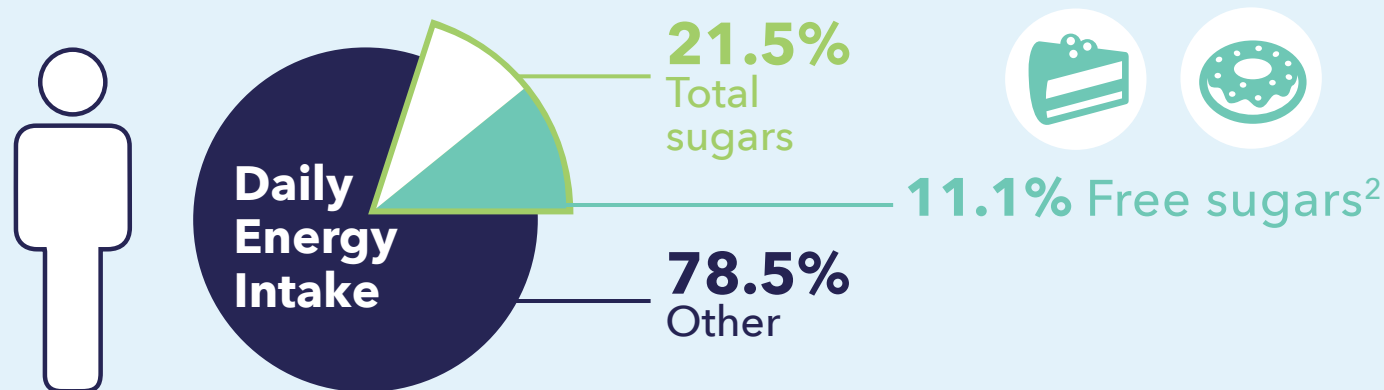


Spotlight on New Zealand's SUGARS Consumption



New Zealand adults get, on average, **21.5%** of their daily energy intake from **total sugars**¹.

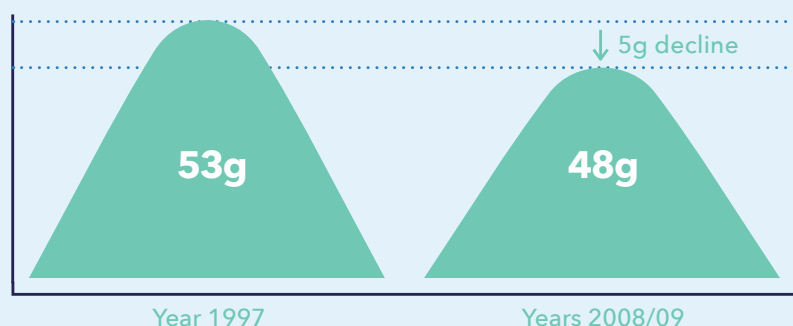


That's **close** to the World Health Organisation's (WHO) recommendations, which suggest **less than 10%** of daily energy intake should come from free sugars.

A more recent study, indicates that Kiwis are eating about **14 teaspoons** of free sugars a day compared to the **12 teaspoons** recommended by WHO².



