



ICMR Menyarankan Menghilangkan Gula Tambahan Dari Diet: 'Tidak Memberikan Nutrisi Selain Kalori' | Kesehatan

Description

ICMR (Indian Council of Medical Research) recently released guidelines advising individuals to limit added sugar intake to 25 g per day or even eliminate it completely from their diet due to its lack of nutritive value. According to the guidelines, consuming sugar beyond what is naturally present in foods increases total calorie intake without providing any nutritional benefits.

Recommendations from ICMR suggest that consuming sugar that contributes over 5% of total energy intake per day, or 25 g per day based on average calorie intake, is considered "high sugar." The apex medical research body is also urging individuals to reduce calories from sugar to less than 5% Kcal per day for better health outcomes.

Added sugars, such as sucrose, jaggery, honey, glucose, and fructose, are sugars added to foods during processing and preparation. In contrast, naturally occurring sugars are those that are inherently present in food items, like fruits and milk. Refined sugars lack essential vitamins and minerals, and consuming excess added sugars can increase the risk of chronic diseases like obesity, diabetes, heart disease, cancer, and dementia.

The guidelines emphasize that a diet high in fruits, vegetables, and whole grains, which contain essential vitamins, minerals, and fiber, can help reduce the risk of chronic diseases. ICMR stresses that calories are only healthy when accompanied by vital nutrients.

By following the ICMR guidelines and limiting added sugar intake, individuals can improve their overall health and reduce the risk of various chronic diseases. It is essential to focus on nutrient-dense foods and avoid excessive consumption of added sugars for optimal well-being.

Ringkasan

ICMR (Indian Council of Medical Research) merekomendasikan batas asupan gula tambahan hanya

25 g per hari atau bahkan menghilangkannya sepenuhnya dari pola makan karena tidak memberikan nilai gizi selain kalori. WHO juga sedang mempertimbangkan untuk merevisi rekomendasi mereka terkait kalori yang berasal dari gula menjadi kurang dari 5% kalori per hari. Apa perbedaan antara gula tambahan dan gula alami yang terkandung dalam makanan? Mengapa membatasi konsumsi gula penting bagi kesehatan? Berikan pendapat Anda dan bagikan pengalaman Anda terkait konsumsi gula dalam komentar di bawah ini!

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