# U.N. health agency: World must watch its sweet tooth

By MARIA CHENG AP Medical Writer

LONDON — New guidelines from the World Health Organization are enough to kill anyone's sugar high. The U.N. health agency says the world is eating too much sugar and people should slash their intake to just six to 12 teaspoons per day — an amount that could be exceeded with a single can of soda.

So, put down that doughnut. And while you're at it, skip the breakfast cereal, fruit juice, beer and ketchup.

The guidelines, released Wednesday, finalize draft advice first released last year and are focused on the added sugars in processed food, as well as those in honey, syrups and fruit juices. The advice does not apply to naturally occurring sugars in fruit, vegetables and milk, since those come with essential nutrients.

"We have solid evidence that keeping intake of (added) sugars to less than 10 percent of total energy intake reduces the risk of overweight, obesity and tooth decay, Francesco Branca, director of WHO's nutrition department, said in a statement.

Experts have long railed about the dangers of sugar and studies suggest that people who eat large amounts of the sweet stuff are at higher risk of dying prematurely from heart problems, diabetes and cancer, among other conditions.

Americans get about 13 percent of their calories from added sugar, or 268 calories a day, the equivalent of about 18 teaspoons. One teaspoon of sugar is about 15 calories.

Some experts said the 10 percent target was more realistic for Western countries than the lower target. They said the 5 percent of daily



New guidelines released by the World Health Organization on Wednesday say the world is eating too much sugar and people should slash their sugar intake to just 5 to 10 percent of their overall calories.

calories figure was aimed mostly at developing countries, where dental hygiene isn't good enough to prevent cavities, which can lead to serious health problems.

"To get down to 5 percent, you wouldn't even be allowed to have orange juice,"

dations, arguing the advice was based on "poor quality, weak and inconsistent data.' It noted WHO itself acknowledged the evidence for the 5 percent target was "very low quality.'

Last year, the U.S. proposed new nutrition labels that would be required to list any sugars added by manufacturers.

Sugar is just one of a number of ingredients that have come under attack, such as salt and trans fat. However, WHO pointed out that when it comes to sugar, most people don't realize how much they're eating because it's often hidden in processed foods not considered sweet. For example, one tablespoon of ketchup has about 4 grams (1 teaspoon) of sugar and a single can of soda has up to 40 grams (10 teaspoons).

"The trouble is, we really do like sugar in a lot of things," said Kieran Clarke of the University of Oxford, who said the global taste for sugar bordered on an addiction. "Even if you are not just eating lollies and candy, you are probably eating a fair amount of sugar.'

Clarke noted that there's added sugar even in pasta sauces and bran cereals. She said fruit juices and smoothies were common dietary offenders, because they have very concentrated amounts of sugar without the fiber benefits that come with eating the actual fruit.

Clarke welcomed the new WHO guidelines but said people should also consider getting more exercise to balance out their sweet tooths.

"If you do enough exercise, you can eat almost anything," she said. "But it's very hard to avoid large amounts of sugar unless all you're eating is fruits and vegetables."

### **Television > Today's highlights**



Jason Isaacs and Anne Heche star in "DIG"

Backstrom **111** KFFX KPTV 9:00 p.m.

When an explosion rocks the Liberty Oil pipeline in Backstrom's (Rainn Wilson) childhood home, his father, Sheriff Blue Backstrom (guest star Robert Forster) comes to Portland to investigate. Sarah Chalke guest stars as Backstrom's ex-fiancée Amy.

# The Blacklist

25 KNDU KGW 9:00 p.m.

Someone from Reddington's past brings him into a deadly game involving a family with an ill-gotten fortune. It appears their wealth was amassed at underground auctions. At the same time, Tom embarks on a new mission.

# **Elementary**

19 KEPR KOIN 10:00 p.m.

Now that Sherlock (Jonny Lee Miller) and Watson (Lucy Liu) have officially joined forces, they help the NYPD crack the most baffling cases. This drama offers viewers a new take on the character created by Sir Arthur Conan Doyle.

# **American Crime**

42 KVEW KATU 10:00 p.m.

A family's life is shattered after a young couple is brutally attacked in their home in this premiere. War vet Matt Skokie (Grant Merritt) ends up dead while his wife, Gwen (Kira Pozehl), is found unconscious, barely hanging on.

