

## Références

# Politiques alimentaires / Sucre

- <sup>1</sup> Organisation mondiale de la santé (2015). *Guideline: Sugar intake for adults and children*. Repéré en ligne le 20 mai 2017 au [http://apps.who.int/iris/bitstream/10665/149782/1/9789241549028\\_eng.pdf?ua=1](http://apps.who.int/iris/bitstream/10665/149782/1/9789241549028_eng.pdf?ua=1), p 3
- <sup>2</sup> Moubarac J.-C. et Batal M. (2016). *La consommation d'aliments transformés et la qualité de l'alimentation au Québec*. Université de Montréal. Repéré en ligne le 20 juillet 2017 au [http://www.rccq.org/wp-content/uploads/Qu%C3%A9bec-MSSS-consommation-daliments-ultra-transform%C3%A9s-et-qualit%C3%A9-de-l'alimentation\\_Moubarac-et-Batal-2016.pdf](http://www.rccq.org/wp-content/uploads/Qu%C3%A9bec-MSSS-consommation-daliments-ultra-transform%C3%A9s-et-qualit%C3%A9-de-l'alimentation_Moubarac-et-Batal-2016.pdf)
- <sup>3</sup> Monteiro C.A et al. (2013). Ultra-processed products are becoming dominant in the global food system. *Obesity reviews*, 14(2): 21-28. Repéré le 20 juillet 2017 au <http://onlinelibrary.wiley.com/doi/10.1111/obr.12107/epdf>
- <sup>4</sup> Moubarac J.-C. et al. (2012). Consumption of ultra-processed foods and likely impact on human health. Evidence from Canada. *Public Health Nutrition*, 16(12): 2240-2248
- <sup>5</sup> Acton R. B., Vanderlee L., Hobin E. P. et Hammond D. (2017). Added sugar in the packaged foods and beverages available at a major Canadian retailer in 2015: a descriptive analysis. *Canadian Medical Association journal*, 5(1): E1-E6
- <sup>6</sup> Bernstein J. T. et al. (2016). Total and Free Sugar Content of Canadian Prepackaged Foods and Beverages. *Nutrients*, 8(9): e582
- <sup>7</sup> Steele E. M. et al. (2016). Ultra-processed foods and added sugars in the US diet : evidence from a nationally representative cross-sectional study. *The British Medical Journal*, 6(3): 5
- <sup>8</sup> Moubarac J.-C. (2014). Processed and Ultra-Processed Food Products: Consumption Trends in Canada from 1938 to 2011. *Canadian Journal of Dietetic Practice and Research*, 75(1): 18
- <sup>9</sup> Lee A.K., Chowdhury R. et Welsh J.A (2015). Sugars and adiposity: the long-term effects of consuming added and naturally occurring sugars in foods and in beverages. *Obesity Science & Practice*, 1(1): 41-49. Repéré en ligne le 20 juillet 2017 au <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5057365/pdf/OSP4-1-41.pdf>
- <sup>10</sup> Malik V. D. et al. (2010). Sugar-sweetened beverages and risk of Metabolic Syndrome and Type 2 Diabetes. *Diabetes Care*, 33: 2477-2483
- <sup>11</sup> Gupta P. et al. (2013). Role of Sugar and Sugar Substitutes in Dental Caries: A Review. *ISRN Dentistry*, 2013: 519421
- <sup>12</sup> Sheiman A. et James W.P.T. (2015). Diet and Dental Caries: The Pivotal Role of Free Sugars Reemphasized. *Journal of Dental Research*, 94(10): 1341-1347

<sup>13</sup> Hu F. B. (2013). Resolved: There is sufficient scientific evidence that decreasing sugar-sweetened beverage consumption will reduce the prevalence of obesity and obesity-related diseases. *Obesity reviews*, 14: 606-619

<sup>14</sup> Bray G. A. et Popkin B. M. (2014). Dietary Sugar and Body Weight: Have we Reached a Crisis in the Epidemic of Obesity and Diabetes? *Diabetes Care*, 37(4): 950-956

<sup>15</sup> Organisation mondiale de la santé (2015). *Guideline : Sugar intake for adults and children*. Repéré en ligne le 20 mai 2017 au [http://apps.who.int/iris/bitstream/10665/149782/1/9789241549028\\_eng.pdf?ua=1](http://apps.who.int/iris/bitstream/10665/149782/1/9789241549028_eng.pdf?ua=1), p 3

<sup>16</sup> Fondation des maladies du cœur et de l'AVC (août 2014). *Le sucre, les maladies du cœur et l'AVC*. Repéré en ligne le 20 juillet 2017 au <http://www.coeuretavc.ca/-/media/pdf-files/canada/position-statement/sugar-fr-declaration.ashx?la=fr-ca>