

#sugarsmart

LET'S BE SUGAR SMART

HOW TO SPOT HIDDEN SUGARS

HOW TO HAVE A HEALTHIER DIET

HOW TO AVOID THE WORST OFFENDERS

SUGAR SMART

Isle of Wight

WHY 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 11 yrs+ 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

Sugar can quickly add up!

Maximum sugar intake = 30g per day



50g bowl =
15g sugar

150ml cup =
15g sugar

1/2 tin =
9.7g sugar

150g pot =
23g sugar

10g

20g

30g

57g

* 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.



Cakes can be high in sugar and Krispy Kreme doughnuts have 2 ½ teaspoons each!

WHY 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.

Maximum sugar intake: **30g** per day or 7 teaspoons

450g meal =
39g
sugar



500ml =
55g
sugar



100g =
7g
sugar



568ml mocha =
45g
sugar



TOTAL 124g

SPOT THE GOOD SUGARS

1 apple =
0g added
sugar

- 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.

SPOT THE HIDDEN SUGARS

- 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.



Choose juices and smoothies with no added sugars and keep the portion small - 150ml a day

Be careful with juices and smoothies. They can contain as much sugar as cola.



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.

Reduce
portion
sizes

Small steps
add up to
big results

Ready made
meals and
sauces are
often laden
with sugar

If chocolate is your weak spot then go for a couple of squares of the darkest chocolate with a high cocoa content.



SWAP IT

Sugar free jelly with a handful of added fruits are a great low sugar pudding!



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.

HOW TO READ A FOOD LABEL

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

Nutrition Typical values (cooked as per instructions)	per 100g	per 1/4 pack	% adult GD, 1/4 pack	GDA children (3-10 yrs)
Energy kJ	1007	2014		1800
Energy kcal	241	482		24g
Protein	8.4g	16.8g	24.1%	220g
Carbohydrate	80.6g	41.2g	17.9%	85g
of which sugars	1.8g	3.6g	4.0%	
of which starch	13.8g	37.6g		
Fat	13.7g	27.4g	39.1%	70g
of which saturates	5.7g	11.4g	57.0%	20g
mono-unsaturates	5.9g	11.8g		
polyunsaturates	1.5g	3.0g		
Fibre	0.9g	1.8g		
Salt	0.50g	1.00g		
of which sodium	0.20g	0.40g		

1. Back of pack
2. Per 100g column
3. Total sugar (or 'Carbohydrates of which sugars')

- **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.

GET ACTIVE

SHOP WISELY

COOK SMARTER



SET YOURSELF SMART CHALLENGE

The Sugar Smart challenge

Name

I will reduce my portions of

to

a week

I will swap

for

**YOU CAN
DO IT!**



3655 PH 1/18 LF

For more information visit www.sugarsmartuk.org/local/isle_of_wight

Designed by Isle of Wight Council. Content supplied by Brighton and Hove Public Health and Food Partnership with permission.