

Sugar in children's food

**Kawther Hashem RNutr
Nutritionist and Researcher of Action on Sugar and Consensus Action
on Salt and Health (CASH)**

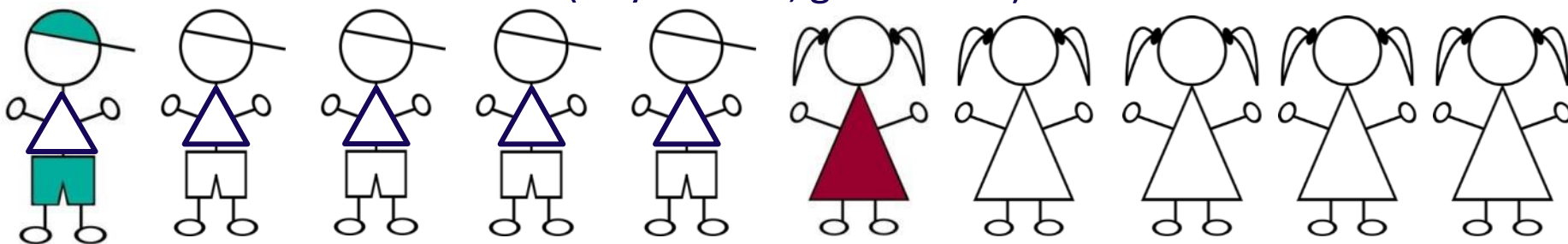
3rd June 2014 Food & Science and Technology Foundation

**Wolfson Institute of Preventive Medicine,
Barts and The London School of Medicine & Dentistry,
Queen Mary University of London, UK
*k.hashem@qmul.ac.uk***

Overweight and obesity amongst UK children

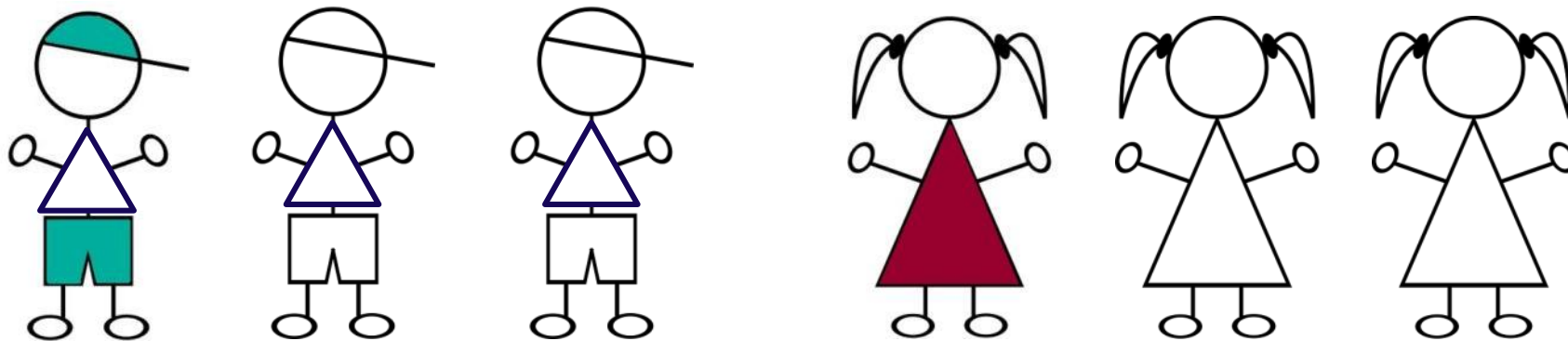
One in five children in Reception is overweight or obese

(boys 23.5%, girls 21.6%)