USA 10:00 p.m. When FBI agent Peter Connelly (Jason Isaacs) takes a new position in

Israel, he stumbles upon a mystery that delves into the Holy Land's dark secrets. As he races to investigate, he realizes he may not be the only one looking for answers.

# Allegiance

**25** KNDU KGW 10:00 p.m. The reality of his family's past hits Alex (Gavin Stenhouse) just as his

integrity is questioned at work. Special Agent Faber (Paul Ben-Victor) is brought in to investigate a possible mole in the FBI, and Natalie (Margarita Levieva) makes an error.

### **Duff Till Dawn** FOOD 10:30 p.m.

Two teams use their imagination to bring a fairy to life in a cake. Sarah Myers and Timbo Sullivan create a forest of whimsy while Natalie Sideserf and Julia Doubleday push the boundaries of cake art with their surreal design.

# Talk shows

6:30 a.m. 42 KVEW Good Morning Northwest 7:00 a.m. 19 KEPR KOIN CBS This

**25** KNDU KGW Today Show Anne Heche and Jason Isaacs on 'DIG.'
42 KVEW KATU Good Morning ESPN2 ESPN First Take

WPIX Maury 8:00 a.m. WPIX The Jerry Springer Show Tiffany wants to knock out her competition but instead finds herself

9:00 a.m. 19 KEPR The Meredith Vieira Show 25 KNDU KGW Today Show II Reader's Digest's food hacks.

42 KVEW Live! With Kelly and Michael Hugh Jackman, wildlife expert Peter Gros brings exotic animals to the

WPIX The Jerry Springer Show Today on Jerry Springer, we'll see that a good friend is hard to find. 10:00 a.m. 25 KNDU KGW Today Show III Ambush Makeover. 42 KVEW KATU The View **ESPN2 ESPN First Take** HALL Home and Family

WPIX The Bill Cunningham Show 11:00 a.m. 11 KFFX The Real 25 KNDU Steve Harvey KATU Live! With Kelly and Michael Hugh Jackman, wildlife expert Peter

Gros brings exotic animals to the WPIX The Bill Cunningham Show Noon KPTV The Real 31 KTNW Charlie Rose 42 KVEW KATU The Chew HALL Home and Family WPIX The Steve Wilkos Show A

that he might not be the father of her

1:00 p.m. KPTV The Wendy Williams

19 KEPR KOIN The Talk
59 OPB Charlie Rose
WPIX The Steve Wilkos Show Eric believes horrible things happened to his daughter while she was in her mother's care.
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KGW The Dr. Oz Show KATU The Meredith Vieira Show 3:00 p.m. 19 KEPR KOIN Dr. Phil 25 KNDU The Dr. Oz Show KGW The Ellen DeGeneres Show 42 KVEW The Rachael Ray Show KATU Steve Harvey

4:00 p.m. 25 KNDU The Ellen DeGeneres Show 42 KVEW The Queen Latifah Show 6:45 p.m. HBO Last Week Tonight With John Oliver

9:00 p.m. HBO3 Last Week Tonight With John Oliver 11:00 p.m. 31 KTNW Charlie Rose **TBS Conan** Guests: Adam Sandler, Jonathan Banks, Broods.

11:35 p.m. 19 KEPR KOIN The Late Show With David Letterman Will Smith and Grizfolk visit Dave tonight.

25 KNDU KGW The Tonight Show Starring Jimmy Fallon
42 KVEW KATU Jimmy Kimmel Live

Midnight FNC Red Eye With Greg **12:30 a.m. TBS Conan** Guests: Adam Sandler, Jonathan Banks, Broods.

12:35 a.m. **25** KNDU KGW Late ht With Seth Meyers 19 KEPR KOIN The Late Late Show Jane Lynch, Dan Riskin and Ed Alonso visit Drew tonight. 1:35 a.m. 25 KNDU KGW Last Call

With Carson Daly 2:05 a.m. 25 KNDU Today Show Pendleton East-Oregonian, OR: Talk Shows Mar THURSDAY MORNING

said Tom Sanders, a professor of nutrition and dietetics at King's College London who wasn't part of the WHO guidelines.

