

Types of sugars



TOTAL SUGARS

Sugars

Naturally present in:



Fruits



Vegetables



Milk and unsweetened dairy products



Some grains

Free sugars

Naturally present in:



Honey



Syrup



Fruit and vegetable juices and juice concentrates

Added sugars:



Refined sugars

Produced sugars:



Produced during food processing

Free sugars overconsumption is responsible for:



Dental caries



Gastrointestinal disorders



Cardiovascular diseases & type 2 diabetes



Bodyweight & obesity



Infants and children are exposed to a **highly sweeter environment** than any previous generation.

Preference for sweet taste is innate, but it may be changed by pre- and postnatal exposures to different flavors.

Children < 2 years of age are recommended to **avoid added sugars**



The **World Health Organization (WHO)** recommends to **limit the daily intake of free sugars to < 5%** of total energy intake

For children **2 - 4 years old** daily intake of free sugars is limited to:



How to avoid or limit your child's daily free sugar intake?

Recommended consumption



Breastmilk *



Water



Unsweetened dairy products



Fruit



Milk, plant-based drinks (≥ 1 year old)



No added / formed sugar wholegrain cereals

Avoid or limit consumption



Sweetened powder drinks



Sugar-containing beverages



Sweetened cereals



Bakery and sweets



Fruit juices and smoothies



Sweetened dairy products

* Breastmilk is the best nutrition for infants. It's the preferred exclusive nutrition during the first six months of life. When breastfeeding is not possible or inadequate, infant formula can be a safe and appropriate alternative, but always consult your pediatrician first.