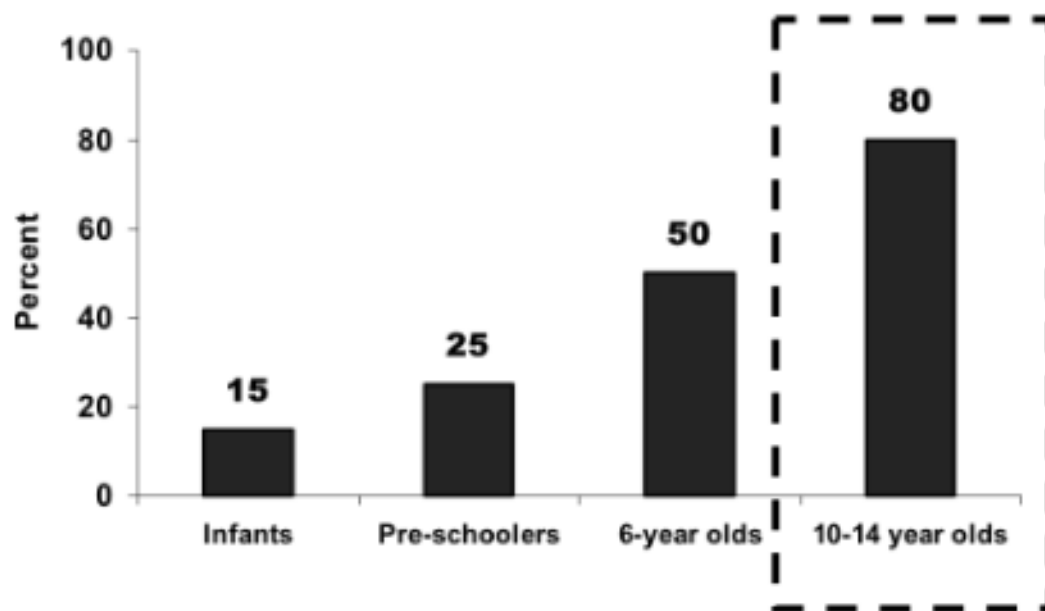
One in three children in Year 6 is overweight or obese

(boys 35.4%, girls 32.4%)



Child overweight (including obesity)/ excess weight: BMI \geq 85th centile of the UK90 growth reference

Percent of overweight children who become obese adults



YRBS, 1991-1999

Associated comorbidities of obesity

Adults

- Type 2 diabetes
- Coronary heart disease (CHD)
- Hypertension
- Various cancers
- Osteoarthritis
- Stroke

Children & Teenagers

- Hypertension
- Hyperinsulinaemia
- Dyslipidaemia
- Type 2 diabetes
- Psychosocial dysfunction





Hidden Sugar (tsp)



Starbucks caramel Frappuccino with whipped cream and skimmed milk (Tall)



x11



Mars Bar (51g)



x7



Cadbury Hot Drinking Chocolate with semi-skimmed milk (200ml)



x6



Coca-Cola Original (330ml)



x9



Sharwood's Sweet & Sour Chicken with Rice (375g)



x6



Yeo Valley Family Farm 0% Fat Vanilla Yogurt (150g)



x5



Heinz Classic Tomato Soup (300g)



