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**REPORT FROM FDA'S
SUGARS TASK FORCE,
1986**

**Evaluation of Health Aspects
of Sugars Contained
in Carbohydrate Sweeteners**

Walter H. Glinsmann, M.D.,
Hiltje Irausquin, Ph.D.,
and
Youngmee K. Park, Ph.D.

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EVALUATION OF HEALTH ASPECTS OF SUGARS CONTAINED IN CARBOHYDRATE SWEETENERS

Report of Sugars Task Force, 1986

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ABSTRACT A critical review composed of two parts: (1) estimates of present levels of sugars intake and of recent trends in nutritive carbohydrate sweetener content of the food supply and (2) a review of recent scientific literature addressing potentially adverse health effects associated with sugars consumption. The review contains an executive summary, an appendix with 75 tables summarizing the estimation of sugars intake of U.S. population groups, and over one thousand citations. J. Nutr. 116(11S): S1-S216, 1986.

INDEXING KEY WORDS sucrose • corn sugar • corn syrup • invert sugar • corn sweetener • high fructose corn syrup • glucose • dextrose • sugars intake

Task Force Members

Two Task Groups performed the ground work for this report, one for compiling and abstracting the literature and one for estimating sugars intake of U.S. population groups.

The Task Group members compiling and abstracting the literature consisted of the following members: Dr. Leon Prosby (Chairperson) and Dr. Carol B. Gable of the Division of Nutrition and Dr. Hiltje Irausquin and Dr. Rosa M. Gryder of the Division of Toxicology and Mr. John W. Gordon of the Division of Food and Color Additives.

The Task Group for estimating sugars intake of U.S. population groups consisted of the following members of the Clinical Nutrition Branch of the Division of Nutrition: Dr. Youngmee K. Park (Chairperson), Dr. Elizabeth A. Yetley, Eric A. Hanson, Margaret A. McDowell, Nancy T. Crane and David P. Fox.

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