Let’s be Sugar Smart
Brighton & Hove

#sugarsmart

How to spot hidden sugars

How to have a healthier diet

How to avoid the worst offenders
Why added sugar is bad for you

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

Sugar can quickly add up

Maximum sugar intake = 30g per day

* 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.

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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

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>450g meal</td>
<td>39g</td>
</tr>
<tr>
<td>250ml</td>
<td>33g</td>
</tr>
<tr>
<td>100g</td>
<td>7g</td>
</tr>
<tr>
<td>568ml Mocha</td>
<td>45g</td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td><strong>124g</strong></td>
</tr>
</tbody>
</table>

Enjoy whole fruit (fresh, dried or frozen), it contains fructose – a 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

1 apple = 0g sugar
SPOT: Secret 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.

• 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 are often artificially sweetened and can contain more sugar than the full fat, unprocessed equivalent.

SPOT: Sneaky sugars

• 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. However, they do keep us craving sweet foods so be sensible with how much you use.

• 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 1 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 turn it into a tuck shop and raise money for a local charity

Small steps add up to big results

If chocolate is your weak spot then go for a couple of squares of the darkest chocolate

SWAP IT

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

Ready made meals and sauces are often laden with sugar

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Set yourself a challenge

The Sugar Smart Challenge

Name: _______________________

I will reduce my portions of:

_____________________________

to: _________________________ a week

I will swap:

_____________________________

for:

_____________________________

You can do it!

Get gardening

Cook smarter

Healthy weight

The Brighton & Hove Food Partnership is a hub for information, inspiration and connection around food.

You can do it!

Stay in touch with all things food related. Sign up to our fortnightly e-news www.bhfood.org.uk/sign-up

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How to read a food label

When buying foods, the best way to be sugar smart is to check the label.

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

⚠️ 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.

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