

Special Issue

Intake of Added Sugars in Children and Adolescents

Message from the Guest Editors

Sugars comprise a specific group of carbohydrates and are one of the most controversial components of our diet, as public health authorities worldwide acknowledge that there is an excessive intake, and that this is worryingly contributing to the global obesity pandemic. Furthermore, as part of a high-calorie diet, added sugars have been recognised as a cause for dental caries and major non-communicable diseases (NCDs), such as diabetes. Worldwide sugar consumption has triplicated over the past 50 years, and this increase is expected to continue, mainly in emerging countries. This Special Issue of *Nutrients* is, therefore, intended to highlight some of the recent dietary and nutrition studies assessing added sugar intake levels, major food sources, and reformulation practices worldwide, namely focused on children and adolescents as key vulnerable population groups due to current excessive intakes at western societies.

Guest Editors

Prof. Dr. Teresa Partearroyo

Departamento de Ciencias Farmacéuticas y de la Salud, Facultad de Farmacia, Universidad San Pablo-CEU, CEU Universities, Urbanización Montepríncipe, Alcorcón, Madrid, Spain

Prof. Dr. Lourdes Samaniego-Vaesken

Departamento de Ciencias Farmacéuticas y de la Salud, Facultad de Farmacia, Universidad San Pablo-CEU, CEU Universities, Urbanización Montepríncipe, Alcorcón, Madrid, Spain

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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Message from the Editorial Board

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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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