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## Sugary Food Consumption and Its Impact on Health

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### **Message from the Guest Editors**

Dear Colleagues,

In western countries, processed food and drink consumption rich in free sugars is growing. As a result, a significant proportion of daily caloric intake comes from these components. In Europe, this proportion ranges from 15% to 26%, being mildly lower in adults compared to children. Thus, some dietary guidelines suggest limiting calories from added sugar to less than 10% per day. Recent meta-analyses and systematic reviews have confirmed the link between consumption of free sugars and weight gain in both children and adults. Additionally, other chronic diseases such as type 2 diabetes, cardiovascular disease, metabolic syndrome, and fatty liver disease have been linked to sugar intake. Finally, today, some investigators have also suggested a link between sugar intake and higher incidence of certain types of cancer, although this association is controversial for other researchers. On the other hand, current evidence suggests that decreasing sugar intake could help to keep us healthy.

Dr. Emilio Sacanella

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