



# International Sugar Organization

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**EXECUTIVE DIRECTOR**

**Press Release(16)09  
(English only)**

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## **Low-fat or 'light' foods encourage over-eating in the long-term**

Dear Colleagues and Friends,

The Executive Director would like to draw your attention to the following information below from [foodnavigator.com](http://www.foodnavigator.com). Please click on the link below for more details.

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Low-fat, light and diet versions of products may actually contribute to rising obesity rates by encouraging over consumption compared to regular products both in the short- and long-term, Dutch scientists have found.

<http://www.foodnavigator.com/Science/Low-fat-or-light-foods-encourage-over-eating-in-the-long-term>