

A healthy eating guide : sugar / Tesco Stores Ltd.

Contributors

Tesco (Firm)

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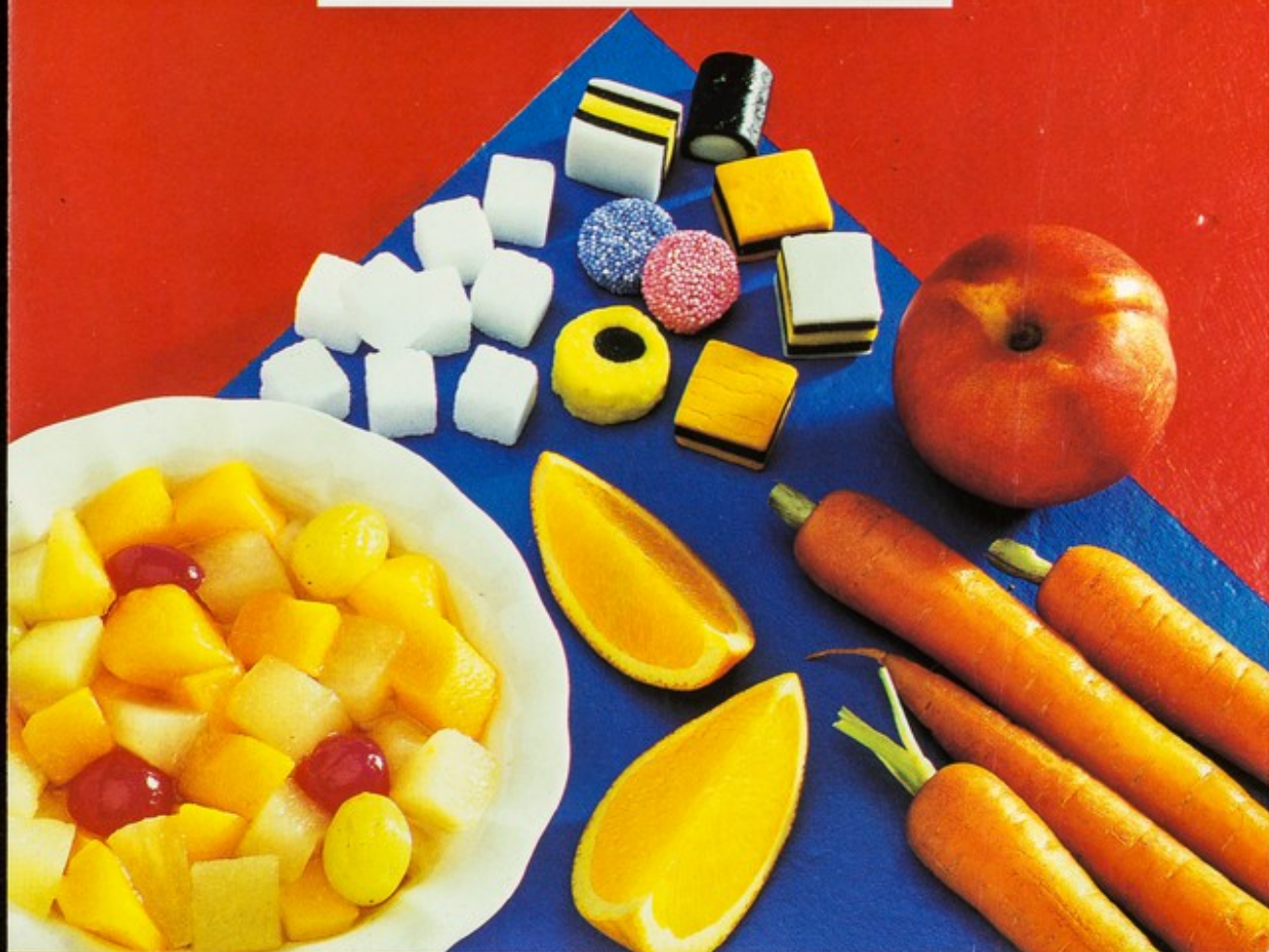
Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



TESCO

*A Healthy Eating
Guide*

SUGAR





The first Tesco Guides to Healthy Eating were produced in 1985, recommending that we cut down on fat, particularly saturated fat, sugar and salt and increase the amount of fibre we eat. Recent government guidelines for healthy eating suggest these changes are still necessary to make our diets more healthy. This guide discusses the issues with regard to sugars in our diet.

CARBOHYDRATE

- ▲ There are two types of carbohydrates- sugar and starch. A healthy balanced diet is one with more starchy carbohydrates and less sugars.

WHY?

