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Reference #

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Title: The contribution of beverages to the consumption of added sugars. Reported dietary intake in the Argentine population. Results of ELANS Study.

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Background and Objectives:

High intake of added sugar (AS) is a public health concern due to its association to many diseases. The present study aims to identify the amount and main sources of AS in the Argentine population.

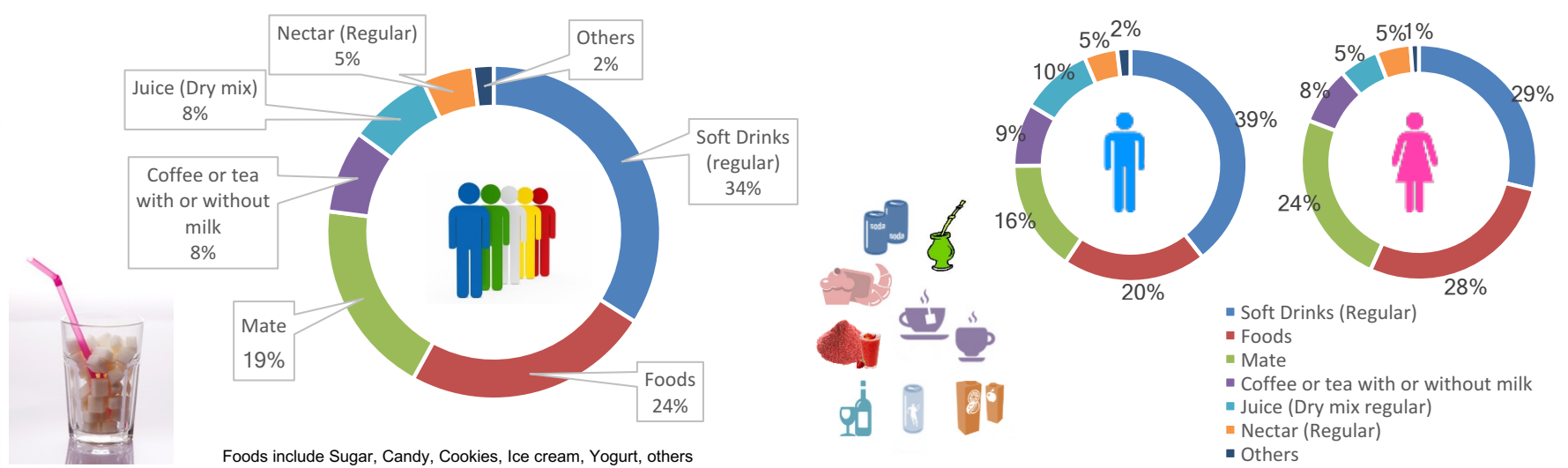
Methods:

Data were obtained from 1266 Argentines participating in Latin American Health and Nutrition Study (ELANS), a multicenter study of a nationally representative randomized sample of urban population of eight LA countries (November 2014 and July 2015). Data from two face to face 24-hour recall (separated by 5 days) were used to identify the intake of the major food and beverages containing AS. The weighed-proportions formula developed by Block et al (1985) in which the relative contribution (RC) of a given food item/food group is defined as: $RC = (\text{Total AS grams from a food item} \times 100) / \text{Total AS grams from all food items}$ was used, and performed by age, gender, socioeconomic level (SEL). Descriptive statistical data analysis was performed with SPSS 20.

