

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...

"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...



AP Photo/Robert F. Bukaty, File

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," said Tom Sanders, a professor of nutrition and dietetics at King's College London...

allowed to have orange juice," 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 recommendations, 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 tooth.

"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

11 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-fiancee 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.

DIG

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 Morning
25 KNDU KGW Today Show Anne Heche and Jason Isaacs on 'DIG,'
42 KVEW KATU Good Morning America
7:00 a.m. 19 KEPR KOIN CBS This Morning
25 KNDU KGW Today Show Anne Heche and Jason Isaacs on 'DIG,'
42 KVEW KATU Good Morning America
7:00 a.m. 19 KEPR KOIN CBS This Morning
25 KNDU KGW Today Show Anne Heche and Jason Isaacs on 'DIG,'
42 KVEW KATU Good Morning America

1:00 p.m. KPTV The Wendy Williams Show
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.
2:00 p.m. KOIN 42 KVEW The Doctors
KATU The Dr. Oz Show
KATU The Meredith Vieira Show
3:00 p.m. 19 KEPR KOIN Dr. Phil
25 KNDU The Dr. Oz Show
42 KVEW 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 Gutfeld
12:30 a.m. TBS Conan Guests: Adam Sandler, Jonathan Banks, Broods.
12:35 a.m. 25 KNDU KGW Late Night With Seth Meyers
19 KEPR KOIN The Late Late Show Jane Lynch, Dan Riskan 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

Table with 12 columns (Station, Time, Program) for Thursday Morning. Rows include FOX, KPTV, CBS, KOIN, NBC, KNDU, KGW, ABC, KVEW, KATU, PBS, KTNW, OPB.

AFTERNOON

Table with 12 columns (Station, Time, Program) for Thursday Afternoon. Rows include FOX, KPTV, CBS, KOIN, NBC, KNDU, KGW, ABC, KVEW, KATU, PBS, KTNW, OPB.

EVENING

Table with 12 columns (Station, Time, Program) for Thursday Evening. Rows include FOX, KPTV, CBS, KOIN, NBC, KNDU, KGW, ABC, KVEW, KATU, PBS, KTNW, OPB.

Table with 12 columns (Station, Time, Program) for Thursday Night. Rows include A&E, AMC, ANPL, CMT, CNBC, CNN, DISC, DISN, ESPN, ESPN2, FAM, FNC, FOOD, FX, GOLF, GSN, HALL, HGTV, HIST, LIFE, NICK, ROOT, SPIKE, SYFY, TBS, TCM, TLC, TNT, UNI, USA, WE, WGN, ENC, HBO, HBO2, HBO3, MAX, SHOW, STARZ.

NIGHT OWL

Table with 12 columns (Station, Time, Program) for Thursday Night Owl. Rows include FOX, KPTV, CBS, KOIN, NBC, KNDU, KGW, ABC, KVEW, KATU, PBS, KTNW, OPB.