

WITY ADDED SUGAR IS BAD FOR YOU

Added sugar provides 'empty' calories; it is simply an energy source with no nutritional value.

Eating too much sugar contributes to weight gain (a risk factor for Type 2 diabetes) and tooth decay. It also causes a rapid rise and fall in blood sugar levels which can affect energy, concentration and mood.

Children and adults aged 11yrs+ should have a maximum of 30g of added sugar a day (roughly 7 teaspoons).*

It's not just what comes from the sugar bowl. Added sugars mainly come from:

- Soft/fizzy drinks Biscuits Cakes Chocolate and confectionery
- Flavoured yoghurts Ice cream Desserts Fruit juice
- Honey Syrups Cereal



^{*} Children should have less than adults - no more than 24g/day for children aged 7-10 years and no more than 19g/day for children aged 4-6 years.



WIT IS SUGAR ADDED TO FOOD?

Sugar is cheap to use as a sweetener, flavour enhancer, bulking agent and preservative. It makes food tasty and extends shelf life.

Watch out sugar is everywhere...from breakfast cereals to healthy looking savoury foods where you don't expect it e.g. soups.











TOTAL 124g

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- Enjoy whole fresh fruit (fresh, dried or frozen), it contains naturally occurring 'safe' sugar. Plus whole fruit contains vitamins, minerals and fibre which keep us healthy.
- Milk and milk products such as plain yoghurt contain lactose
 another naturally occurring sugar. **This doesn't count as an added sugar**, plus these foods contain calcium and protein which contribute to bone strength, immunity and growth.

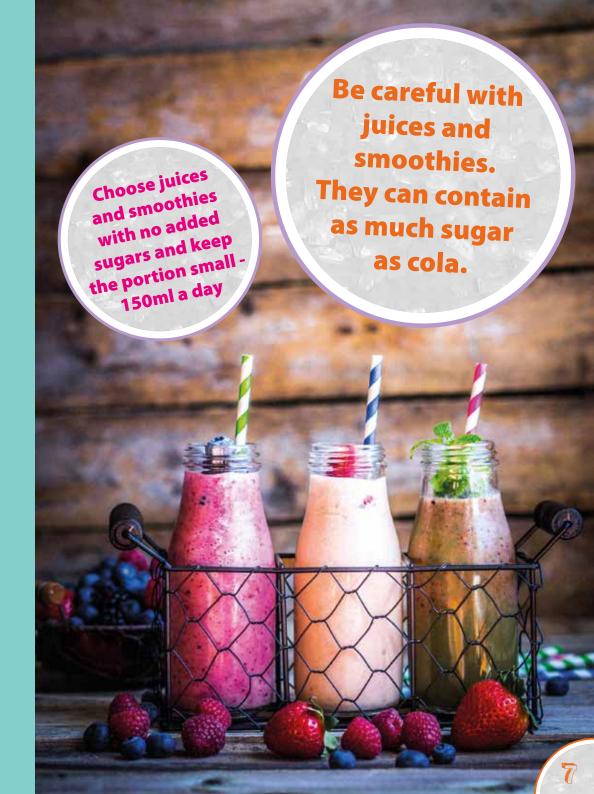
SPOTTHE COLORS

- Fruit juice is different to whole fruit and should be limited to 150ml a day. When fruit is juiced, the sugars are released and become 'free' sugars which cause a spike in blood sugar levels.
 Sugar in fruit juice can also cause tooth decay.
- Honey, maple syrup, agave syrup, coconut sugar may seem like healthier options but they still trigger the same rise and fall in blood sugar levels which is best avoided. Back on the shelf then!
- Low fat and processed foods can contain more sugar than the full fat, unprocessed equivalent.
- Artificial sweeteners (aspartame, sorbitol and stevia) don't add calories but they do add a sweetness to foods. They can be a useful step to cutting down calories. However, they do keep us craving sweet foods so be sensible with how much you use.
- The acid found in all soft drinks including diet and no added sugar may cause enamel damage.
- Check the ingredients as sugar likes to disguise itself. It can be listed as: Dextrose, fructose, glucose, maltose, sucrose, high fructose corn syrup, agave nectar, corn sugar, invert sugar, brown sugar, fruit juice concentrate, honey, maple syrup, molasses.
- Your taste buds will soon adapt if you cut back on sugar and

cravings for sweet foods will pass.