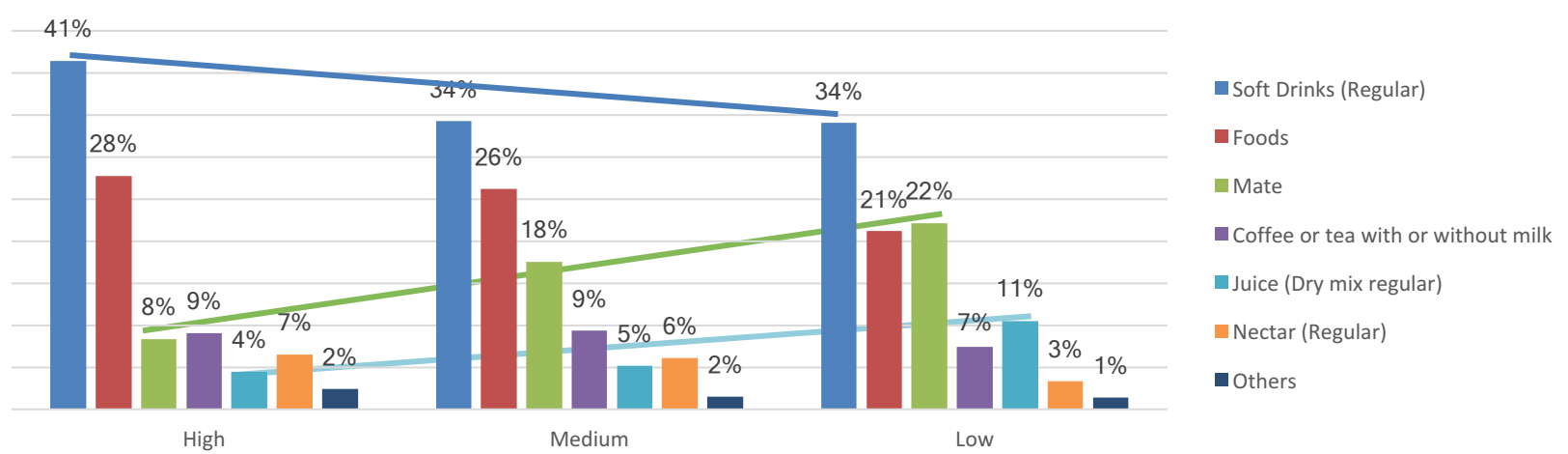
Results:

➤ Median consumption of Added Sugar was 80,6 g /day 15% of Energy Intake

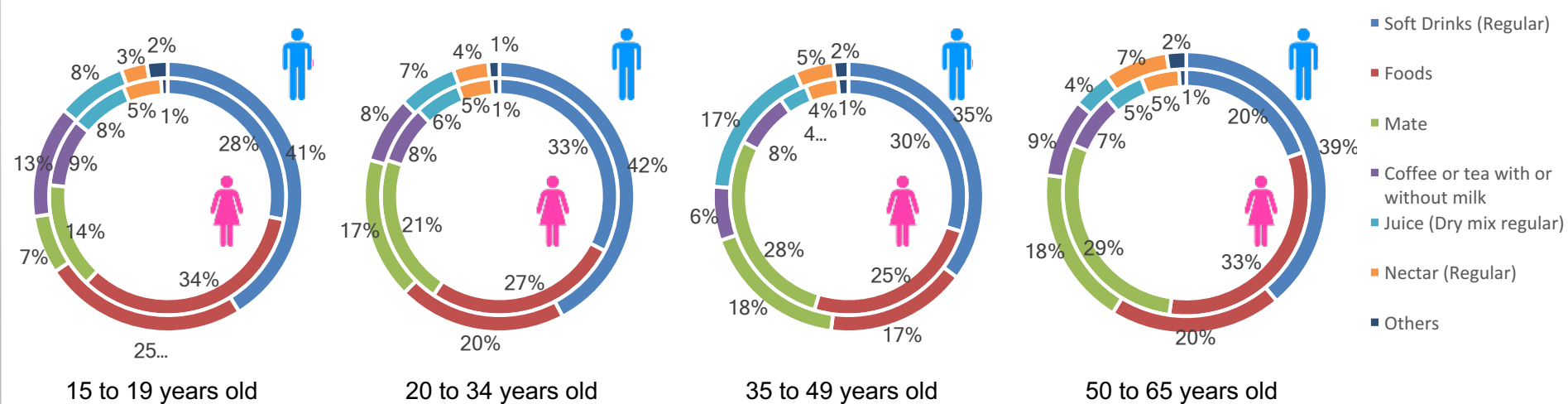
➤ **Figure 1: Sources of AS in the whole sample (n=1266)** ➤ **Figure 2: Sources of AS by gender: Men (48,58%) & Women (51,42%)**



➤ **Gráfico 1: Description of sources of AS by SEL: High (7,4%), Medium (46,8%) & Low (45,7%)**



➤ **Figure 3: Source of AS by sex & age: 15 to 19 (13,2%), 20 to 34 (33,3%), 35 to 49 (30,1%) & 50 to 65 (23,4%)**



Conclusions:

In Argentina, the consumption of Added Sugars comprised 15% of TE and the main sources are SSBs. In men, main source of AS are soft drinks and the infusions are in women. A local consideration is the proportion of AS coming in mate (19.5%)

Conflict of interest:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES-UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.

