January 19th, 2016

**Sugar - Pure, White and Deadly says MEP**

**EU should limit sugar in baby food**

Speaking in Strasbourg ahead of a vote tomorrow in the European Parliament, Independent MEP Marian Harkin stated that MEPs would have an opportunity to re-open negotiations on the sugar content of baby food.

She said:- "The current proposal allows baby foods to provide 30% of their energy from sugar. This flies in the face of WHO recommendations which set the maximum levels at 10%. Levels of 30% are outdated and do not take the latest findings into consideration.

"According to estimates from the WHO´s childhood Obesity Surveillance Initiative around 1 in 3 children in the EU aged 6-9 years were overweight, or obese, in 2010. Information from various different studies suggest that this number has increased steadily over the past 20 to 30 years.

"Childhood obesity is closely linked to an increased intake of carbohydrates and fats. Therefore a limit of 10% sugar in baby foods would be a significant step in fighting childhood obesity and, hopefully, our vote tomorrow in the European Parliament will allow this to happen. Sugar has been described as pure, white and deadly and, while this may be an oversimplification, decreased levels of sugar in baby food will undoubtedly be a positive step" Marian Harkin concluded.

 Further information from: Marian Harkin MEP

 Tel: +086-8341758

E-mail: [marian.harkin@ep.europa.eu](mailto:marian.harkin@ep.europa.eu)

Website: [www.marianharkin.ie](http://www.marianharkin.ie/)

Facebook: [www.facebook.com/marianharkin](http://www.facebook.com/marianharkin)

Twitter: [www.twitter.com/MarianHarkin](http://www.twitter.com/MarianHarkin)

"MEP of the Year " Award Winner 2011 & 2012