

## About CEFS


CEFS (Comité Européen des Fabricants de Sucre), the European Committee of Sugar Manufacturers, represents all European sugar producers and refiners.

The European sugar industry forms an integral part of the rural economy, comprising 63 companies and providing an income for almost a million people across Europe.

CEFS and its members are involved in informing consumers on the role of sugar as part of a healthy, active lifestyle, enabling them to make informed choices.

CEFS strives to improve knowledge about the role of sugars in health, which we share with regulators and public authorities, as well as NGOs. We also promote nutrition research on sugars and health to develop a deeper understanding of the subject.

All the information and advice we provide is underpinned by sound, independent, peer-reviewed science.



For further information,  
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The voice of all EU sugar  
producers since 1953

# Sugar a gift from nature



# Sugar and food



- Sugar has been used for many centuries to make our favourite traditional homemade foods.
- Table sugar –sucrose– is one of many different sugars. Others include: glucose, dextrose, fructose and lactose.
- All sugars are present in nature. Plants make sugars through photosynthesis.
- The sugar (sucrose) you find in your sugar bowl is simply extracted from beet or cane by sugar producers.

- All sugars are carbohydrates and an important source of energy for the body.
- Whether naturally occurring in foods or added, all sugars are digested the same way by the body and deliver 4 kilocalories per gram (like starch).
- No single ingredient used to replace sugar in foods can replicate its many functions and deliver fewer calories. Replacing sugar often results in increased food additives content on the label.
- Sugar is a natural preservative. Reducing sugar concentration in a food product may compromise food safety and can also shorten its shelf life.

- Both sugar and starch are carbohydrates. Replacing sugar with starch has little nutritional advantage.
- Replacing sugar in foods does not necessarily lead to an energy reduction. Replacing sugar with fat (9 kilocalories per gram) can even increase calories.
- As well as its sweet taste, sugar contributes to the colour, flavour and texture of food.

# Sugar and health

- Good nutrition combined with physical activity is important in preventing nutrition-related diseases, including obesity.



- Sugar can be enjoyed, like any other food, as part of a balanced diet and healthy, active lifestyle.
- Expert committees, including from the World Health Organization (WHO), have concluded that sugar consumption *per se* does not cause obesity; obesity is caused by an imbalance between calories used by the body and calories consumed from all types of food and drink.

- CEFS and its members recognize that obesity is a major public health problem and are actively involved in initiatives to address it.
- There is no scientific evidence that sugar causes diabetes.
- Today, there is a broad consensus among scientists that tooth decay is not due to how much food containing fermentable carbohydrate (such as sugar, bread or bananas) is eaten, but how often.

- CEFS supports dentists' recommendations to use fluoride toothpaste twice a day and to limit the number of sugary eating or drinking occasions to 4 a day.

