

Special Issue

Sugary Food Consumption and Its Impact on Health

Message from the Guest Editors

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.

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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