 Spot sugar by downloading the Change4Life sugar smart app for free.



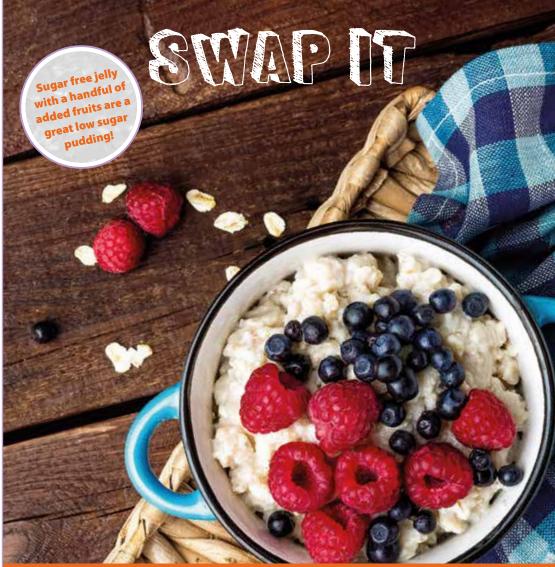


SHRINK IT

One of the easiest ways to reduce the amount of sugar is to have smaller portions, or have sweet foods less often:

- Reduce the amount of sugar added to hot drinks, ½ a teaspoon at a time.
- Dilute juice one parts juice to 10 parts water.
- Reduce portion sizes by sharing with friends/family/colleagues.
- Set yourself sugar free days.
- If you work in an office with a sweetie table, why not consider healthy alternatives including a fruit bowl.





Make sensible food swaps by switching from high sugar to lower sugar options:

- Swap sugary drinks (fizzy drinks, juice, hot chocolate) for water, herbal tea, semi-skimmed milk or 'no added sugar' squash.
- Choose a lower sugar breakfast cereal such as porridge oats and sweeten with fresh fruit and cinnamon.
- Processed foods are some of the worst culprits. Swap packaged foods for fresh and try new recipes for soups and sauces.
- Swap high sugar snacks for a handful of nuts or naturally sweet treats such as a bunch of grapes.

COW TO BEAD A FOOD LABEL

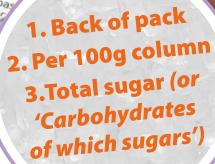
When buying foods, the best way to be sugar smart is to check the label. Here's how to do this...



- Ingredient list rule: All ingredients are listed in descending order of weight, with the main ingredient first.
- Remember to look for the hidden sugars (see page 6)
- High sugar: more than 22.5g per 100g* best to avoid

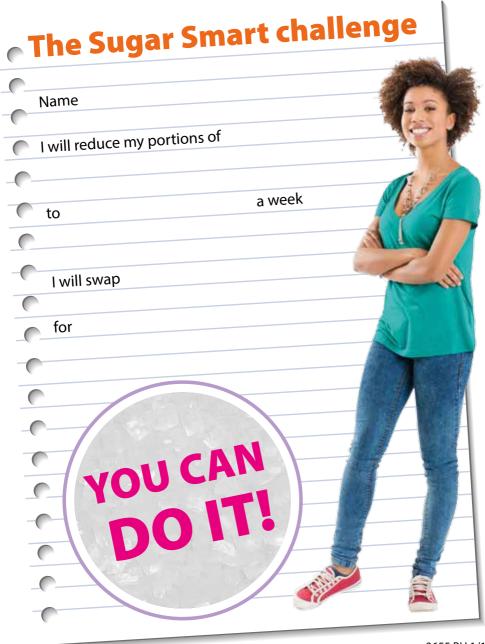
Low sugar: less than 5g per 100g

*In 2014, the guidelines for sugar increased from 15g to 22.5g per 100g. This was to take account of foods containing naturally occurring sugars e.g. muesli containing dried fruit. If the product does not contain any natural sugars, then we would advise sticking to 15g per 100g as an upper limit.





SET YOURSELF SMART CHALLENCE



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