

Sweet Truth

常见问题 (FAQ)

问：有什么大不了的？我为什么要关心纽约市连锁餐厅食品中的添加糖？

答：如果您、您的家人、朋友或邻居曾患过 2 型糖尿病、心脏病、肝病、超重或癌症，那么您就应该关心添加糖。¹过度摄入添加糖会导致体重增加、2 型糖尿病、心血管疾病、龋齿和其他慢性疾病。^{2、3}

即使您个人还没有受过这些健康问题的影响，市政预算为这些病症拨出的大量资金也会影响到您⁴，而这些病症还会对纽约市和纽约州劳动力的健康造成负面影响。⁵

问：这个法案会有什么作用？

答：该法案将要求在连锁餐厅的菜单板和标牌上对含有 50 克或更多添加糖的食物设置警告图标，⁶这与本市在 2015 年底开始要求的钠警告图标非常相似。⁷

问：为什么是 50 克？为什么不是更多或更少？

答：五十 (50) 克添加糖是美国食品药品监督管理局 (Food and Drug Administration, FDA) 为每天消耗 2,000 卡路里的人建议的限制。⁸要记住，这是指一次十二茶匙半的糖。这可是很多的糖。



问：为什么是添加糖而不是总糖？

答：与果蔬中的天然糖不同（这些糖富含含有果腹作用的纤维和有益营养物质），添加糖是浓缩的空热量，目的是吸引人们购买更多加工食品和饮料。⁹

问：我听说由于 COVID-19 疫情的影响，许多餐厅都在挣扎生存。这项要求不会成为他们的负担吗？

答：这项措施只适用于在五个区有十五 (15) 家或以上分店的连锁餐厅。根据最近的餐饮业数据，较大的连锁餐厅已经从疫情中恢复得相当好。事实上，最大的 500 家连锁餐厅（从整体来看）在 2021 年的销售额增长了 18%，从疫情中强势反弹，创造了数千亿美元的销售额。¹⁰

大型连锁餐厅可以很容易地从他们标准化的食谱中计算出添加糖的含量。食品制造商已经执行这项规定，根据新的联邦规则，他们在 2020 年就开始把添加糖的信息标示在食品标签上。

事实上，纽约市最大的连锁店 Dunkin' Donuts 已经在网上公布了其菜单的添加糖信息。

问：该法案是否得到纽约人的支持？

答：是的。2021 年进行的一项民意调查发现，两党对此法案强烈支持，85% 的纽约市居民支持对连锁餐厅中添加糖超过一天合理量的菜品标示警告。¹²

问：这项运动是如何支持健康公平的？

答：以黑人和西班牙裔为主的社区更容易接触到快餐，这是根植于历史性政策的住宅隔离的产物，如经济歧视、撤资和定向营销。¹³这些邻里区更可能有快餐店¹⁴，而健康食品的选择较少。¹⁵更重要的是，黑人和拉丁裔少年儿童是大量含糖饮料和其他垃圾食品广告的目标。2019 年，McDonald's、Domino's 和 Taco Bell 等连锁店在电视广告上花费超过 15 亿美元，以黑人和西班牙裔儿童和青少年为目标，这些快餐广告几乎都宣传全卡路里、成人份的常规菜品，而不是儿童餐。¹⁶

问：市议会不是已经通过了一个这样的法案吗？

答：是的，但也不是。2021 年底通过的法案版本由于一些原因被削弱了，只包括预包装的商品（如冷却饮料）。新法案将涵盖所有的菜品，包括碳酸饮料。¹⁷

¹ Per the World Cancer Research Fund/American Institute for Cancer Research “being overweight or obese throughout adulthood increases the risk of cancers of the mouth, pharynx and larynx; esophagus (adenocarcinoma); stomach (cardia); pancreas; gallbladder; liver; colorectum; breast (postmenopause); ovary; endometrium; prostate (advanced); and kidney.” World Cancer Research Fund/American Institute for Cancer Research (2018). Continuous Update Project Expert Report 2018. “Body fatness and weight gain and the risk of cancer.” Available at HYPERLINK “<http://www.dietandcancerreport.org/>” dietandcancerreport.org

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² Malik, V. S., Schulze, M. B., & Hu, F. B. (2006). Intake of sugar-sweetened beverages and weight gain: a systematic review. *The American journal of clinical nutrition*, 84(2), 274–288. <https://doi.org/10.1093/ajcn/84.1.274>

³ 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 : an official journal of the International Association for the Study of Obesity*, 14(8), 606–619. <https://doi.org/10.1111/obr.12040>

⁴ Waters, H., & Graf, M. (2018). *The costs of chronic disease in the US*. Santa Monica, CA: The Milken Institute. Available at https://milkeninstitute.org/sites/default/files/reports-pdf/ChronicDiseases-HighRes-FINAL_0_1.pdf

⁵ Chronic illness hinders workforce productivity by increasing absenteeism, reducing the focused energy of workers, and depleting critical workplace skills.” Singh, M., James, P. S., & Ganguli, S. (2018). Managing employees with chronic illness. *Human Resource Management International Digest* 26(1), 7-10.

⁶ CSPI (2021). “New York City passes the Sweet Truth Act, requiring warnings on chain restaurants’ prepackaged foods and drinks that are high in added sugars.” Available at <https://www.cspinet.org/press-release/new-york-city-passes-sweet-truth-act-requiring-warnings-chain-restaurants-prepackaged>

⁷ New York City Department of Health and Mental Hygiene (2016). “New sodium (salt) warning rule: What food service establishments need to know.” Available at: <https://www1.nyc.gov/assets/doh/downloads/pdf/cardio/sodium-warning-rule.pdf>

⁸ U.S. Food and Drug Administration (2022). “Added sugars on the new nutrition facts label.” [webpage]. Available at <https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label>

⁹ Lee, A. K., Chowdhury, R., & 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.

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¹⁰ Restaurant Business (2022). “A look at which chains stood out in 2021.” Available at: <https://www.restaurantbusinessonline.com/financing/look-which-chains-stood-out-2021>

¹¹ Dunkin’ Donuts (n.d.) “Nutrition.” Available at: <https://www.dunkindonuts.com/en/menu/nutrition>

¹² Center for Science in the Public Interest (2021). “New York added sugars warning label poll.” Available at <https://www.cspinet.org/resource/new-york-added-sugars-warning-label-poll>

¹³ New York Law School Racial Justice Project., “Unshared Bounty: How Structural Racism Contributes to the Creation and Persistence of Food Deserts. (with American Civil Liberties Union).” (2012). Racial Justice Project. Book 3.

¹⁴ Kwate, N. O. A., Yau, C. Y., Loh, J. M., & Williams, D. (2009). Inequality in obesogenic environments: Fast food density in New York City. *Health & Place*, 15(1), 364-373.

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¹⁵ Johnson, N., Vazquez, A., Pond, C., Rivera, C. & Popa, L. (2019). Growing food equity in New York City: A City Council agenda. New York City Council. Available at: <http://council.nyc.gov/data/wp-content/uploads/sites/73/2019/08/growing-food-equity-1.pdf>

¹⁶ Harris, J.L., Fleming-Milici, F., Phaneuf, L., Jensen, M., Choi, Y.Y., McCann, M., et al. (2021). Fast food facts 2021: Fast food advertising: Billions in spending, continued high exposure by youth. UConn Rudd Center for Food Policy & Obesity. Available at <https://media.ruddcenter.uconn.edu/PDFs/FACTS2021.pdf>

¹⁷ CSPI (2021)