FICCI 100
100 YEARS OF BUILDING TOMORROW

FICCI KNOWLEDGE PAPER

ON UNDERSTANDING 'SUGAR' AND 'SUGARS'



March 2026

Federation of Indian Chambers of Commerce and Industry (FICCI)
Federation House, Tansen Marg, New Delhi 110001



ABOUT FICCI

Established in 1927, Federation of Indian Chambers of Commerce and Industry (FICCI) is the largest and oldest apex business organisation in India, headquartered in the national capital New Delhi. The history is closely interwoven with India's struggle for independence and its subsequent emergence as one of the most rapidly growing economies globally. It was founded by GD Birla and Purushottam Takkur in 1927, on the advice of Mahatma Gandhi.

A non-government, not-for-profit organisation, FICCI is the voice of India's business and industry. It plays a leading role in policy debates that are at the forefront of social, economic, and political change. It works with its key stakeholders to foster active engagement and dialogue with decision makers, to support steps that are good for commerce and industry.

As a member-led and member-driven organisation, FICCI represents over 2,50,000 companies across all segments of economy including public, private and multinationals. The diverse membership base of FICCI across all Indian states includes both direct and indirect members through its 300 affiliated regional and state level industry associations. FICCI has a large international presence via partner agreements with 250 national business associations in over 100 countries. Partnerships with countries across the world carry forward our initiatives in inclusive development, which encompass health, education, livelihood, governance, skill development, etc.

ACKNOWLEDGEMENT

The creation of the FICCI Knowledge Paper on "Understanding Sugar and Sugars" has been a truly collaborative effort, made possible through the invaluable guidance, insights and support of numerous distinguished individuals and organizations.

We express our sincere gratitude to Shri Rajit Punhani, IAS, Chief Executive Officer, Food Safety and Standards Authority of India (FSSAI), for his support and guidance. Under his leadership, FSSAI provided important suggestions that greatly contributed to the successful completion of this paper.

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We are thankful to the nutritionists, subject matter experts, academicians, and members of the food industry, as well as to all those who directly or indirectly contributed their time, knowledge and vision toward shaping this reference document.

Our special appreciation to Ms. Prerna Sethi, Former Research Associate at FICCI for her significant contribution to the development of this Knowledge Paper.

Collectively, these valuable contributions have enabled the creation of a comprehensive document aimed at supporting informed decision-making and enhancing understanding of sugar and sugars. We sincerely hope that this paper will serve as a useful and accessible reference for all stakeholders.

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FOREWORD

The evolving landscape of food, nutrition, and consumer awareness demands clarity, transparency, and science-based communication in the way foods are described and labelled. Terms such as "sugar" and "sugars" are often used interchangeably in everyday language, yet they carry distinct scientific and regulatory interpretations that directly influence how consumers read nutrition labels and make dietary choices. This differentiation is critical because consumers generally interpret these terms differently and therefore accurate, evidence-based references are essential to support informed choices and prevent confusion.

This Knowledge Paper on "Understanding Sugar and Sugars" has been developed with the intention to demystify these commonly used terms and provide a deeper understanding of their chemistry, classification, and regulatory interpretation under Food Safety and Standards Regulations. By distinguishing between natural, added and total sugars, the paper aims to equip policymakers, industry stakeholders and consumers with the clarity required to make informed decisions.

As India advances toward a more health-aware society, transparent and accurate labelling becomes central to empowering consumers. This document offers valuable insights into how sugars appear on labels and how related claims are regulated.

I am confident that this paper will serve as an important reference for all stakeholders in the food value chain including policymakers, industry professionals, nutrition scientists, regulators and informed consumers. It brings together scientific knowledge, regulatory guidance and practical considerations in a comprehensive manner. I extend my appreciation to all contributors whose expertise and collaboration have enriched this effort. Together, we move closer to building a well informed ecosystem where transparency and clarity underpin and support healthier choices and fosters trust through transparency.

Jyoti Vij
Director General
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Confederation of Indian Food Trade & Industry
(Food Wing of FICCI)



FOREWORD

The food processing sector in India is entering a transformative phase driven by rising consumer awareness, evolving nutrition science and a strong push for regulatory transparency. In this context, clarity around ingredients and their interpretation has become essential for both industry and consumers. Among these, the subject of sugar and sugars remains one of the most widely discussed and often misunderstood areas in food labelling and communication.

This Knowledge Paper on "Understanding Sugar and Sugars" is a timely and important contribution toward building a shared understanding of these terms as defined under India's food regulations. By bringing together scientific insight, regulatory interpretation and practical industry perspective, the document helps simplify a topic that is frequently clouded by myths and mixed messaging. It serves as a valuable guide for industries striving to comply with evolving labelling norms while also offering consumers a clearer lens through which to make informed dietary choices.

CIFTI has always advocated the importance of evidence based communication and capacity building within the food ecosystem. This paper aligns with the mission by equipping stakeholders with authentic knowledge that is both accurate and actionable. It reflects our collective commitment to strengthening the food processing sector through better understanding, improved compliance and responsible industry practices.

I congratulate the team behind this Knowledge Paper for their thoughtful and diligent work in bringing together scientific insight, regulatory interpretation and practical industry perspective into a comprehensive document. I am confident that it will serve as a reliable reference for policymakers, industry professionals, nutrition experts and anyone engaged in shaping the future of India's food landscape. This document stands to contribute meaningfully to informed decision-making and responsible practice. With continued collaboration and knowledge-driven efforts, we can build a more transparent, trustworthy and consumer-empowered ecosystem that supports public health and transparent labelling practices.

Mr. Tarun Arora
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सत्यमेव जयते

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fssai
भारतीय खाद्य सुरक्षा और मानक प्राधिकरण
Food Safety and Standards Authority of India
स्वास्थ्य और परिवार कल्याण मंत्रालय
Ministry of Health and Family Welfare

MESSAGE

It is with immense pleasure that I acknowledge the initiative undertaken by FICCI in developing the *"Knowledge Paper on Understanding Sugar and Sugars."* India today stands at a critical juncture where informed food choices, public health priorities and science-based regulation must move in harmony. As food systems evolve and consumer awareness continues to grow, there is an increasing need for clarity, consistency and transparency in the way nutritional information is understood and communicated. Among the many nutrients that often generate discussion and debate, sugar and sugars remain one of the most commonly misunderstood components of the modern diet.

Sugars perform an important functional role in food and are also naturally present in a wide variety of foods consumed daily. However, the interchangeable use of terms such as "sugar", "sugars", "natural sugar", "added sugars", and related claims on food labels, can at times lead to confusion among consumers and stakeholders alike. In this context, it becomes essential to clearly distinguish between the various terms, their scientific definitions and regulatory interpretations so that food choices are guided by facts rather than perception.

