

NATURAL SUGARS VS. ADDED SUGARS

What is the difference?



Natural sugars

Found naturally in foods such as fruits, fruit juices, honey and dairy foods.

 Milk 9g / glass	 Banana 22g / banana
 Orange juice 14g / glass	 Raisins 18g / serving
 Yogurt low fat diet 11 g / carton	 Honey 8g / spoon

100% fruit juice never contains added sugars.



Added sugars

Sugars added during processing, home cooking or at the table.

 Soda 23-35g / can	 Cake 47g/slice
 Ice cream 19g / cone	 Fruit gum candy 12g/packet
 Muffin 34g/muffin	 Chocolate 28g/bar

Data source: McCance & Widdowson's Composition of Foods database; serving sizes based on manufacturers' information



MOST SUGARS IN OUR DIET DON'T COME FROM FRUIT JUICE



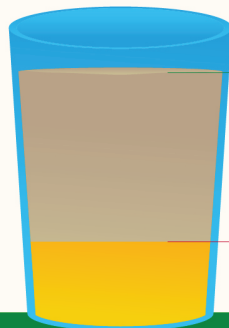
*Data refer to daily free sugars intake from fruit juices/nectars versus other dietary sources in adults; European Food Safety Authority 2022: <https://www.efsa.europa.eu/en/efsajournal/pub/7074>
1 sugar cube assumed to be 4g



THE AVERAGE EUROPEAN DRINKS JUST 67ML OF FRUIT JUICE A DAY



We are not overconsuming fruit juice in Europe



150-200 ml
recommended by some European countries

Average daily intake
of European adults*

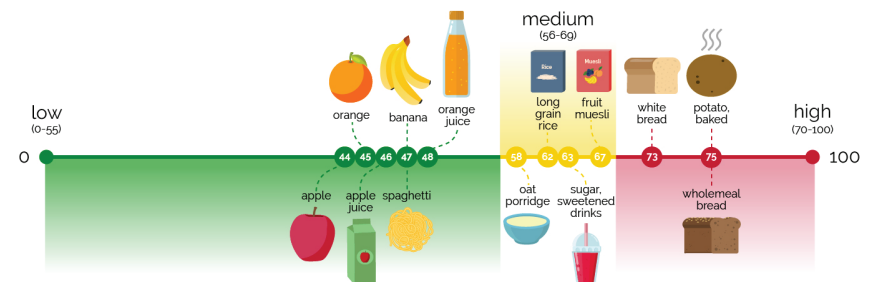
*Calculated from data on 100% fruit juice & nectars from European Food Safety Authority <https://www.efsa.europa.eu/en/efsajournal/pub/7074>



GLYCAEMIC INDEX (GI) OF FRUIT VERSUS JUICES



Fruits and juices are both low GI options



* Atkinson et al. (2021) International tables of glycemic index and glycemic load values 2021: a systematic review. Am J Clin Nutr 114: 1625-1632.