The Sugar Association slammed the new recommen-

**MARCH 5, 2015** 

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CABLE	ESPN2 FAM FNC FOOD FX GOLF GSN HALL HGTV	34 32 66 61 65 88 76 87 62	NCAA Bask Boy-World The Kelly F Chopped 5:00 ¥ Horn PGA Golf W Fam. Feud Waltons "T Caribbean	etball (L)  etball (L)  Boy-World  ile  ible Boss  /GC-Cadillac  Fam. Feud  he Theft"  Caribbean	# ** Th Hannity Chopped # ** This Championsh Fam. Feud Waltons "T Caribbean	e Breakfast  Is 40 (2012, ip Round 1 S Fam. Feud he Roots" Caribbean	SportsCenter Basketball Club Judd N The O'Reilly Chopped Comedy) Leite: Trump N Fam. Feud The Walton Fixer Upper	gland for 30 " gland for 30	SportsCenter Survive and A  ** ** Nick The Kelly Fi Chopped Ca egan Fox, Pa Doral, Fla. Fam. Feud Middle Rehab	and Norah' le anada (N) sul Rudd. Fam. Feud Middle Rehab	SportsCenters s Infinite Plater Hannity BeatFlay Archer (N) Baggage Middle H.Hunt	30 for 30 aylist DuffDawn Archer Baggage Middle House (N)	The 700 Clu On the Reco Cutthroat K Archer PGA Golf Baggage G. Girls H.Hunt	ub ord Citchen Movie Baggage G. Girls House
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### 621 5:05 ♥ ★★ Pompeii **STARZ** NIGHT OWI

549 Movie

**HBO2** 

**HBO3** 

MAX

SHOW

**520 5:45** ★ ★ **Pacific Rim** ('13, Act) Idris Elba.

:25 ♥ ★★ You, Me and Dupree

521 :55 ♥ ★★ Moonrise Kingdom

578 4:45 🛠 The Fifth Es.

ľ	NIGHT OWL													
	STATION		12 AM	12:30	<b>1</b> AM	1:30	2 ам	2:30	3 ам	3:30	4 AM	4:30	5 AM	5:30
FOX	11KFFX	11	AngerM.	:35 Mother	:05 WizeBu	ys							WizeBuys	
8	KPTV	3	Loves Ray	TMZ	Dish	Raising	Queens	King of H.	Paid	Access H.	Minute	Good Day	Good Day (	)regon
CBS	19 KEPR	2	DLetter.	:35 Late Late Show (N) :35 Paid			:05 Up to t	he Minute				News	News	News
Ü	KOIN	19	DLetter.	:35 Late Late Show (N) :35 Insider			:10 Up to t	he Minute			News	KOINNews KOIN 6 News at 5 a.m.		
Š	<b>25</b> KNDU	6	Tonight	:35 Seth Me	:35 Seth Meyers :35 C. D			:05 Today Show Mad Money				Wake Up Northwest		
Ž	KGW	8	,		Seth Meyers :35 C. Daly			Backroads	Mad Mone	у	News	KGW News KGW News at Sunrise		
ŠČ	42 KVEW	4	Kimmel	:35 Nightl.	:05 Middle	:35 Paid	:05 ABC World News Now				ABC News	America Th	is Morning	Northwest
¥	KATU	5	Kimmel	:35 Nightl.				orld News N	low		News	News	KATU News	Morning
BS	31 KTNW		Power to the People Old House Ask Ho				British Bak	i <b>ng</b> "Final"	Life of Muh	ammad	Nature		Nova	
4	<u>59</u> OPB	59 OPB 13 PBS NewsHour Nature					•	Joe Bonam	assa: Muddy	1	Yoga for A	thritis	Business	BBC News

Movie /:20 ♥ ★★ That Awkward Moment

:55 ♥ ★★★ Rocky ('76, Dra) Sylvester Stallone. ♥ Deliver Us From Evil ('14, Hor) Eric Bana

Last Week 

★ Getaway Ethan Hawke.

Shameless

:45 ♥ ★★ The Conjuring

The Nutty Professor II: The Kl... | Movie

♥ Grudge Match

Penn Teller House Lies

:05 ♥ ★★ Next Friday

Girls

Vice (N)

♥ That Gal ... Who Was in That... :25 ♥ ★★ Legally Blonde

Looking