The Food Safety and Standards Authority of India (FSSAI) remains committed to laying down science-based standards and ensuring transparent communication to empower consumers while enabling fair and consistent regulatory compliance. The Food Safety and Standards Regulations clearly define "sugar" and "sugars," prescribe labelling requirements and regulate claims related to sugars with the objective of safeguarding consumer interest and promoting informed decision-making. However, translating regulatory language into easily understandable information for a diverse audience remains an important responsibility.

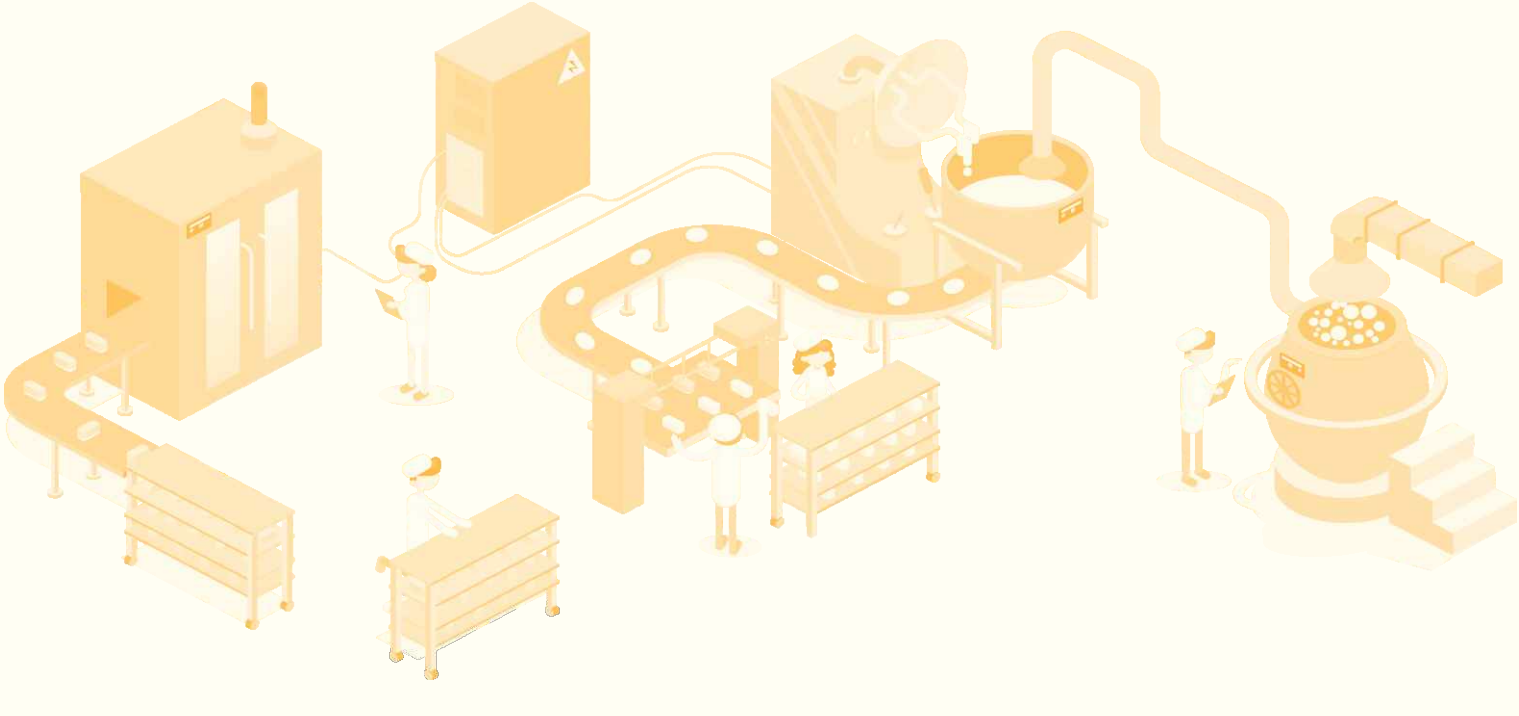
FICCI knowledge paper attempts to present a simple and clear explanation of the chemistry of sugars, their classification, their role in foods and the applicable regulatory framework in India, while also offering a global perspective. By demystifying commonly used terms and explaining how sugars appear on food labels and ingredient lists, the paper serves as a valuable reference for consumers, industry stakeholders, policymakers and other interested parties. I am confident that this Knowledge Paper will contribute positively to informed dialogue, promote greater transparency and support evidence-based discussions around sugars and nutrition. Such collaborative efforts between regulators, industry and knowledge partners are vital in strengthening consumer trust and advancing the shared goal towards public health.

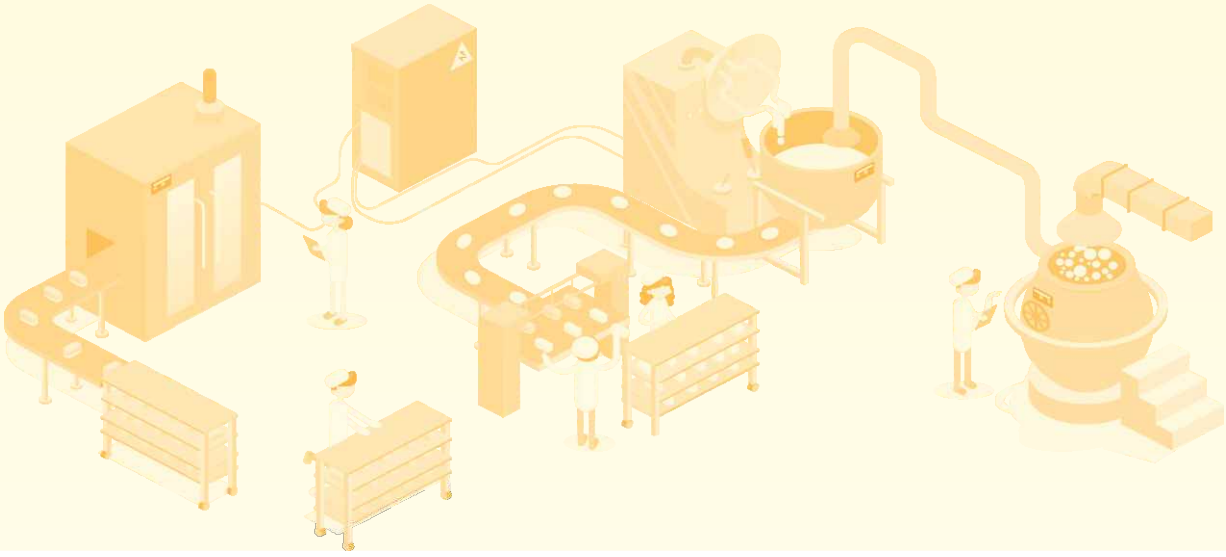
I commend FICCI for this consumer-centric initiative and hope that this document will serve as a useful guide for all stakeholders navigating the evolving discourse on sugar, sugars and food labelling in India.

