

## PRESS STATEMENT

### CEFS STATEMENT ON THE FINAL EFSA SCIENTIFIC OPINION ON THE TOLERABLE UPPER INTAKE LEVEL FOR DIETARY SUGARS

The European Food Safety Authority (EFSA) has just released its final scientific opinion on the Tolerable Upper Intake Level for dietary sugars. This opinion, reviewing the 2010 assessment on sugars, was originally requested by 5 Member States and not by the EU Commission in 2016.

Nearly 6 years later and after assessing over 30,000 scientific studies, EFSA is confirming its scientific consensus and assessment from 2010 on Dietary Reference Values (DRV) for carbohydrates: There is no scientific evidence for setting an upper limit regarding sugars based on their effects on body weight and the different health outcomes.

CEFS Director General Marie-Christine Ribera said: "We take note of this opinion reflecting EFSA's strong scientific consensus on the topic. The opinion confirms that sugar is a safe product that can be enjoyed as part of a healthy, sustainable, and balanced diet. Healthy diets are crucial in the fight against overweight and obesity, which are root causes of diet-related non-communicable diseases (NDCs)."

Sugar (sucrose) is a natural and safe product that has been used for many centuries as an indispensable and enjoyable ingredient both in our kitchens and in different foods and beverages. Responsible and reasonable consumption can be part of a healthy diet and active lifestyle.

Founded in 1953, CEFS represents European beet sugar manufacturers, cane sugar producers and refiners covering sugar production in 17 EU countries (Austria, Belgium, Croatia, the Czech Republic, Denmark, Finland, France, Germany, Hungary, Italy, Lithuania, Poland, Romania, the Netherlands, Slovakia, Spain, Sweden) plus the United Kingdom and Switzerland.

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