Top Ten Things To Know
Dietary Sugars Intake and Cardiovascular (CV) Health

1. Sugars intake and CV health have been under-studied due to a lack of direct evidence documenting an adverse impact of dietary sugars intake on CV disease.

2. Excessive added sugars in the diet are linked to adverse health conditions and essential nutrient shortfalls. Emerging data further suggest that high intakes of added sugars may increase blood pressure, blood triglycerides and levels of inflammatory biomarkers.

3. Diets high in added sugars are typically low in fiber. Increasing dietary sources of fiber is associated with decreasing energy intake, which can result in weight loss.

4. Over the past 30 years, total calorie intake has increased by an average of 150-300 calories per day and approximately 50 percent of this increase comes from liquid calories (primarily sugar-sweetened beverages).

5. Higher intake of sugar sweetened soft drinks has been associated with greater energy intake, higher body weight, lower intake of other nutrients, and worse health indices.

6. When sugars are added to nutrient-rich foods, such as flavored milks, studies have shown that the quality of children’s diets improves and there is no negative impact on their weight.

7. Added sugars are defined as sugars and syrups added to foods during food or beverage processing or preparation at the table.

8. It’s been reported that the form of added sugars is important; both lean and obese adults respond similarly to liquid and solid food intake.

9. The liquid form of added sugars results in greater energy intake compared to solid form of food.

10. These sugars intake recommendations – in tandem with AHA 2006 Diet and Lifestyle Recommendations – provide important guidance on how to meet essential nutrient needs, improve health factors, maintain a healthy body weight and reduce risks for developing cardiovascular disease.

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