



Intake of Added Sugars in Children and Adolescents

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Message from the Guest Editors

Dear Colleagues,

Sugars comprise a specific group of carbohydrates and are one of the most controversial components of our diet, as public health authorities worldwide acknowledge that there is an excessive intake, and that this is worryingly contributing to the global obesity pandemic. Furthermore, as part of a high-calorie diet, added sugars have been recognised as a cause for dental caries and major non-communicable diseases (NCDs), such as diabetes. Worldwide sugar consumption has triplicated over the past 50 years, and this increase is expected to continue, mainly in emerging countries.

This Special Issue of *Nutrients* is, therefore, intended to highlight some of the recent dietary and nutrition studies assessing added sugar intake levels, major food sources, and reformulation practices worldwide, namely focused on children and adolescents as key vulnerable population groups due to current excessive intakes at western societies.

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