Rajit Punhani

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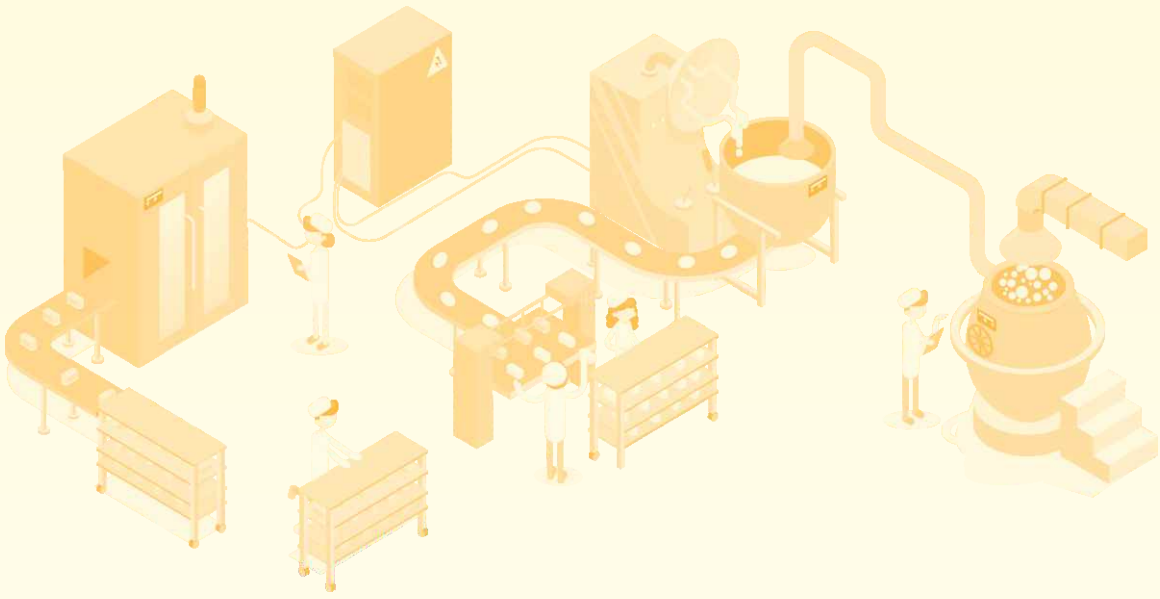
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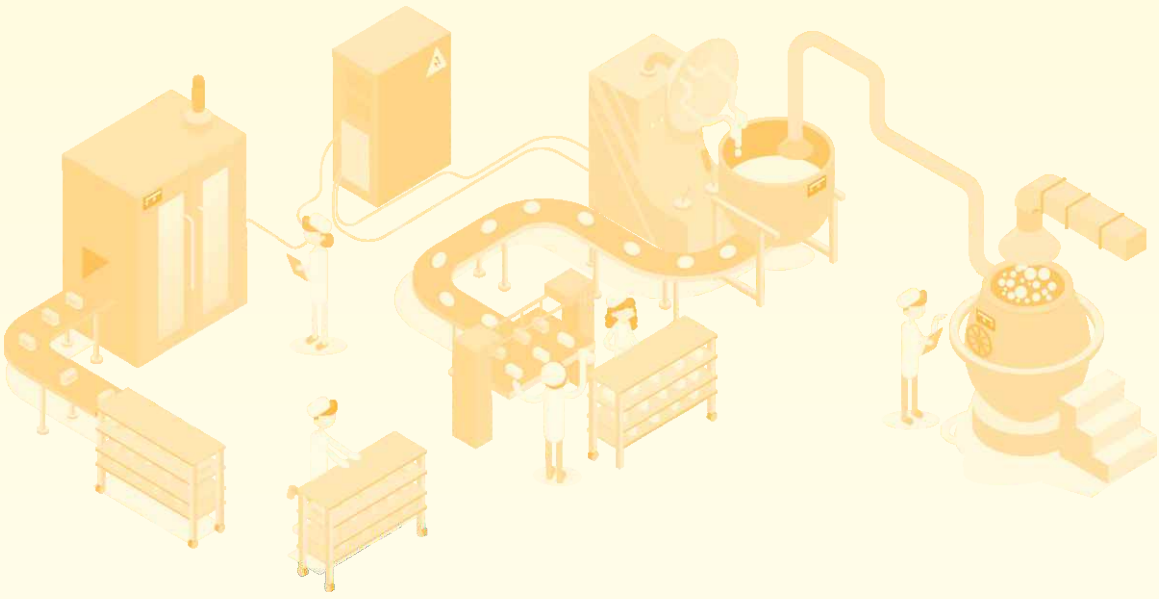


Purpose of the Knowledge Paper

The purpose of this knowledge paper is to provide a clear, objective and evidence-based understanding of sugar and sugars, with particular emphasis on definitions, classifications and regulatory provisions applicable in India.

The paper seeks to demystify commonly used terms by explaining their scientific basis under the Food Safety and Standards Authority of India (FSSAI) Regulations. By distinguishing between natural, added and total sugars, the paper aims to enhance clarity on how sugar and sugars are identified, used and declared on food labels.

By presenting the scientific and fact based information, this knowledge paper aims to serve as a reference document for policymakers, regulators, industry stakeholders and consumers. It seeks to support informed dialogue, evidence-based decision-making and greater transparency in discussions related to sugar and sugars, nutrition and food regulations.



Executive Summary

The terms “Sugar” and “Sugars” are often used interchangeably in common practice; however, they differ in both chemical composition and regulatory interpretation. This distinction is not always clearly understood by consumers, particularly when interpreting food labels. For example, Claims such as “No Added Sugar” may be mistakenly perceived as equivalent to “free from sugars,” despite containing naturally occurring sugars leading to potential misunderstanding. The paper attempts to clearly spell out the hidden sugar aspect.

The lack of clarity surrounding sugar-related terminology has practical implications for consumers. It can lead to inconsistent product comparisons and challenges in making informed dietary choices regarding sugar intake. Given the increasing consumer focus on nutrition and health, the knowledge paper explains in a clear, consistent, transparent, and accessible manner the application of these terms.

Food labelling plays a critical role in transparent communication. As sugar is one of the most common sources of dietary energy, improving clarity around its terminology is essential.

The primary objective of this knowledge paper is to clarify the terminology associated with “sugar” and “sugars” in a comprehensive yet accessible manner. It assists a diverse range of stakeholders including industry representatives, policymakers, regulators, and public health professionals in applying appropriate terminology and engaging in more informed policy and regulatory discussions.

Introduction

Sugars have been an integral part of the human diet throughout history, primarily valued for their ability to enhance the sweetness and palatability of foods. Across cultures and food traditions, sugars have been added during preparation, processing, and preservation to improve taste and extend shelf life. Beyond sweetness, sugars play multiple functional and technological roles that are essential to the quality, safety, and overall acceptability of food products.