x4



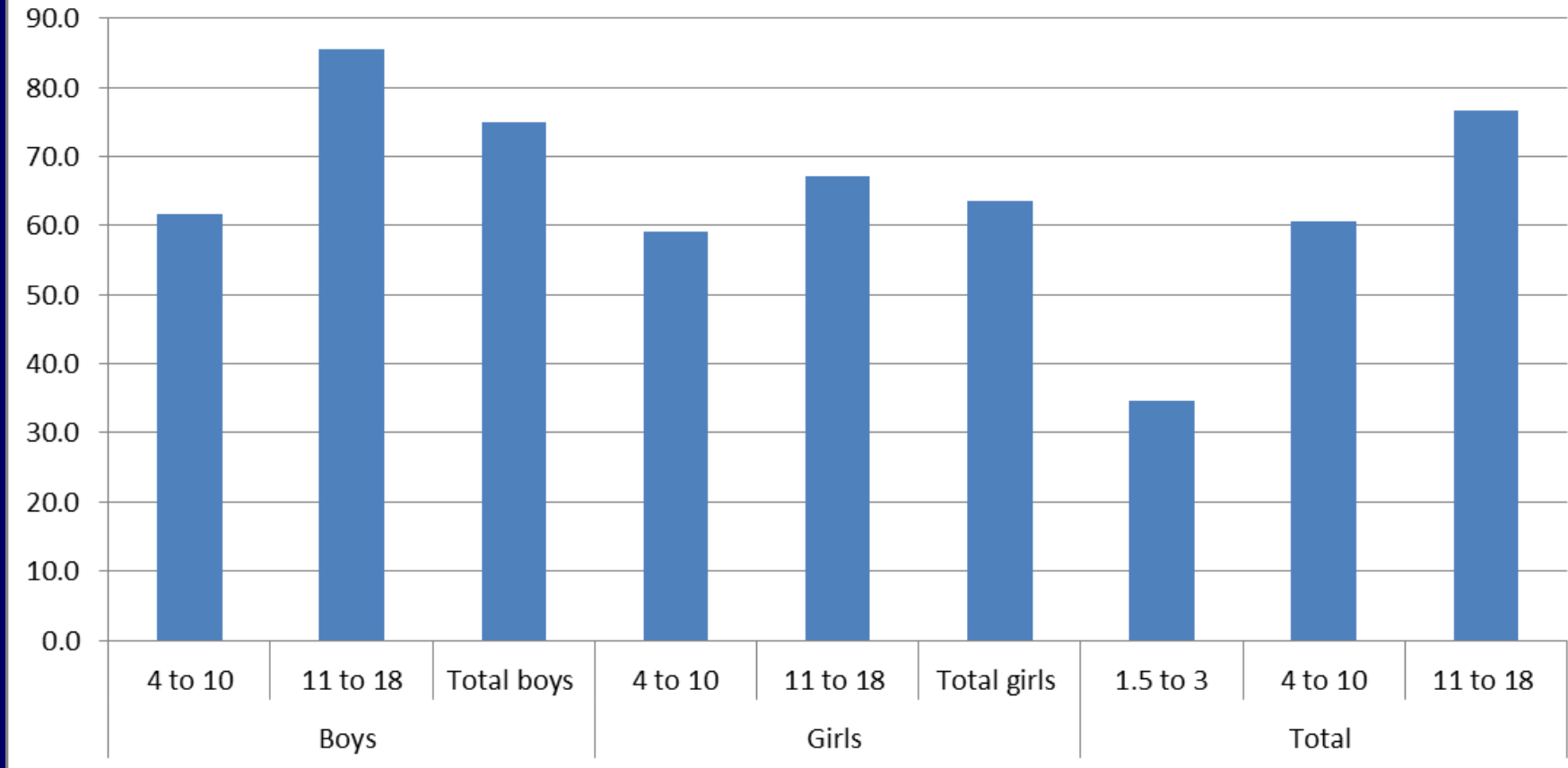
Kellogg's Frosties with semi-skimmed milk (30g)



