

# Proportions and types of different sweeteners in the Hungarian packaged food supply

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## AIMS

- to map the use of sweeteners in relevant packaged food categories
- to compare the nutrient profile of non-sugar (including sugar alcohol) vs. added sugar sweetened food products in Hungary

## METHODS

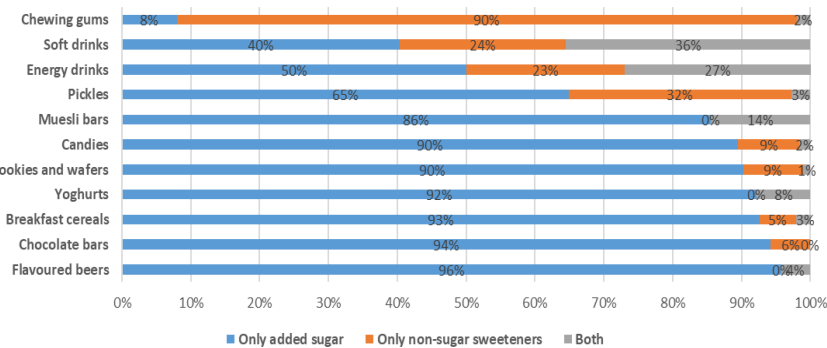
Collect information on:

- foods using automated online data collection (foodDB software, University of Oxford)
- from four major Hungarian supermarket websites, selected by market share in March 2021
- products containing either added sugar and/or non-sugar sweeteners

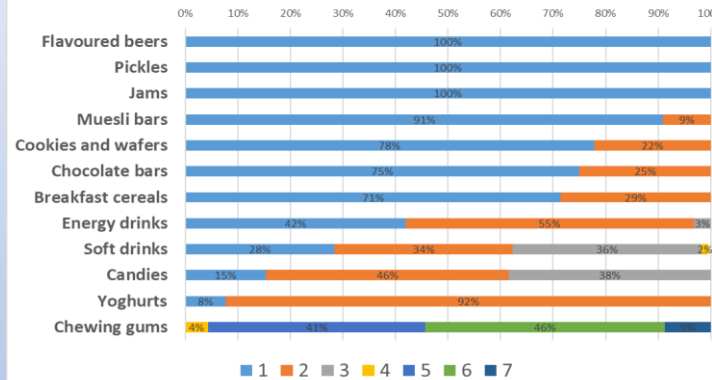
Products were categorized into 12 food groups. Final product number: 2016.

## RESULTS

Products containing added sugar and/or non-sugar sweeteners by food group



Distribution of the number of sweeteners in a product by food group



	Energy	Fat	SFA	Carbohydrate	Sugar	Protein	Salt	Fiber
Flavoured beers	-	-	-	-	-	-	-	-
Chewing gums	-138	-	-	-8,25	-	-	-	-
Energy drinks	-34	-	-	-8	-8,6	-	-	-
Pickles	-13	-	-	-1,02	-2,22	-	0,74	-
Muesli bars	-35	0,3	-1,7	4,6	-19	-0,7	0	-1,7
Jams	-106	-	-	-23,59	-29	-	-	-
Candies	-106	-	-	14,3	-62	-	-	-
Yoghurts	-52	-2,8	-1,8	-8,3	-7,9	0,1	-	-
Breakfast cereals	-33	-0,5	-0,3	-1,85	-17,8	2,5	-0,32	0,1
Chocolate bars	-80	2,5	2,75	-6,8	-47	-0,2	-0,04	7,6
Cookies and wafers	-44	-0,9	-2,8	-1,05	-28,6	0,25	0,11	2,3
Soft drinks	-23	-	-	-6	-6,1	-	-	-

- Overall 72% of the products was sweetened with added sugars only, 15% of them with non-sugar sweeteners only and 13% contained both sugars and non-sugar sweeteners
- Chewing gums (92%), soft drinks (60%), energy drinks (50%) and pickles (35%) contained non-sugar sweeteners in the largest proportion

- Nine categories included food items containing multiple non-sugar sweeteners per product
- The most common non-sugar sweeteners were acesulfame-potassium, sucralose, aspartame present in 15%, 10%, 9% of the total products respectively

The values in the table show the difference in average nutrient content (in grams/100g product) between **products with non-sugar sweeteners** compared to **products sweetened only with sugar**.

"-" sign: not compared, because negligible amount of nutrient  
Coloured cells: significant difference (Mann-Whitney test (p<0.05))

## CONCLUSIONS

- The presence of non-sugar sweeteners is widespread in the Hungarian food supply
- Non-sugar sweetener use does not guarantee a more beneficial nutrient profile
- Branded food databases are useful tools to analyse the nutrient composition of packaged foods