






Abstract

Multi-Faceted Nutritional Science Demonstrated through the Prism of Sugar—A Scoping Review on Sugar Intake Associated with Quality of Life in Children and Adolescents [†]

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Abstract: Given our current knowledge and insights into the nature of nutrition, a simplistic approach to understanding the role of nutrition in relation to health outcomes appears insufficient as a scientific base for setting nutrition policies. To raise this issue, we performed a scoping review to evaluate the relationship between sugar intake, quality of life (QoL), and well-being in children and adolescents. Sugar was selected as it is an essential part of many different foods and dietary patterns. Its consumption is motivated by various aspects, such as social relationships, economic status, individual habits, and taste preferences. Childhood and adolescence are important periods in the life span influencing individual dietary habits and taste preferences but have been overlooked. We developed a framework and performed a structured literature search for articles published in English between 2001 and 2023 in three databases (Pubmed, Scopus, and Web of Science). This search resulted in 21 full-text eligible papers with highly heterogeneous exposure and outcome measures. Most studies found a negative association between the intake of sugar, sugar-sweetened beverages, or sweets, and various QoL outcomes, including food insecurity, sleep and sleep-related outcomes, and (oral) health-related QoL. This scoping review showed that the inclusion of more varied endpoints than only non-communicable diseases or caries could add more dimensions to the evidence underlying the association between sugar and health. The application of interdisciplinary approaches considering more aspects of sugar intake could give a more holistic view of nutrition when considering dietary recommendations or developing dietary policies, especially for children.

Keywords: nutrition; methodology; quality of life; dietary guidelines; well-being



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