From a nutritional standpoint, sugars are carbohydrates that serve as a readily available source of energy. Further, the main nutritional role of carbohydrates is to supply glucose to tissues/cells that can use only glucose as a source of energy, such as brain and red blood cells. In the food system, their contribution extends well beyond caloric value. In both industrial food processing and household cooking, sugars perform critical biological, sensory, physical, and chemical functions. In baked goods, for instance, sugars act as substrates for fermentation, enabling leavening and contributing to desirable texture and structure. They also aid in preservation by binding water, thereby reducing microbial growth in certain formulations.

In addition to these functions, sugars significantly influence the sensory attributes of foods, including taste, aroma, colour, mouth feel and overall appearance. Their physical properties contribute to viscosity, moisture retention, osmotic balance, crumb tenderness, and product consistency. Chemically, sugars participate in reactions such as caramelization and the Maillard reaction, which are responsible for characteristic flavours, browning and aroma development in many cooked and baked foods. These multifaceted roles underscore their importance in ensuring product stability, safety, and consumer acceptance.

Sugars occur naturally in fruits, vegetables, milk and dairy products and are also produced commercially for addition to foods to enhance sweetness and achieve desired functional properties. These could include sugars like sucrose, lactose, fructose and several other compounds. However, the term "sugar" is commonly used to refer for sucrose, which is predominantly derived from sugarcane or sugar beet.

Given their widespread presence and diverse functionality in the food supply, a clear understanding of sugars both in their natural and added forms is essential. This understanding becomes particularly relevant in the context of food labelling, regulatory interpretation, and evolving public health discourse, where precision in terminology and communication plays a critical role.

The Chemistry behind Sugar and Sugars

Individuals are exposed to sugars throughout their daily lives. From an infant stage, natural sugars are introduced to the baby through mother's milk, containing lactose. As a person grows, this exposure continues through consumption of various foods containing natural sugars like milk (lactose), fruit juices (fructose), etc. and other carbohydrate-rich foods. Given this lifelong exposure, it is of utmost importance to understand the technical and chemical aspects of 'sugars', before diving into the regulatory framework in India and globally.

At molecular level, there are different types of sugars that exist along with their distinct role in imparting sweetness to the product. The Greek word "sakcharon" means sugar, and the term saccharide is commonly used to denote sugar.

Carbohydrates are one of the important macronutrients in food, besides protein and fat. Carbohydrates are divided into the following major groups based on their structures:

Classification at molecular level as Mono-, Di/Oligo-, and Poly-saccharides:

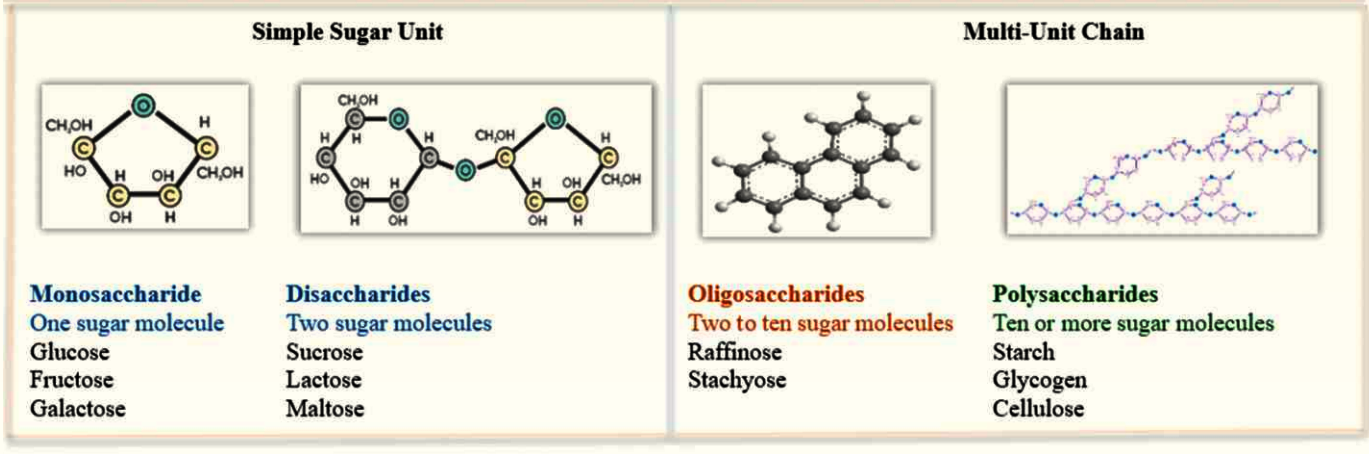


Figure 1. Source: Illustration through AI tool

1. Simple sugars (monosaccharides and disaccharides), such as glucose or sucrose (glucose and fructose);

2. Complex carbohydrates, such as glycogen, starch, and cellulose, which are multiple conjugated glucose molecules; and

3. Glycoconjugates, which are modified forms of glucose covalently attached to either proteins (glycoproteins) or lipids (glycolipids), which participate in important functions, such as immunity, and as components of cell membranes.

Source: World Health Organization. European Region. Sugars Factsheet 2022[1]

How Sugar reacts with other molecules?

Maillard Reaction is a reaction of Sugar with Protein when exposed to high temperature.

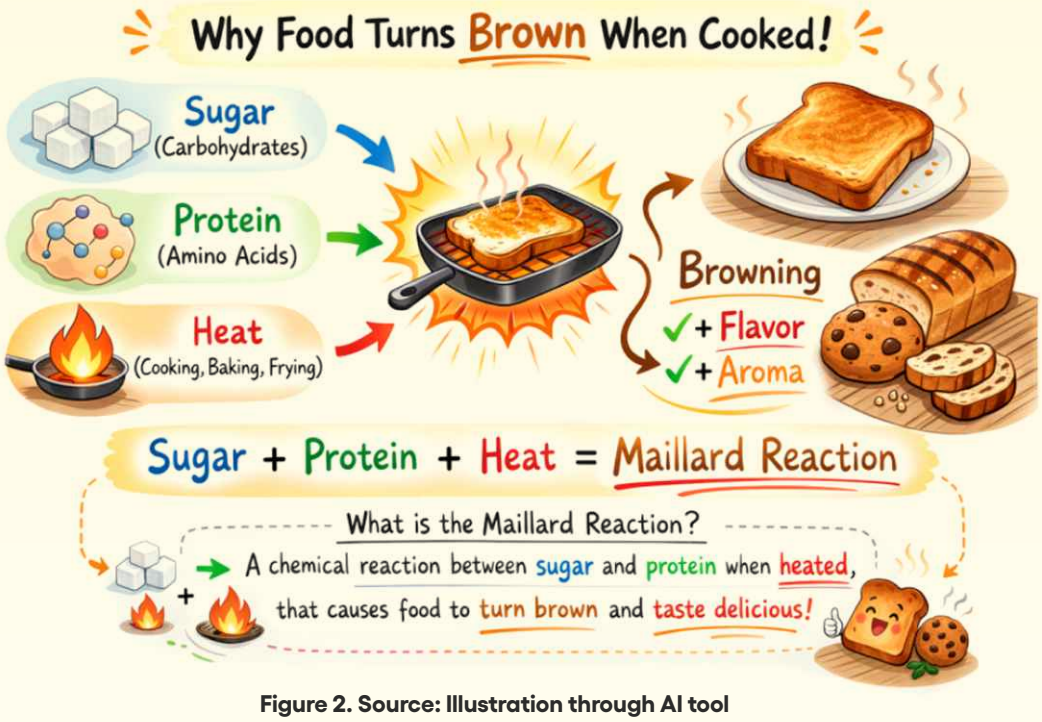


Figure 2. Source: Illustration through AI tool

Caramelisation:

