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# Changes in added sugar intake and its major food sources in older Australians during a 15-year follow-up

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# Changes in added sugar intake and its major food sources in older Australians during a 15-year follow-up

## **Abstract**

Abstract of a presentation that was present at the NSA 2014 Annual Scientific Meeting, 26-28 November, Hobart, Australia.

## **Disciplines**

Medicine and Health Sciences | Social and Behavioral Sciences

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# CHANGES IN ADDED SUGAR INTAKE AND ITS MAJOR FOOD SOURCES IN OLDER AUSTRALIANS DURING A 15-YEAR FOLLOW-UP

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**Background/Aims:** The aim of this study was to assess the changes in added sugar (AS) intake and its food sources during 15 years of follow-up in a cohort of older Australians.

**Methods:** Dietary data were collected from the participants of the Blue Mountains Eye Study (BMES), aged  $\geq 49$  years, using a 145-item Food Frequency Questionnaire (FFQ). AS content of FFQ items was determined using recipes, food labels and other estimation methods. Eight hundred and sixty four participants who provided usable FFQs at both baseline (1992-1994) and follow-up (2007-2009) were considered for the analysis. Paired t-tests were used to assess the changes in intake between baseline and follow-up.

**Results:** Mean (SD) intake of AS and percentage of energy from AS (%EAS) were 47.1 (32.3) g and 9.0% at baseline and 46.3 (28.4) g and 8.8% at follow-up, respectively. There were no significant changes in mean intake, energy adjusted mean intake or %EAS during follow-up ( $p > 0.05$ ). The major sources of AS intake at both time points were sugar products and dishes (sugar, honey, jam and syrup) (baseline: 21.3 g, follow-up: 19.5 g), followed by confectionery (lollies and chocolate) (baseline: 7.1 g, follow-up 7.9 g). During follow-up, the contribution of sugar products and dishes to AS intake decreased by 3.2% ( $p = 0.008$ ), while the contribution of confectionery increased by 2.2% ( $p < 0.001$ ).

**Conclusions:** Older Australians of this cohort did not decrease their AS consumption during 15 years of follow-up but their intake from food sources of AS changed.

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