

Sugar replacement – make it meaningful for the consumer!

Anke Sentko,
Nutritionist/Dipl.oec.troph. (MSc)
Vice President Regulatory Affairs &
Nutrition Communication
BENEIO GmbH/Beneo Institute

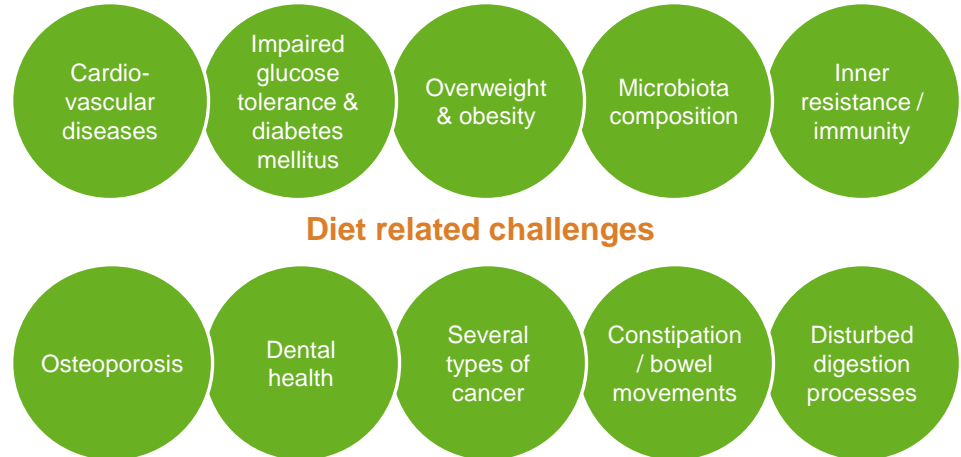
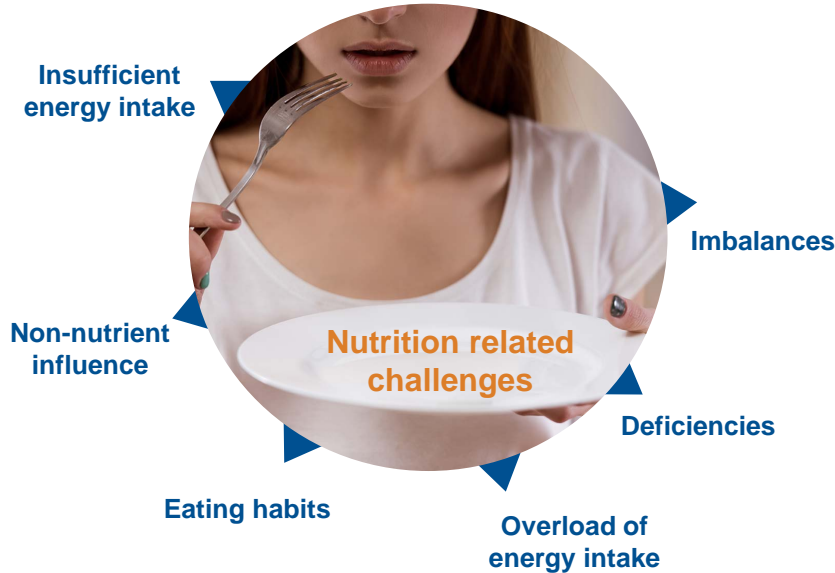


- ✓ The nutrition and health challenges that lead to the public health message on sugar reduction
- ✓ The physiological answers to those diet-related challenges – what to consider
- ✓ Which ingredients qualify for sugar replacement?
 - Examples
 - The science behind
 - Nutrition and health claims (EU)

Nutrition and Health are strongly related!

Small mistakes in what we eat on a daily basis may lead to major health problems later in life!

Doing small things right may help to prevent non-communicable diseases or delay their onset



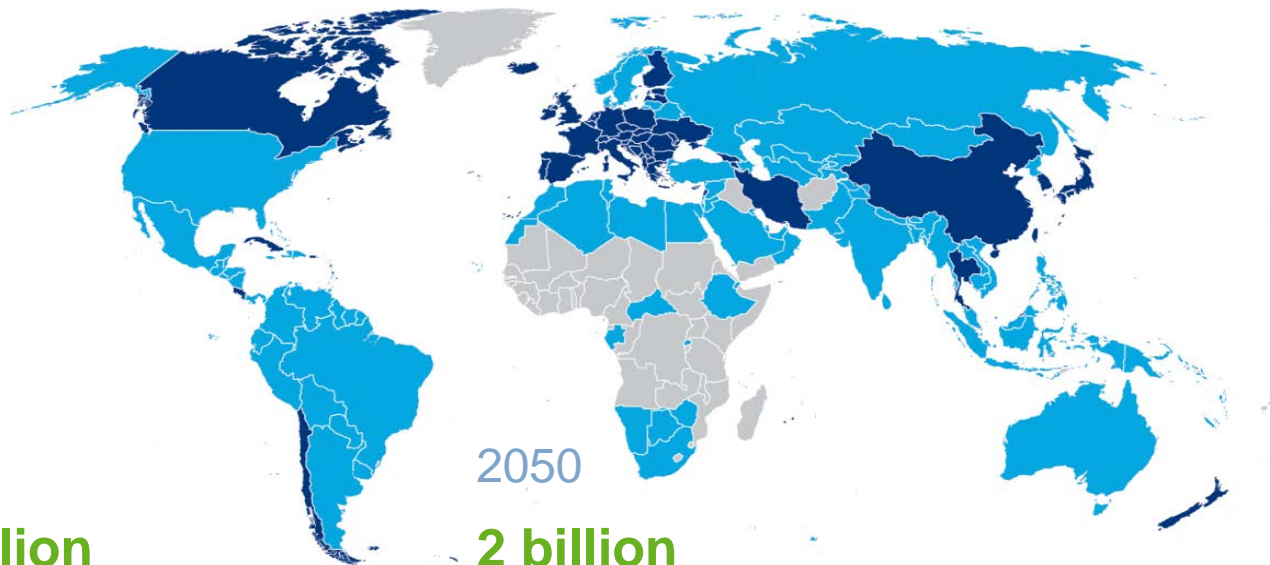
Populations are getting older:

Number of people over 60 yrs will double by 2050

Map in 2050

% of population
aged 60 or older

- 30% or more
- 10 to <30%
- <10%



2015

900 million

people are aged 60 or older

12% of the global population
= more than 1 in 9 people

2050

2 billion

people are aged 60 or older

22% of the global population,
= more than 1 in 5 people

Changes and health problems associated with ageing

Body composition changes:

Lean body mass decline
Body fat increase

Impaired glucose tolerance (IGT) Insulin resistance

Renal impairment

Visual impairment

Cognitive impairment

Mood disturbance & depression

Heart / blood vessel problems



Overweight/obesity



Diabetes mellitus

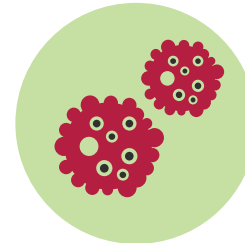
Non-communicable diseases



Osteoporosis



Cardiovascular diseases



Cancer

Body weight:

Less energy need*
Less physical activity
Difficulties in chewing and swallowing

Bone mineral density decline
Less total body calcium

Bone fracture

Impaired functioning of the GI tract
Chronic intestinal infections

Reduced immune function

* Less energy need results from lower basal metabolic rate

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