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CEFS calls for a rational debate on the report “*Food in the Anthropocene: the Eat-Lancet Commission on healthy diets from sustainable food systems*”

CEFS, the European association of sugar manufacturers, shares the concerns over obesity and non-communicable diseases and strives to ensure that recommendations are based on scientific evidence. This is the way to ensure that efficient solutions will be found to tackle the multifactorial obesity problem.

Preventing obesity (and diet-related non-communicable diseases) requires managing calorie intake coming from *all* foods, including sugars, with energy expenditure.

CEFS notes that the EAT-Lancet Commission report on healthy diets from sustainable food systems merely repeats the already known *conditional* intake recommendation from the 2015 WHO guideline on sugars, which WHO themselves acknowledged was based on very low quality evidence. The WHO-commissioned study in the context of their sugars guidelines (also cited in this report) found that any effect of sugar on weight gain is purely due to the consumption of excess calories and not a specific effect of sugar *per se*.¹

CEFS reminds the ongoing work by the European Food Safety Authority on a scientific opinion on the tolerable upper intake level of dietary sugars, which is meant to derive a science-based upper limit for sugars in the diet.

CEFS also reminds that the EU beet sugar sector is first in class when it comes to sustainability and continues to make improvements in technical efficiencies like energy reduction and input costs, as well as in sugar beet productivity.

For more information, please visit CEFS' website² and the website of the EU Beet Sugar Sustainability Partnership.³

Contact: Marie-Christine Ribera, CEFS Director General
mariechristine.ribera@cefs.org
Tel.: +32 2 762 07 60
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¹ Te Morenga L *et al.* (2013) Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. *BMJ*; 346: e7492.

² www.cefs.org

³ <http://www.sustainablesugar.eu/>