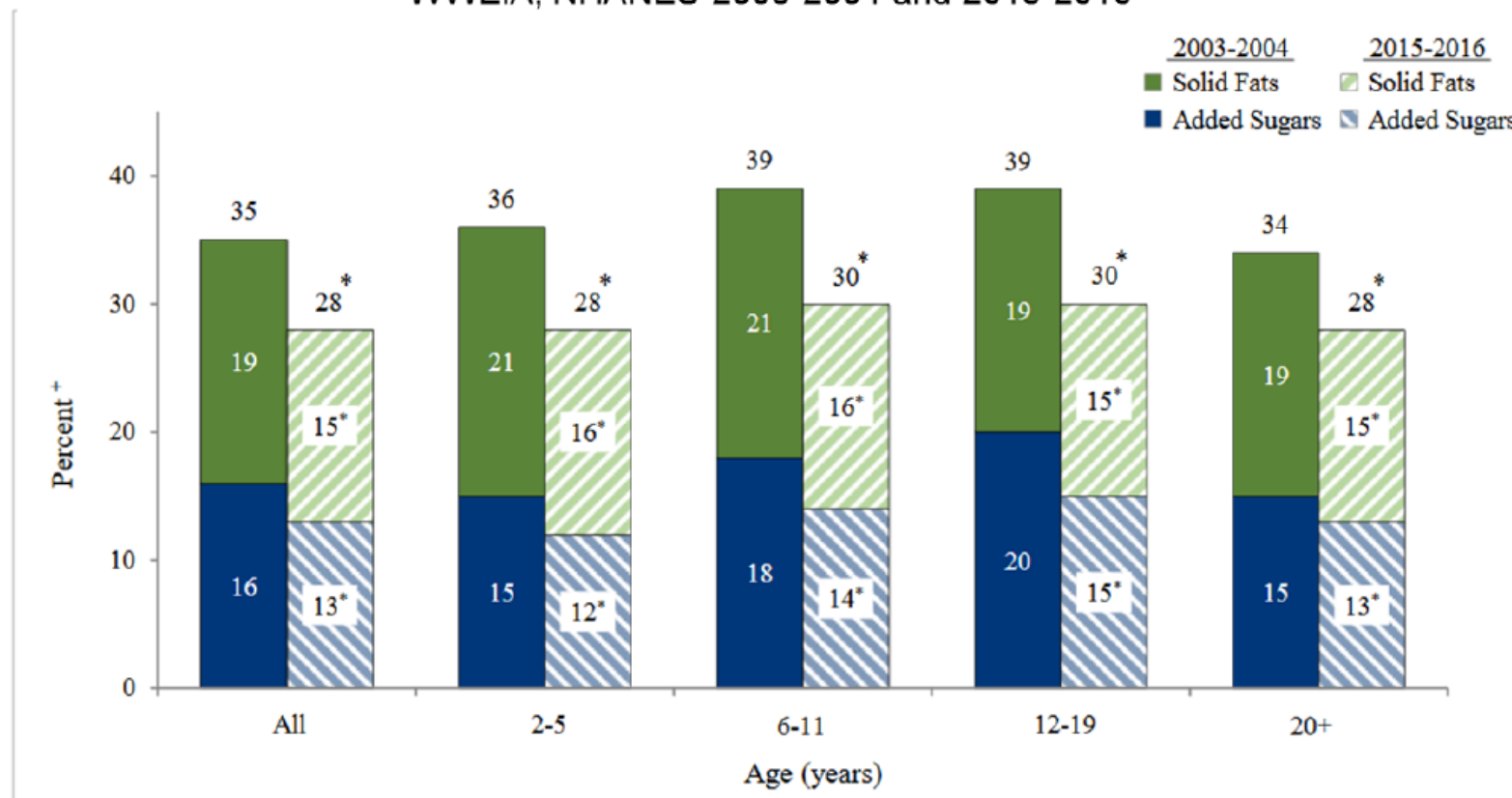
Top 10 Sub-category Sources of Energy

**Males and Females – Distribution of energy intake (percentages) across top 10 sub-categories
WWEIA, NHANES 2013-2016**



Percent of Calories from Solid Fats and Added Sugars Decreased Between 2003-2004 and 2015-2016

Estimated mean intakes of calories from solid fats and added sugars as percent of total calories per day, by age
 WWEIA, NHANES 2003-2004 and 2015-2016



* Significantly different from 2003-2004 ($p < 0.01$)

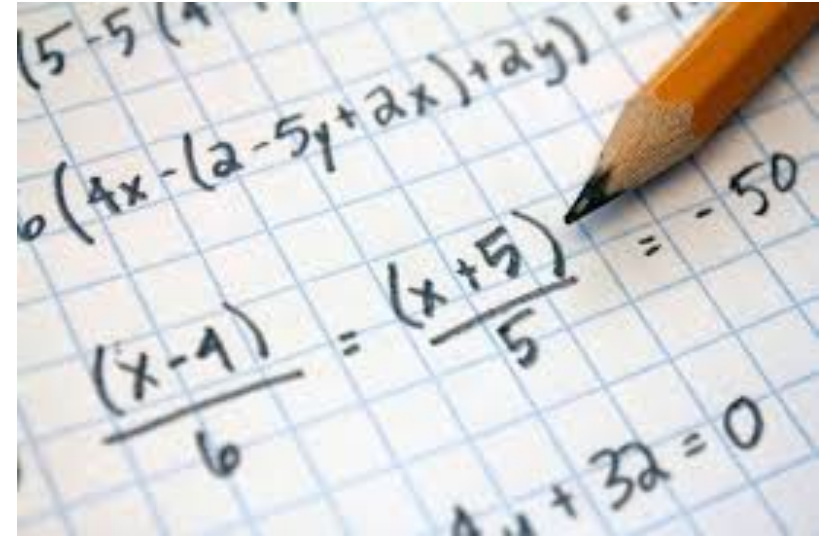
† Percentages rounded to integers. Total percentages of calories from solid fats and added sugars are shown above the respective bar charts.

DATA SOURCE: What We Eat in America, NHANES 2003-2004 and 2015-2016, day 1, individuals 2+ years

Bowman SA, et al. Food Surveys Research Group. Dietary Data Brief No. 20, November 2018.

Unpacking the Numbers

- **Added sugars intake fell from 21.0 tsp equiv to 16.2**
 - **4.2 g sugar/tsp**
 - **4 Calories/g sugar**
- **21.0 tsp = 88.2 g = 352.8 Cal**
- **16.2 tsp = 68.0 g = 272.2 Cal**
- **FDA DV = 10% of 2,000 Cal diet = 200 Cal from added sugars**
- **If 272.2 Cal = 13% of total Cal, then total Cal = 2,094**
- **To go from current to recommended added sugars consumption, basis 2,000 calorie diet, requires further 27% reduction**



Unpacking the Implications



- **How accurate are the numbers?**
 - **Broadly consistent with ERS per capita consumption data**
 - **Less consistent with deliveries + SCP imports sugar content**
- **NHANES is dietary recall survey**
 - **Did added sugars become less socially acceptable from 2003-04 to 2015-16?**
 - **If so, did more respondents tend to understate snack, soda consumption?**
- **DGAC unlikely to declare victory and go home**
 - **Evidence of progress suggests potential for more progress**
 - **Expect continued emphasis on added sugars reduction**
- **Strength of evidence not likely to justify further cut to 5% of Cal**
 - **WHO recommendation rested on self-described “very low quality” evidence**
 - **Based on dental caries, *not* link to chronic disease**