



DRAFT Consultation response

WHO Guideline: Sugars intake for adults and children

About the World Obesity Federation

The World Obesity Federation is the newly-launched name for the former International Association for the Study of Obesity (IASO) and its sister organisation the International Obesity TaskForce (IOTF) a charitable alliance of over 50 national and regional professional societies concerned with clinical care and obesity prevention.

The opinions in this submission do not necessarily reflect the views of all individual members of the World Obesity Federation.

Consultation response

Thank you for the opportunity to respond to this consultation. The timing of the consultation means that we can only make a short comment, as follows.

1. We applaud WHO on the systematic and transparent approach it has taken to developing the guidelines, particularly in its adoption of the GRADE system.
2. We strongly support the recommendation for a reduction of free sugars intake during the life course.
3. We strongly support the recommendation to limit sugars intake to "less than 10% of total energy" as stated in several places in the text, and we prefer this phrasing to the alternative one also used in the document ("not more than 10%") which is open to the misleading assumption that 10% is fine, which is contradicted by the third recommendation.
4. We strongly support the conditional recommendation that sugars should be less than 5% of total energy.