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Title: Sugar and cardiometabolic disease: Should we be quitting sugar?

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## Synopsis

### **Sugar and cardiometabolic disease: should we be quitting sugar?**

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**The synopsis is based on the following article:** Rodríguez LA, Madsen KA, Cotterman C, Lustig RH. 2016. Added sugar intake and metabolic syndrome in US adolescents: cross-sectional analysis of the National Health and Nutrition Examination Survey 2005-2012. *Public Health Nutr.* 19(13):2424-34.

## Design

Cross-sectional analysis

## Participants

Adolescents in the United States. The age of the participants ranged from 12 to 19 years.

## Intervention

Nationally representative, cross-sectional sample of US adolescents aged 12-19 years participating in the National Health and Nutrition Examination Surveys (NHANES) of 2005-2012. Added sugar intake in grams per day was estimated from two 24 hour standardised dietary recalls and then separated into quintiles from lowest to highest consumption. Blood was collected from participants for assessment of biomarkers of metabolic syndrome.

## Comparator

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