Sugar when combined with heat produces the caramel, widely used in confectionery items.



Figure 3. Source: Illustration through AI tool

Fermentation

In foods like alcohol, bread, yoghurt, etc. sugars react with yeast and other enzymes to produce compounds including ethanol, carbon dioxide, etc. required to give the desired effect to our food products.

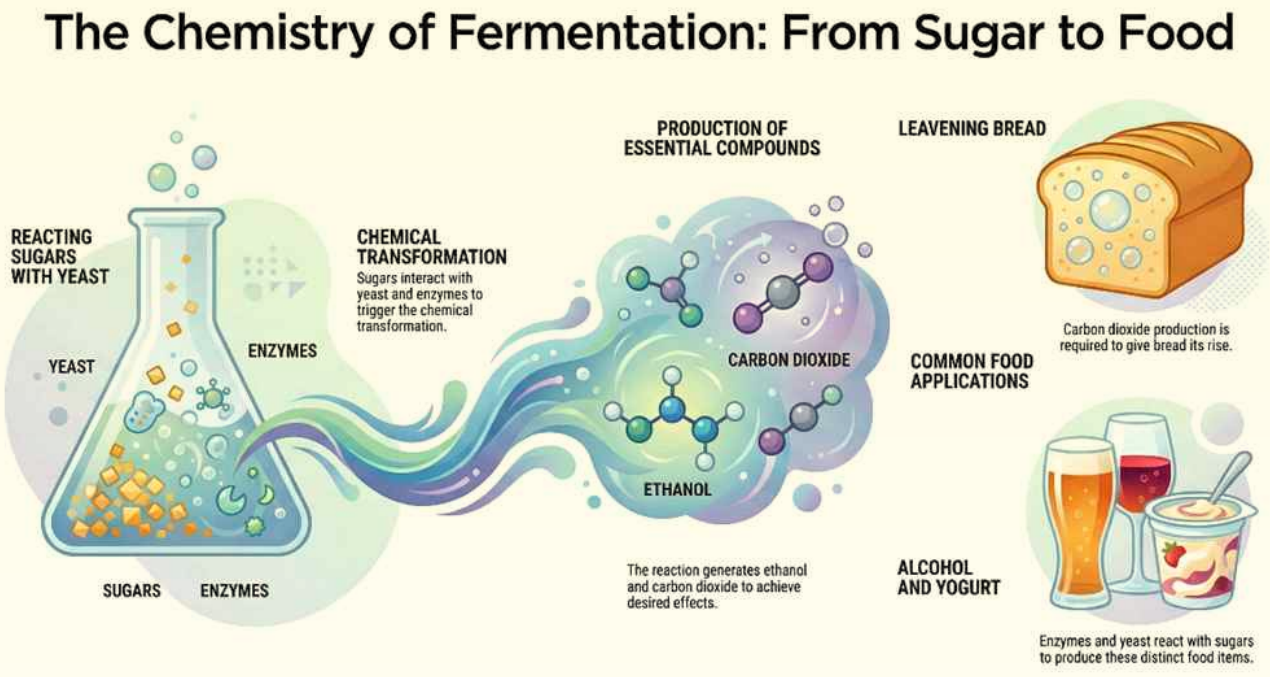


Figure 4. Source: Illustration through AI tool

Practical application of sugars:

1. **Sugars are a very good source of energy in diet.**

   These prove to be a very good source of energy, providing **4 kcal of energy per gram**.

2. **Sugars impart sweetness to the product**

   They contribute to the taste, palatability and overall acceptance of the food product.

3. **Role in preservation**

   In food products like jam, sugar acts as a preservative.

4. **Flavour enhancer**

   It contributes to the flavour development in baked foods and balances bitterness.

Regulatory Framework in India

In India, Food Safety and Standards Authority of India (FSSAI) is the statutory body that regulates the manufacture, storage, distribution, sale, and import of food articles, while also establishing standards to ensure food safety. These foods are regulated as per various Food Safety and Standards Regulations (FSSR).

The term 'sugar' and 'sugars' are defined under the Food Safety and Standards (Labelling and Display) Regulations, 2020[2] as described below:

Sugar

The Food Safety and Standards (Labelling and Display) Regulations, 2020 defines the class of "Sucrose" as "Sugar".

Sucrose is a disaccharide composed of one Glucose and one Fructose.

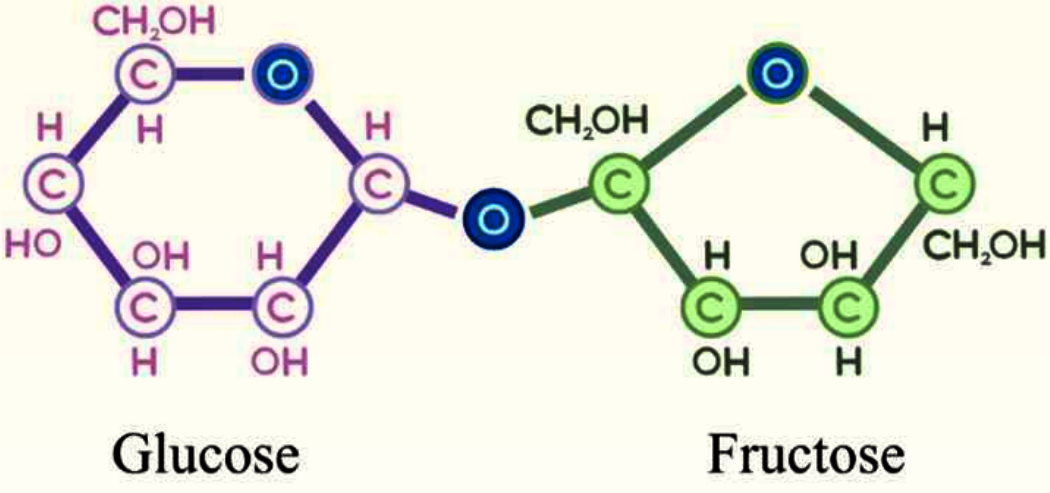


Figure 5. Structure of Sucrose

Sugars

The Food Safety and Standards (Labelling and Display) Regulations, 2020 defines 'sugars' as all monosaccharides (glucose, fructose, etc.) and disaccharides (maltose, sucrose, lactose, etc.).

