

AHA Sugar Guidelines for Children

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AHA's 2020 Health Impact Goal

By 2020, to improve the cardiovascular health of all Americans by **20 percent** while reducing deaths from cardiovascular diseases and stroke by 20 percent.





Added Sugars and Cardiovascular Disease Risk in Children: A Scientific Statement from AHA was released in August 2016.

The purpose of this statement was to

- review the available evidence on added sugars intake and CVD risk in children and adolescents,
- identify research gaps, and
- make recommendations that will promote further reductions in added sugars intake and reductions in CVD risk.

Key Findings

- Children consume an average of 80 grams of added sugar daily -- 16% calories consumed
- Foods and beverages each contribute approximately half of the added sugars in children's diets.
- The top contributors to added sugars intake include soda, fruit-flavored and sports drinks, and cakes and cookies.

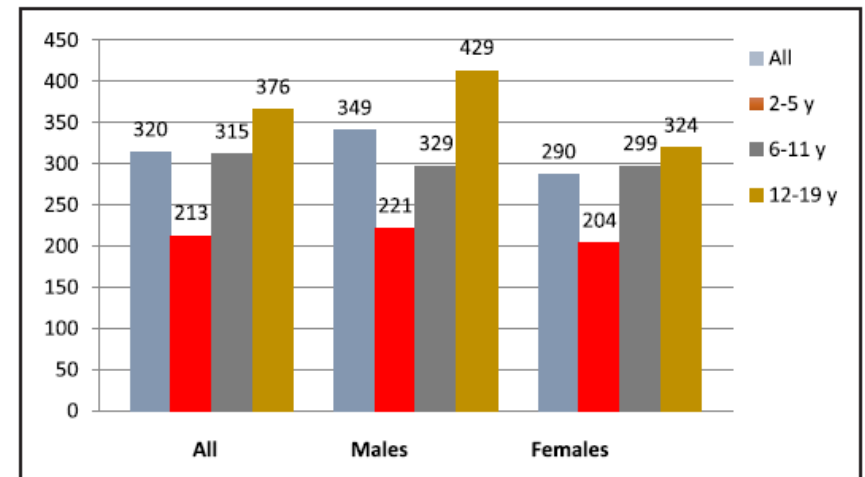


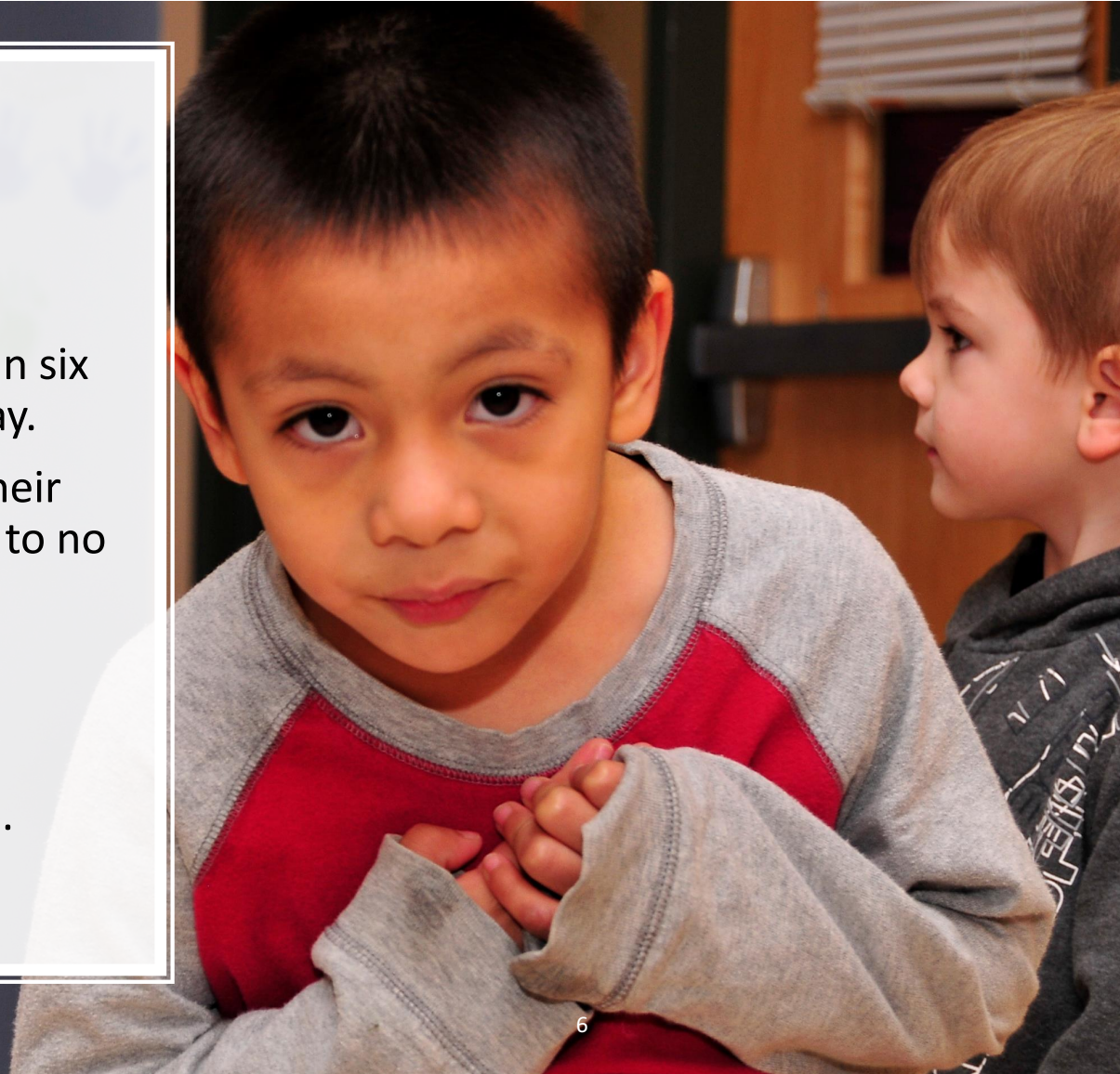
Figure. Mean daily kilocalories from added sugars among children and adolescents 2 to 19 years of age, by sex and age group: NHANES (National Health and Nutrition Examination Survey), 2009 to 2012.

