



Abstract

Dietary Intakes of Sugar in the Student Population from Fruits and Beverages [†]

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Abstract: Objectives: A healthy diet includes the intake of sugar (up to 5%) from natural sources, because added sugars increase energy but not nutritional value, and are associated with an increased risk of developing obesity, cardiovascular diseases and hypertension. Sugars present in fresh fruit, fruit juices and nectars, refreshing soft drinks and alcoholic drinks usually represent half of the total sugar intake. The aim of this study was to analyze, through surveys, the habits of the student population regarding the consumption of food from the sources mentioned and to determine the amount of sugar consumed. Methods: 123 students (male: 36, female: 87), aged 19 to 32, participated in this research. Data collection was voluntary and anonymous, and the survey was conducted using an electronic questionnaire during February 2023. The data on the sugar content of the foods mentioned were taken from the declarations of the products that are available for free sale. Results: Based on the processed results from the completed questionnaires, it was concluded that from the sources mentioned, sugar is represented by 3.7% in relation to the total energy intake, and added sugar by 2.4% if 2000 kcal/day is consumed. In relation to the representation of carbohydrates of 60% in relation to the total energy intake, the sugar content from the tested sources accounted for 6.3%, and added sugar accounted for 4.0%. Students reported that they most often do not consume hard liquor (88% of respondents), and that they eat a teaspoon of honey/sugar once a day (14% of respondents). Conclusion: Although the obtained results are very acceptable and encouraging, it is necessary to act additionally in terms of increasing awareness of the reduced intake of products with added sugars and their replacement with those that contain biologically active compounds in addition to natural sugar composition.

Keywords: sugar intake; questionnaire; student population; fruit; beverage



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