

RELATIONSHIP BETWEEN ADDED SUGARS AND OBESITY

Theodore J Angelopoulos

Emory and Henry College, USA

Added sugars are a very controversial and hotly debated topic. Consumption of added sugars has been implicated in increased risk of a variety of chronic diseases including obesity, diabetes and non-alcoholic fatty liver disease (NAFLD). Support for these putative associations has been challenged, however, on a variety of fronts. The purpose of the presentation is to summarize high impact evidence including systematic reviews, meta-analyses, and randomized controlled trials (RCTs), in an attempt to provide an overview of current evidence related to added sugars and obesity.

tangelopoulos@ehc.edu