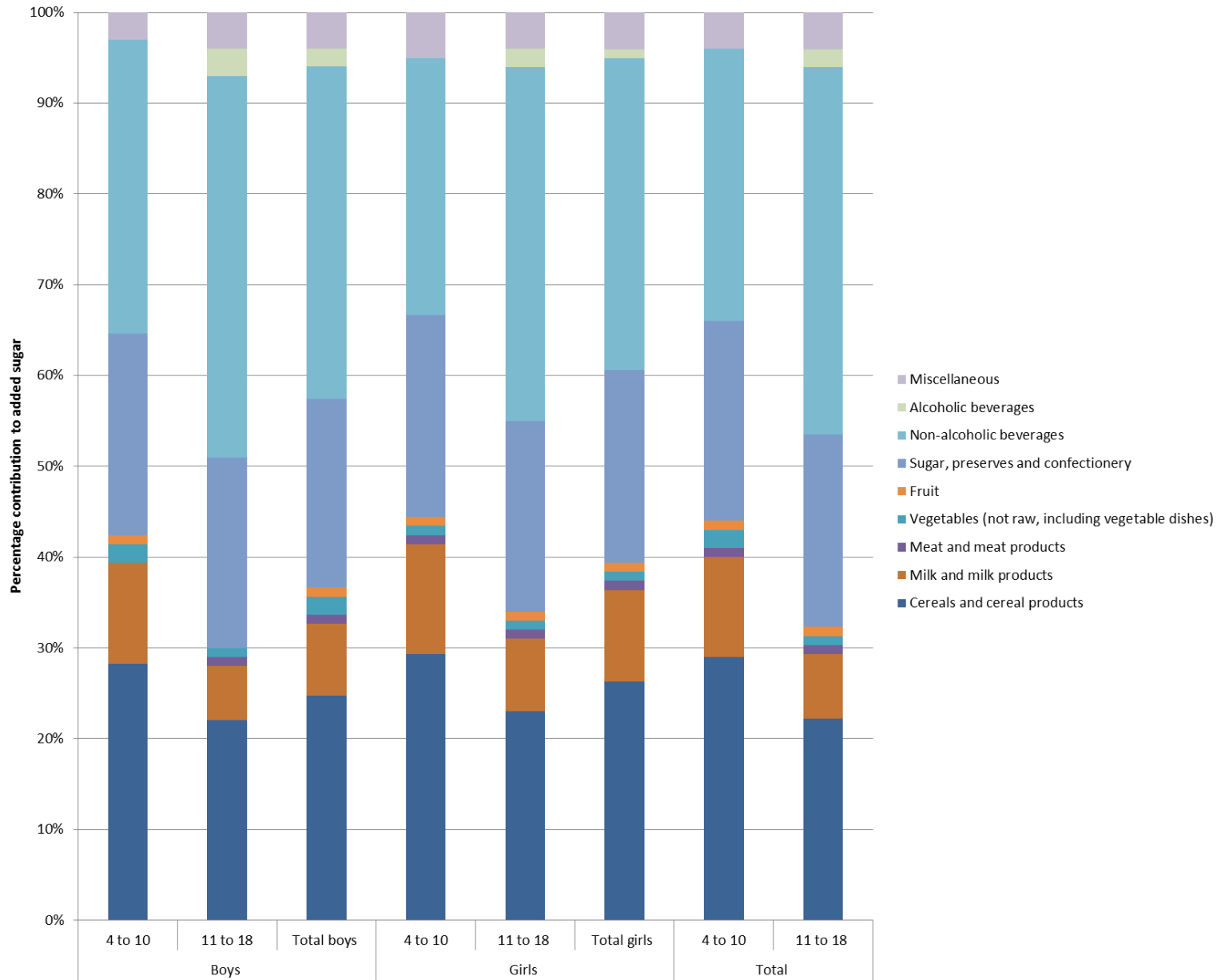
x4

Added sugar intake

Added sugar intake (g), by age and sex



Added sugar intake



Recommendations and intake

- **Current recommendation: less than 10% of energy intake**
- **Draft WHO recommendation: less than 5% of energy intake from sugar**
- **Children consume between 11.9 – 17% of energy intake from sugar**

Who is responsible?

- Public + parents
- Governments
- Food & drink industry
- Schools

Education

- Role of different nutrients in the body
- Cooking
- Frequency of consumption and portion control
- Labelling
- Role of marketing

Summary

- **Encourage children to eat real food and not ultra-processed food high in fat, sugar and salt**
- **The obesity crisis is compelling enough to warrant strong food education in schools**

Thanks you!

K.hashem@qmul.ac.uk