

We eat less sugar

Recent studies show that people in Germany are now consuming significantly less sugar than they did a few years ago. Sugar consumption has also declined among children.



Pfeifer & Langen



What we eat matters

A figure of 30 to 35 kilograms of sugar per person per year is often cited in Germany. This number describes how much sugar is produced and made available — not how much is actually consumed.



In Germany, adults consume an average of about 39 grams of sugar per day.



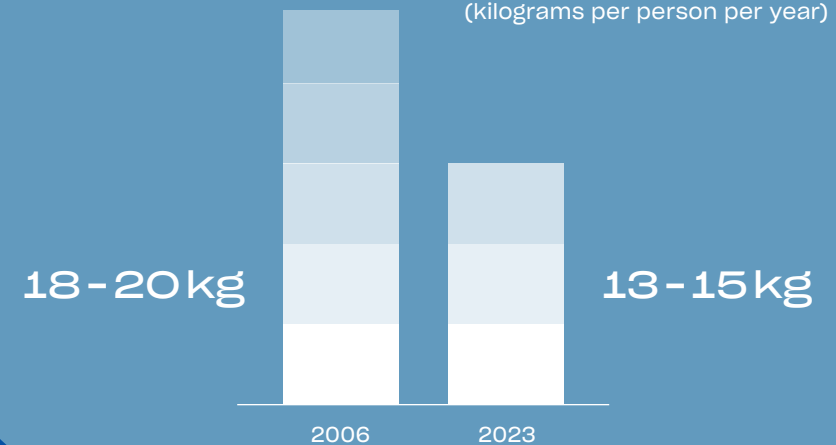
It's not just in Germany that sugar consumption is declining: the trend is also clearly evident in other countries.



International data show that consumption levels are within the range recommended by dietary guidelines.

Declining sugar consumption in Germany

(kilograms per person per year)



Sources:

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- Technische Universität Dortmund: DONALD Studie (Dortmund Nutritional and Anthropometric Longitudinally Designed), seit 1985.
- Office for Health Improvement and Disparities: National Diet and Nutrition Survey 2019 to 2023: report, 2025.
- Rijksinstituut voor Volksgezondheid en Milieu, Ministerie van Volksgezondheid, Welzijn en Sport: Sulker (vrije suikers), 2025.
- Canadian Sugar Institute: Consumption of Sugars in Canada, 2025.