Key Findings

- Added sugars contribute to a diet that is energy dense but nutrient poor and increase the risk of developing obesity, cardiovascular disease (CVD), hypertension, obesity-related cancers, and dental caries
- Strong evidence supports an association of added sugars with increased cardiovascular disease risk in children
- Added sugars appear to be associated with insulin resistance in children who are overweight
- There is consistent evidence that cardiovascular risk increases as added sugars consumption increases.
- Studies are needed to further elucidate a safety threshold of added sugars intake

Statement Highlights

- Children should consume less than six teaspoons of added sugars per day.
- Children and teens should limit their intake of sugar-sweetened drinks to no more than eight ounces weekly.
- Children under the age of 2 years should not consume foods or beverages with added sugars, including sugar-sweetened drinks.



Comparison to Other Recommendations

- World Health Organization recommends that adults and children reduce their intake of free sugars to less than 10 percent of total calories. They further concluded that reducing free sugars to less than 5 percent of calories (about 25 grams or six teaspoons) per day would provide additional health benefits.
- The 2015 Dietary Guidelines for Americans recommend fewer than 10 percent of calories come from added sugars.

Research Gaps

- Is there a threshold of added sugars below which there are no negative effects on cardiovascular health?
- Is there a direct linear relationship between increasing cardiovascular risk outcomes and added sugars intake? For example, is 1% better than 5%, which is better than 10%? Does this change by age?
- Are the risks associated with added sugars consumption lower if the sugars are consumed in foods instead of in beverages?
- Does routine use of non-nutritive sweeteners have adverse metabolic effects in children?

AHA Added Sugar Recommendations for Adults

The American Heart Association recommends limiting the amount of added sugars to no more than 100 calories per day for women and no more than 150 calories per day for men (or about 6 teaspoons per day for women and 9 teaspoons per day for men).

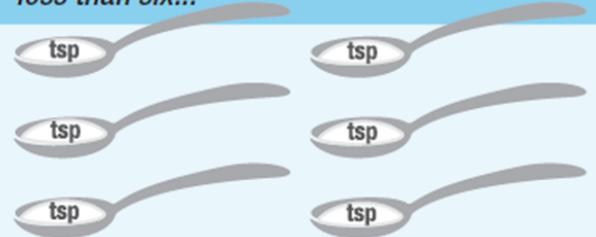


HEALTHY KIDS ARE SWEET ENOUGH

Kids age 2-18 should have **LESS THAN 25 GRAMS** or
SIX TEASPOONS of **ADDED SUGARS DAILY**
for a healthy heart.



less than six...



Source: American Heart Association statement:
Added Sugars and Cardiovascular Disease Risk in Children