New Zealand adults added sugar [sucrose*] intake over time¹

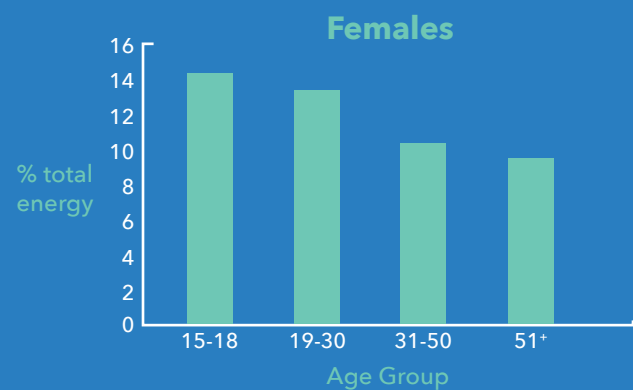
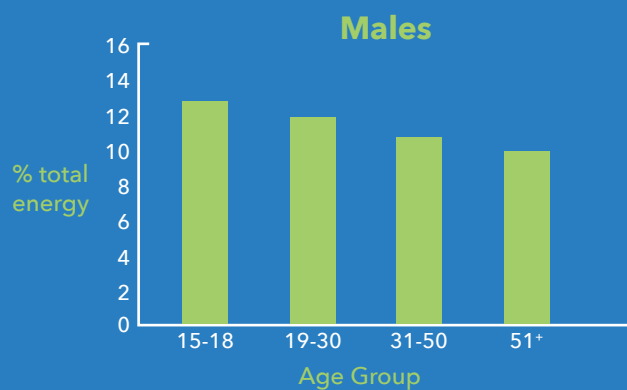


[*sucrose used as a proxy measure for added sugars]

Trends over time

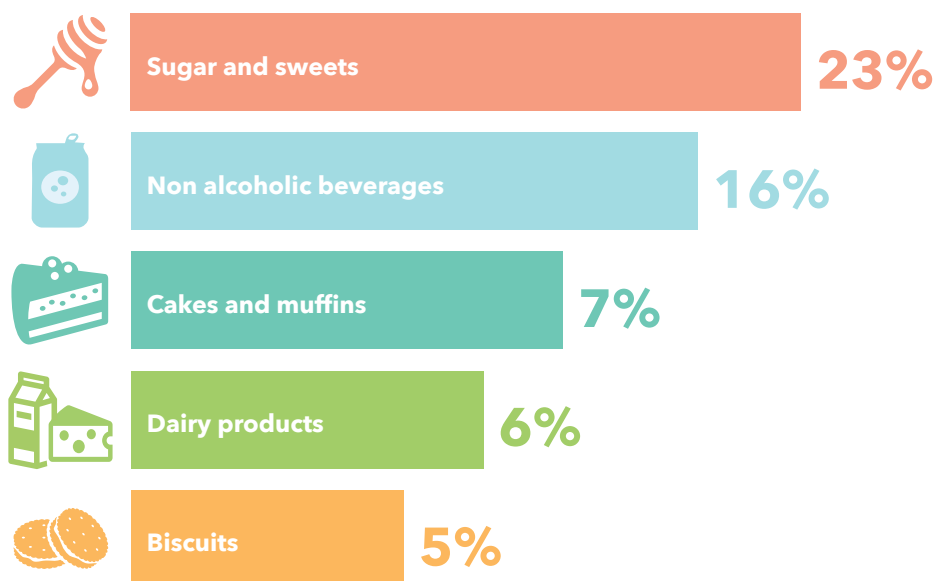
There has been an overall **reduction** in sucrose intake since the 1997 nutrition survey which reported a median intake of **53g**¹.

Across age groups and sexes, the average intakes of **free sugars** % total energy are²:



Where is the sugar in our diet coming from?

The main sources of **added sugar [sucrose]** in the Kiwi diet were¹:



Definitions

- > **Total sugars:** includes those sugars naturally present in foods such as fruit and milk as well as the sugars added in processed foods and beverages
- > **Free sugars:** includes all added sugars plus the addition of sugars naturally present in honey, syrups and fruit juices.
- > **Added sugars:** All monosaccharides and disaccharides added to foods by the manufacture, cook, or consumer [often sucrose].

REFERENCES

1. University of Otago and Ministry of Health. 2011. A Focus on Nutrition: Key findings of the 2008/09 New Zealand Adult Nutrition Survey. Wellington: Ministry of Health.
2. Kibblewhite, RL, & Te Morenga, L. (2016). Estimating Free Sugars Intake in New Zealand. Manuscript submitted for publication. Available from: <https://otago.ourarchive.ac.nz/bitstream/handle/10523/7204/KibblewhiteRachelL2016MDiet.pdf?sequence=1&isAllowed=y>



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