

# MANAGING SWEETNESS

“Towards Constructive, Workable Solutions”

## RECOMMENDATIONS OF THE CONFERENCE

New Delhi, September 17, 2009



1. The acceptance of sweetness is innate and universal. Sweetness directs newborn mammals toward safe and nourishing foods and drinks, while bitterness signals potential harm.
2. Of the five most widely acknowledged tastes, three generally signal acceptance (sweet, salty, and umami\*), while two generally signal avoidance (sour and bitter). These early responses are modified by life experiences, producing adult tastes preferences. *\*associated with amino acids.*
3. Humans have sought sweet foods, sweet drinks, and sweeteners throughout their history, and sweetness continues as a strong force in food and drink selection, influencing large sectors of modern life.
4. There are many different sources of sugars in nature, in addition to sugar cane, sugar beet, palm gur, and corn. These include fruits, vegetables, and milk.
5. The desire for sweetness is also satisfied by intense sweeteners, low-energy sweeteners (such as polyols), or by combinations of these.
6. Sugars, intense sweeteners, and low energy sweeteners, including natural sweeteners, together offer useful options for managing sweetness.
7. Low-caloric and non-caloric sweeteners which are approved and regulated by international food safety and health authorities are safe in all age groups, and can be useful options to help consumers manage sweetness.
8. Human digestion and metabolism do not distinguish between sugars found naturally in foods and those added to foods. All sugars are 4 Calories per gram (4 kcals or 17 kJ/g).
9. Glucose is essential to life because it is the primary fuel that the body burns in metabolic processes to generate energy for its cells.
10. Maintenance of a healthy body weight depends on a diversified, well balanced diet, and wise management of energy from all food and drink sources, coupled with wise lifestyle choices that include regular physical activity, starting right at a young age. This could be possible by creating an enabling environment and appropriate nutrition education to improve diet and lifestyles across the population. This is particularly so in a society where energy and physical activity are not in balance.
11. A high frequency of consumption of sugars and other fermentable carbohydrates, combined with a lack of appropriate oral hygiene, has been linked to an increased risk of dental caries.

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