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Sommario/riassunto	The objective of this guideline is to provide recommendations on the consumption of free sugars to reduce the risk of NCDs in adults and children particularly focusing on the prevention and control of unhealthy weight gain and dental caries. This is in recognition of the rapidly growing epidemic of overweight and obesity around the globe and its role as a risk factor for several NCDs. In addition dental caries is the most common NCD and the cost of treatment places a heavy burden on health-care budgets in many countries. The recommendations in this guideline can be used by policy-makers and progr