Abstract

This bachelor thesis focuses on the intake of the added sugars among the population of young adults, particularly among the adults in the group of 30 to 45 years of age.

The theoretical part of this thesis provides a brief overview of the saccharides based on their chemical composition and elementary classification. The sugars and the natural as well as the synthetic sweeteners and their use in the food industry are then discussed in detail. The concepts of naturally occurring and added sugars are described including the related legislative requirements for food labeling and nutritional recommendations issued by the international and national institutions. The special attention is devoted to the role of sugars in nutrition and to the health risks arising from an excessive sugar intake.

The research part of the thesis includes a survey carried out in the form of a questionnaire aiming to investigate, in particular, the consumption of the sweetened soft beverages, the fruit products and the breakfast cereals and to defend the hypothesis that the chosen group of the population consumes the added sugars in an excessive amount. The practical part embodies also an analysis of the weekly diet of eight persons of the given age category focused on the amount of the total sugar intake. Although the excessive consumption of the added sugar among the given group of the population could not be proven, both the survey and the analysis of the weekly menus showed that the consumption of the sweetened beverages, the flavored dairy products and excessive consumption of the fruit might be perceived as high-risk in connection with daily recommended added and total sugar intake.

Keywords:
sugars, added sugars, free sugars, sugar intake, nutritional recommendations, sugar/sucrose sweetened beverages