

# Sugar reduction and wider reformulation programme in the UK

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Call for best practices on healthy and sustainable food systems

**Problem** - All UK population groups, particularly children, are consuming too much sugar.

**Aim** - To **reduce the amount of sugar consumed** from foods that contribute most to children's (up to the age of 18) diets **by 20% by 2020**

PHE are working to engage with all sectors of the **food industry** (retailers, manufacturers, restaurants, coffee shops, take away and delivery services) in the programme and monitor achievements

## **Outcomes/Results:**

At the end of year one:

- for retail and manufacturer products there was a 2% reduction in total sugar/100g, and a 2% reduction in calories.
- Sugar levels in 5 out of 8 food categories were reduced.
- In the out of home sector, while average sugar content is the same, calories in products to be consumed in a single occasion are substantially larger.

This programme is only one in a range of policy actions being undertaken to tackle obesity