

# NATIONAL SALT AND SUGAR REDUCTION INITIATIVE (NSSRI)

## *Glossary of Terms*

*Released February 24, 2021*

**Added Sugars:** Per the Food and Drug Administration (FDA), added sugars include sugars (free, mono- and disaccharides); sugars from syrups and honey; and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type. They are added to foods and beverages by manufacturers during processing. These sugars add calories to the diet, but little or no nutritional value. Research shows that intake of added sugars is associated with increased risk of excess weight, Type 2 diabetes, hypertension, stroke, heart disease and cavities.

**Baseline:** The first year of data that will be used for future comparison to assess the impact of the initiative. The baseline data for the sugar targets consists of sales data from 2017 merged with nutrition data collected in 2018.

**Food/Beverage Category:** The NSSRI team at the New York City Department of Health and Mental Hygiene developed food and beverage categories through an iterative process that included review of the food products that contribute most to added sugar intake in the diet, commonly used food categories, similarity between products, and opportunities and technical challenges for sugar reduction.

**Guidance Maximum:** Intended to be used by companies on an individual product basis as a suggested upper limit for sugar density. Companies do not need to commit to meeting the maximums, but are encouraged to lower the sugar density of every product to be at or below the guidance maximum.

**Low and No Calorie Sweeteners:** Commonly used as sugar substitutes or sugar alternatives because they are many times sweeter than sugar but contribute a few to no calories when added to foods or beverages. Other names may include non-nutritive sweeteners, artificial sweeteners, sugar substitutes, or high-intensity sweeteners.

**Natural Sugars:** Some foods contain sugar naturally, such as fruit and milk. Natural sugar is usually found in products that deliver essential nutrients, such as vitamins and fiber, as part of a healthy diet. Added sugars make up the sugar content of the vast majority of products in the NSSRI categories.

**Sales-Weighted Mean (SWM):** The average sugar density within a category, weighted by product sales. Using a SWM to calculate the baseline sugar density for each category and set targets ensures that the products sold in the highest volume in the U.S. factor more heavily into the mean.

**Sugar Density:** For this initiative, sugar density is defined as grams of sugar per 100 grams of product for food and grams of sugar per 100 milliliters of liquid for beverages. Using sugar density ensures that sugar in products with different serving sizes can be compared.

**Target:** Sugar density levels developed by the NSSRI to guide companies in reducing the amount of sugar in food and beverage products. Companies meet the SWM target for a given category by demonstrating that the SWM sugar density of their products within a category are at or below the target by the end of the target year.

**Total Sugars:** Sum of added sugars and natural sugars. NSSRI targets are set for the total sugar content of products because added sugar content was not available on the Nutrition Facts Label of all products when targets were developed. In most categories, the total sugar content is equivalent to the amount of added sugars.