

PUBLIC HEALTH

Increased risk of cardiovascular death in adults who eat high levels of added sugar

Multiple studies have demonstrated an association between an increased intake of added sugar and high risk of various cardiovascular and metabolic diseases. A new US study, using data from the National Health and Nutrition Examination Survey, has now shown an association between increased added sugar consumption and increased risk of cardiovascular death.

The World Health Organization (WHO) recommends that added sugar constitutes <10% of calorie intake. The Institute of Medicine (IOM) in the USA currently recommends that adults limit their intake of added sugar to <25% of calorie intake.

Data were assessed for 11,733 survey participants who were followed up between 1988 and 2006 (median 14.6 years). Compared with the participants who consumed less added sugar than the WHO's recommended limit of 10% of total calories, individuals who consumed added sugar at a level above that recommended by the WHO,

but below that recommended by the IOM (that is, 10% to <25% of total calories), had a 30% higher risk of death associated with cardiovascular disease. Amongst individuals who consumed more added sugar than that recommended by the IOM (that is, $\geq 25\%$ of total calories), the risk of cardiovascular death was almost triple that of adults with an added sugar intake <10% of total calories.

Notably, in more than 70% of 10,628 adults surveyed in the USA between 2005 and 2010, added sugar made up $\geq 10\%$ of their total calorie intake. Even more alarmingly, added sugar constituted $\geq 25\%$ of calorie intake in 10% of the adults surveyed during this period.

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Original article Yang, Q. *et al.* Added sugar intake and cardiovascular diseases mortality among US adults. *JAMA Intern. Med.* doi:10.1001/jamainternmed.2013.13563