How is Sugar categorised and standardised under FSSR?

Different types of sugar are categorised and standardized under the Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011[3].

The clause 2.8 pertains to sweetening agents including honey and other sweeteners. The figure given below provides the classification of standardised sugar as per FSSAI:

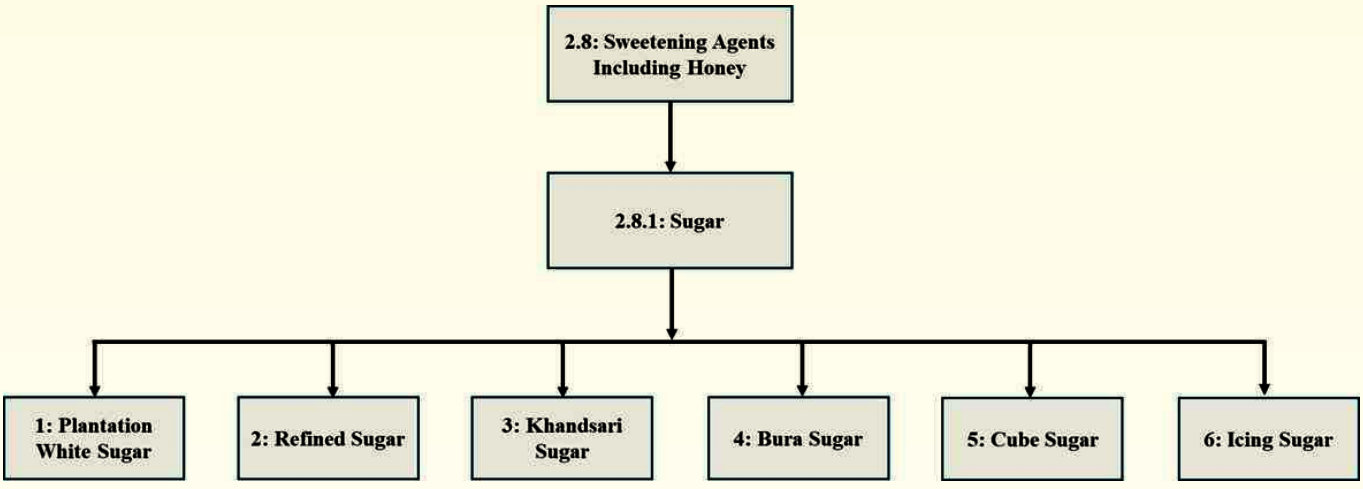


Figure 6: Different types of Sugar categorised and standardised as per FSSAI

The standard ensures that the product is free from any contamination and is safe for human consumption.

Besides sugar, FSSAI also permits the addition of certain sweeteners as food additives in the product. These sweeteners play a major role in formulating less sugar/ sugar free products to replace the refined sugar while still maintaining the sweetness in the product.

Sweeteners:

The Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011 Chapter 3 'Substances added to food', Clause 3.2.2 defines Sweetener (as food additives) shall be classified as "Caloric sweeteners" and "Non-caloric sweeteners" as follows:

(a) Caloric sweeteners: These are substances having greater than 2 percent of the caloric value of sucrose per equivalent unit of sweetening capacity. These are polyols which include Sorbitol, Sorbitol syrup, Mannitol, Isomalt, Polyglycitol syrup, Maltitol, Maltitol syrup, Lactitol and Xylitol.

Polyols are a type of carbohydrates also known as sugar alcohols. They are not considered as sugars or added sugars. They are soluble in water, making them suitable for use in a variety of food and beverage applications. Provide are relatively stable compounds and resistant to degradation under normal storage conditions. Polyols have a sweet taste, although their sweetness intensity varies relative to sucrose. For

example, xylitol has a sweetness intensity similar to sucrose, while erythritol is approximately 60-80% as sweet.

As per the Food Safety and Standards (Labelling and Display) Regulations, 2020, every package of food containing 10% or more of the polyols shall bear the declaration "Polyols may have laxative effect" on the label in a rectangular box.

(b) Non-caloric sweeteners: Substances having less than 2 percent of the caloric value of sucrose per equivalent unit of sweetening capacity. These include Erythritol, Steviol glycoside, Thaumatin, Aspartame, Sucralose, Neotame, Acesulfame potassium, Aspartame-Acesulfame potassium salt and Saccharins.

How sugar(s) appear on label?

When sugar/sugars are displayed as a nutrient in food product, the labelling requirements are stipulated under the Food Safety and Standards (Labelling and Display) Regulations, 2020.

As per the said regulations, the amount of Total Sugars in grams is a mandatory requirement to be displayed on the food label. In addition, the Nutritional Information per 100g or 100ml or per single consumption pack of the product and per serve percentage (%) contribution to Recommended Dietary Allowance calculated on the basis of 'added sugar' shall also be given on the label.

NUTRITIONAL INFORMATION		
Serving per container/pack		
Serving size		
Nutrients	**Per 100g**	**% RDA per serve**
Energy (kcal)		
Protein (g)		
Carbohydrate (g)		
Total Sugars (g)		
Added sugars (g)		
Total fat (g)		
Saturated fat (g)		
Trans fat (g)		
Cholesterol (mg)		
Sodium (mg)		

NUTRITIONAL INFORMATION			
Serving per container/pack			
Serving size			
Nutrients	**Per 100g**	**Per Serve**	**% RDA per serve**
Energy (kcal)			
Protein (g)			
Carbohydrate (g)			
Total Sugars (g)			
Added sugars (g)			
Total fat (g)			
Saturated fat (g)			
Trans fat (g)			
Cholesterol (mg)			
Sodium (mg)			

Figure 7. Typical example of Nutritional Information table

How sugar(s) appear in the list of ingredients?

The list of ingredients shall be declared with an appropriate title in the descending order of their composition by weight or volume. When sugar is added as an ingredient, it shall be displayed in the ingredient list on food label. If sugar or sugars are part of a compound

ingredient that constitutes less than five per cent of the food, then it need not be declared. However, its contribution shall be included in the nutritional information table appropriately.

