



PRESS RELEASE

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WHAT DOES THE SUGAR TAX MEAN FOR THE NATIONS HEALTH?

The “Sugar Tax” on drinks containing added sugar announced in the Budget may bring some reduction in the consumption, which is a positive step. BANT therefore support the taxation of drinks containing added sugar. There is a lot of evidence available that sugar and the over-consumption of sugary drinks is a major contributing factor to obesity. However, sugary drinks are only part of the problem. Hidden sugars in all processed foods contribute to the trajectory of obesity.

The amount of hidden sugars in processed foods are an increasing concern, however, and as much of a problem to the nations health as sugary drinks. Fruit juices and smoothies are also high in fructose and excess consumption can also contribute to obesity and diabetes. As such, a sugar tax may not necessarily result in cutting the level of obesity. BANT would therefore like to see the tax applied to fruit juices and smoothies and not just drinks with added sugar.

It is important to educate people about the effects of sugar and which foods contain high levels of added sugar and fructose. BANT’s Wellbeing Guidelines are designed to provide, clear, easy to understand information and are aimed at anyone looking to improve their health and/ or aiming for weight loss. BANT also provide informative guidelines on preventing childhood obesity.

FOR FURTHER INFORMATION ON THE WELLBEING GUIDELINES AND FOR COMMENT PLEASE CONTACT:

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