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WHO calls on slashing sugar consumption

In its [guidelines](#) published yesterday, the World Health Organisation (WHO) has reiterated adults and children consume too much sugar. The United Nations health body advises daily sugar consumption should be slashed to between 5 and 10% of total energy intake, equating to 6-12 teaspoons.

In many EU countries populations' intake exceeds the 10% limit. Europeans' current sugar consumption varies from between 7 to 17% of their energy intake.

Monique Goyens, BEUC's Director General, commented:

"The WHO hammers that we still ingest too much sugar. Unfortunately, consumers have no idea of how much sugar they eat, most of it being hidden in processed foods and drinks, hard to spot on labels.

"One would never add 4 to 5 teaspoons of sugar to a cup of tea or coffee. But this could be the amount you can ingest by eating a single yoghurt.

"It is reassuring that the WHO has sugar overconsumption on its radar. We hope these guidelines will inspire the food industry to cut down sugar in their products and policy makers to take bold actions to tackle obesity and overweight, especially among children."

See also:

[BEUC's response to WHO consultation](#), March 2014

[BEUC's position paper on nutrition](#), February 2015

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