

## New Sugar recommendations are welcomed by researchers

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**A maximum of ten percent of calories, says WHO.**

(1:49 min)



Mexico has the world's fattest population. Photo: Gideon Flickr (CC BY 2.0)

**The World Health Organization has come up with new recommendations on added sugars in the diet to stop global obesity epidemic. The initiative is welcomed by prominent sugar scientists hope the same restrictions on sugar alcohol and tobacco.**

More than two-thirds of Mexican and US population is obese or overweight. Weight curves show steep upward in most countries and cause today a majority of all deaths in type 2 diabetes, cardiovascular disease, liver and kidney failure and cancer.

**The wrong diet and lack of exercise** are the main cause, but worst of all is that food and beverages from the food is packed with sugar that we will not be able to resist it.

- We did not do it to ourselves. The food industry is to blame by mixing in high levels of sugar in all processed foods internationally and now all sick of it, says Professor Robert Lustig at the University of California San Francisco, UCSF.

**It is the food industry's fault** that we are all now get sick, argues Robert Lustig. They have designed their products in the lab that we will not be able to resist them. Our brains are programmed since birth to be drawn to sweets and we over eat junk food.

Robert Lustig welcomes WHO's new lower recommendations for sugar, but say they do not mean anything if the industry is changing and politicians are setting up restrictions. Such would be sugar Taxes, easy to read ingredients lists and stop the spread of matöknar where cheap fruit and veg missing.

Lustig with colleagues summed over 8,000 scientific studies on the health effects of added sugar to give clear advice to the public. The initiative is called Sugar Science Initiative and is headed by Professor Laura Schmidt. She believes that the issue is as serious as climate change in the health sector and require global crackdown.

- The current epidemic of obesity and metabolic diseases, public health equivalent of climate change, according to Professor Laura Schmidt at UCSF.