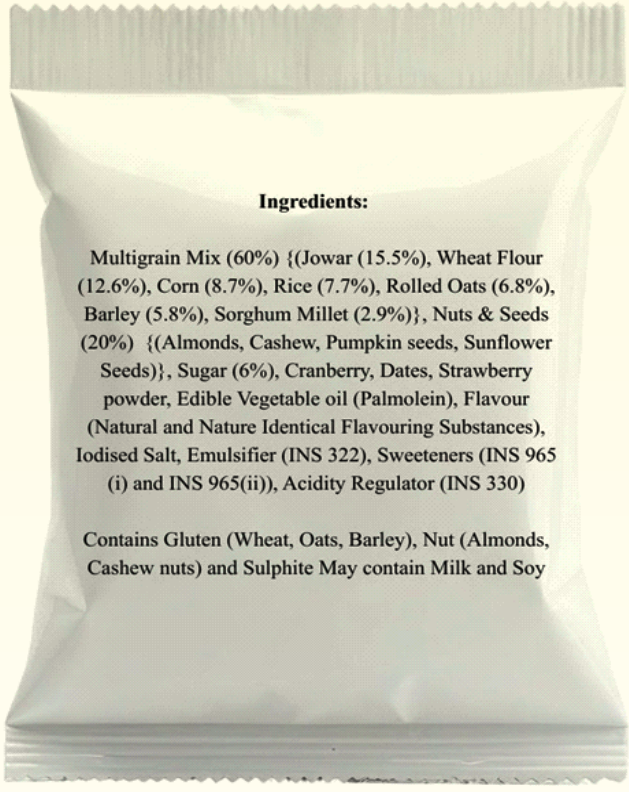


Figure 8: Hypothetical example of ingredient listing on the label

How claims relating to sugars are regulated?

The claims made on any food package are regulated as per Food Safety and Standards (Advertising and Claims) Regulations, 20184. The regulations set various conditions for claiming any food product with 'Non addition of Sugars' claim.

A food product can be claimed as 'Non-Addition of Sugars' or 'No Added Sugars' if it meets the following conditions:

- no sugars of any type have been added to the food (Examples: sucrose, glucose, honey, molasses, corn syrup, etc.);
- the food contains no ingredients that contain sugars as an ingredient (Examples: jams, jellies, sweetened chocolate, sweetened fruit pieces, etc.);
- the food contains no ingredients containing sugars that substitute for added sugars (Examples: non-reconstituted concentrated fruit juice, dried fruit paste, etc.); and
- the sugars content of the food itself has not been increased above the amount contributed by the ingredients by some other means (Example: the use of enzymes to hydrolyse starches to release sugars).

Additionally, the claim for 'No Added Sugars' can also be made in case the sugars are naturally present in the food, and no amount of sugars are added externally into the product. It may also be noted that in such instances, the food shall carry an additional claim stating:

'CONTAINS NATURALLY OCCURRING SUGARS'

Sometimes consumers get confused between similar claims like 'No Added Sugar' and 'No Added Sugars'. A detailed explanation of commonly found claims on food labels are given below:

Type of Claim	Meaning
No Added Sugar	When Sucrose is not added into the food product.
No Added Sugars	When product meets the conditions laid down under Food Safety and Standards (Advertising and Claims) Regulations, 2018, as listed above.
No Added Sugar/No Added Sugars & Contains Naturally Occurring Sugars	When sugar/sugars are not added externally but natural sugars may be present in the food.
Low in Sugars	The product contains not more than 5 g of sugars per 100 g for solids, or 2.5 g of sugars per 100 ml for liquids.
Free of Sugars	The product contains not more than 0.5 g of sugars per 100 g for solids or 100 ml for liquids.

It is also a common practice to claim **'No Added Sugar**' on the food product label which means sucrose has not been added. Individuals with preference or avoidance of any kind of sugars should carefully look for 'Total Sugars'. Further, one should also look for 'non-caloric sweeteners' addition in the list of ingredients and the mandatory rectangular box declaration.

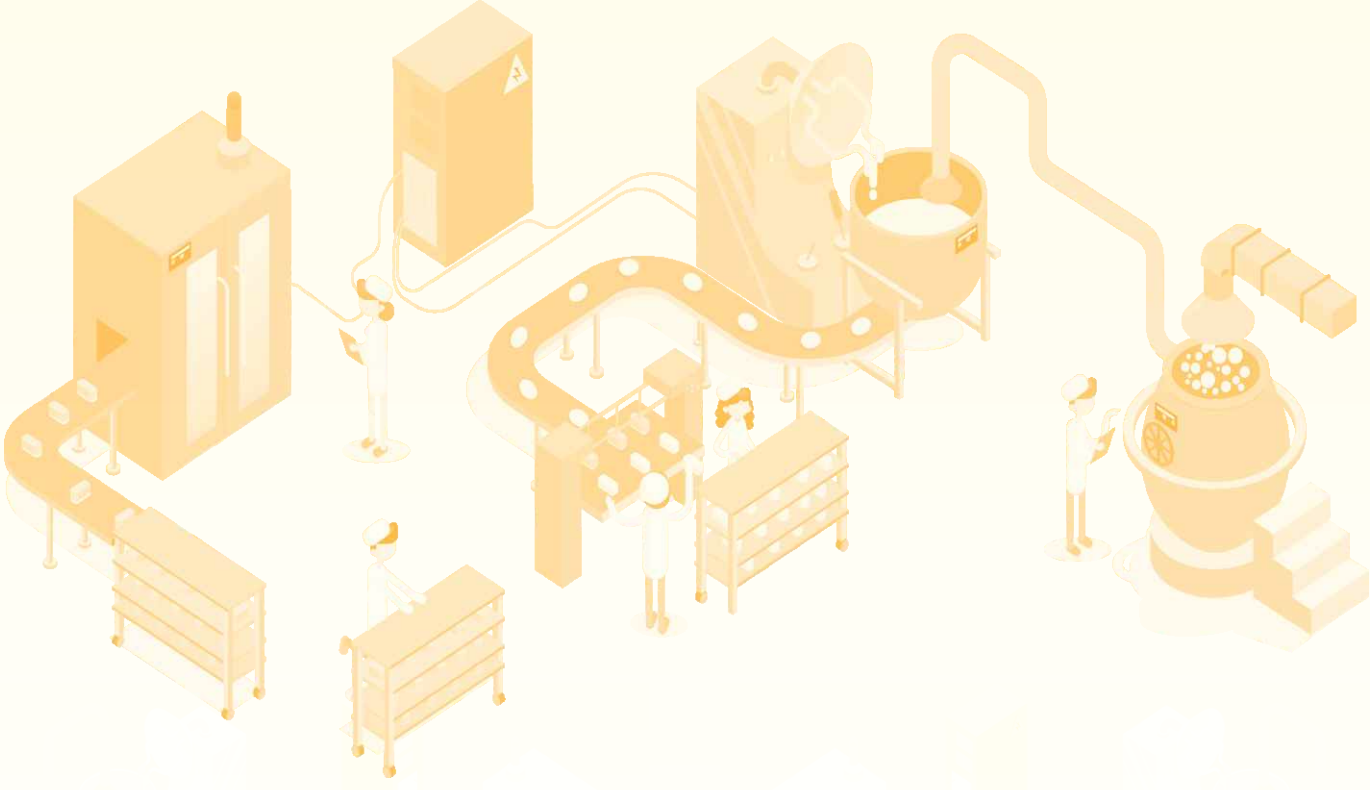


Figure 9: Example of food label with Nutritional Information table and claim with 'No Added Sugar'

How are sugars analysed in a food product?

The total sugars present in a food product can be analysed by method as given in FSSAI - Manual of Methods of Analysis of Foods - Beverages (Coffee, Tea, Cocoa, Chicory) Sugar and Sugar Products & Confectionary Products[5].

However, it is pertinent to mention that analytical methods specifically for added sugars or naturally occurring sugars in a food product are not available. Hence, it is not possible to differentiate between both, if present in a food.



Types of Sugars

Based on the occurrence of sugars in a food product, they can be broadly described as the following types:

Type of Sugars	Description	Examples
Natural Sugars	These represent the sugars that are inherently/ naturally present in food items.	Fructose in fruits, honey, etc. Lactose in milk, Glucose in grapes, Maltose (Malt sugar), Dextrose (Corn sugar)
Added Sugars	'Added sugars' means monosaccharides and disaccharides added to foods and beverages. These represent the sugars that are externally added into a food product.	Refined sugar or sucrose (Cane sugar)/ jaggery/ HFCS/ lactose/syrups added to sweets and confectionary, bakery products, beverages etc.
Total Sugars	In a food product, this is usually the sum of natural sugars and added sugars. **Total Sugars = Natural Sugars + Added Sugars**	Food products containing sugars in any form.

In the body during digestion, enzymes break down complex carbohydrates (polysaccharides) and disaccharides (sucrose, lactose) into single units called monosaccharides (glucose, fructose, and galactose).

Natural Sugars present in fruits, vegetables, dairy etc. are packed with fibre or protein which slows down absorption and prevent blood sugar spike while added sugars are rapidly absorbed by the body. In addition, independent of the rapidity of absorption that cause sugar spikes, the total quantity of any sugar/s consumed will contribute to the overall energy/calorie intake.

Global Perspective on Defining Sugars

Besides our domestic framework and regulatory requirements, sugars are also defined by various global regulatory bodies.

World Health Organization (WHO)

- **Total sugars:** Total sugars include intrinsic (naturally occurring) sugars, such as sugars in the structure of intact fruit and vegetables, milk sugar (lactose) and all added sugars in foods and beverages.
- **Free sugars:** Free sugars include monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrate.
- **Added sugars:** Added sugars include sugars added to food during food processing, sugars used as sweeteners and sugars from honey and concentrated fruit or vegetable juices. Added sugars do not include naturally occurring sugars, such as sugars in the intact cell walls of fruit and vegetables, or sugars present in milk.

U.S. Food and Drug Administration (FDA)[6]

FDA distinguishes between "Total Sugars" and "Added Sugars" on food labels.

Total sugars include sugars naturally present in many foods and beverages, such as sugar in milk and fruits as well as any added sugars that may be present in the product.

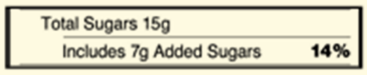
Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They do not include naturally occurring sugars that are found in milk, fruits, and vegetables. The Daily Value for added sugars is 50 grams per day based on a 2,000 calorie daily diet.



How Are Added Sugars Listed on the Nutrition Facts Label?

Labels for foods and beverages with added sugars list the number of grams and the percent Daily Value (%DV) for added sugars within the Nutrition Facts label. Having the word "includes" before added sugars on the label indicates that added sugars are included in the number of grams of total sugars in the product.

For example, a container of yogurt with added sweeteners, might list "Amount per serving"; this means that one serving of the product has 7 grams of added sugars and 8 grams of naturally occurring sugars - for a total of 15 grams of sugar. The 7g of added sugars represents 14% of the Daily Value for added sugars.



European Union (EU)[7]

The Regulation (EU) 1169/2011 mandates labelling of total sugars as "of which sugars" under carbohydrates in the nutrition table, expressing amount in grams per 100g or 100ml of product.

For added sugars, the declaration remain voluntary and shall be listed in the ingredients list in descending order by weight, often by specific name (e.g., sucrose, glucose syrup, fructose).

The definition of total sugars and added sugars are similar to as described under US FDA.

Food Standards Australia New Zealand (FSANZ)[8]

FSANZ set the standards for safe food in Australia and New Zealand.

The Australia New Zealand Food Standards Code provides general definitions and specifically for foods in different sections. The term 'sugars' is defined under Standard 1.1.2 - 2 relating to General Definitions as:

in Standard 1.2.7 (Nutrition, health and related claims), Standard 1.2.8 (NI requirements) and Schedule 4 (Nutrition, health and related claims) - means monosaccharides (other than D-allulose) and disaccharides; and

otherwise-means any of the following products, derived from any source:

(i) hexose monosaccharides and disaccharides, including dextrose, fructose, sucrose and lactose;

(ii) starch hydrolysate;

(iii) glucose syrups, maltodextrin and similar products;

(iv) products derived at a sugar refinery, including brown sugar and molasses;

(v) icing sugar;

(vi) invert sugar;

(vii) fruit sugar syrup;

but does not include:

(i) malt or malt extracts; or

(ii) sorbitol, mannitol, glycerol, xylitol, polydextrose, isomalt, maltitol, maltitol syrup, erythritol or lactitol.

The regulatory body also states that where this Code permits the use of a substance (including a vitamin or a mineral) as a food additive, as a processing aid or as a nutritive substance in a particular food defined in this section, the definition is to be read as including a food in which the substance was so used.

In this context, the section defines 'Sugar' under 1.1.2 - 3 Definitions-particular foods as: sugar means, unless otherwise expressly stated, any of the following:

(a) white sugar;

(b) caster sugar;

(c) icing sugar;

(d) loaf sugar;

(e) coffee sugar;

(f) raw sugar

FSANZ also provides a unique tool i.e. Nutrition Panel Calculator (NPC) to help food manufacturers calculate the average nutrient content of their food products and prepare a nutrition information panel (NIP). A nutrition information panel must contain the average quantity of sugars in grams.

References

1. World Health Organization. European Region. Sugars Factsheet 2022.
2. Food Safety and Standards (Labelling and Display) Regulations, 2020
3. Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011
4. Food Safety and Standards (Advertising and Claims) Regulations, 2018
5. FSSAI - Manual of Methods of Analysis of Foods - Beverages (Coffee, Tea, Cocoa, Chicory) Sugar and Sugar Products & Confectionary Products5.
6. www.FDA.gov/NutritionFactsLabel. August 2023
7. Regulation (EU) 1169/2011
8. https://www.foodstandards.gov.au/consumer/labelling/Sugar-labelling

Disclaimer

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