STARCH

- ▲ Starch is found in foods such as bread, cereals, pasta, rice, pulses and some fruit and vegetables (food groups 1 and 2). The whole grain varieties of bread and cereal products, together with pulses, fruit and vegetables, also contain fibre and are known as 'fibre-rich starchy carbohydrates'. These provide us with a wide range of nutrients, such as protein, the B vitamins and iron, yet contain relatively few Calories.

SUGARS

- ▲ Most of us think of sugar as the white or brown varieties which we buy in shops. But white and brown sugar are only part of a whole family of sugars which includes syrup, honey, treacle, molasses, raw cane sugar, dextrose, glucose, fructose, maltose, corn syrup and the glucose syrups used in industry. Sugars are used commercially to improve the texture of food by helping it stay moist, to delay spoilage and to give a golden caramel colour. Apart from energy (Calories), none of these sugars has nutrients of any significance and they all contain about the same number of Calories, around 20 per rounded teaspoon. Sugars are also found naturally in foods for example fruit juices and vegetables such as carrots. Dried fruits in particular, contain quite a large amount of fructose but, in general, these sugars make up a relatively small proportion of the total sugars we eat. A significant amount of the sugar in the national diet is added to foods and drinks during manufacture, cooking or at the table. While it is recommended that these added sugars supply no more than 10% of our average energy (Calorie) intake in the UK, they currently supply around 15%.



SHOULD WE CUT DOWN ON SUGARS ?

Why cut down when we often hear that sugar is a good source of energy?



TOOTH DECAY

- ▲ We all have bacteria in our mouths which produce a sticky substance called plaque that adheres to our teeth. Even thorough brushing cannot remove all the bacteria from our teeth, so those which remain feed on sugar and produce acid that eats away at the tooth enamel and causes cavities. Acid is produced within seconds of sugar entering the mouth and attacks the tooth enamel for between 20 minutes and 2 hours. The longer the acid remains in contact with our teeth, the more damage it does. For this reason, both the amount of sugar we eat and how often during the day we eat it are important. Sugary foods such as biscuits, cakes, sweets and sweet drinks which are consumed between meals therefore play an important part in the development of tooth decay. Sticky foods such as toffees or dried fruit, which cling to the teeth, are a particular problem.

There are three ways to combat tooth decay:

- ▲ Try to limit the frequency with which sugary foods and drinks are consumed throughout the day.
- ▲ Regular brushing is essential for the health of both teeth and gums, so learn to brush and floss your teeth properly - your dentist or dental hygienist will show you how.
- ▲ Always use fluoride toothpaste and ask your dentist about fluoride drops and tablets for babies and children.

OVERWEIGHT-

- ▲ It has been suggested that sugar may be linked with being overweight. It is easy to eat more sweet foods than we actually need - they taste good and they don't fill us up. Sugar provides us with energy but few other nutrients. It is rapidly absorbed into the blood stream, meeting our energy requirements. Any excess sugar which we do not burn up is converted by our bodies into fat and stored.

CAN WE CONTROL THE SUGAR CONTENT OF OUR DIET ?

- ▲ We can easily control the amount of sugar we use in the foods we prepare ourselves and the amount we add at the table. It is more difficult to know about the presence of sugars in the foods we buy. The nutrition information table on virtually all Tesco brand products gives the total amount of sugar the product contains -both those added during manufacture and those which occur naturally. The chart overleaf shows the added sugar content of some foods. And, if you decide to cut down on sugar, try some of the tips mentioned overleaf.

NUTRITION

TYPICAL COMPOSITION	Each Pack (250g) provides	100g (2 1/2 oz) provides
Energy	1573kJ/376kcal	786kJ/188kcal
Protein	9.2g	4.6g
Carbohydrate	42.4g	21.2g
of which sugars	7.6g	3.8g
Fat	18.8g	9.4g
of which saturated	4.6g	2.3g
mono-unsaturated	11.2g	5.6g
polyunsaturated	3.0g	1.5g
Fibre	1.6g	0.8g
Sodium	0.6g	0.3g

INFORMATION

TRY SOME OF THESE TIPS

- ▲ Start by cutting down on the foods that give you the most added sugars, especially if they are snacks eaten between meals.
- ▲ Try not to use sweets as a reward for children or yourself.
- ▲ Gradually reduce the amount of sugar added to tea and coffee. If you can't, try to drink fewer cups or use artificial sweeteners.
- ▲ Try low sugar varieties of soft drinks, or mineral water. If you choose fruit juice, dilute it by half with sparkling or still mineral water.
- ▲ Baby foods and drinks do not need sugar added. Try not to encourage a sweet tooth.

SUGAR CHART

SERVING	FOOD	QUANTITY OF ADDED SUGAR PER SERVING (LEVEL TEASPOON)
10 sweets (50g)	Liquorice Allsorts	10½
1 small bar (50g)	Chocolate Bar	7½
7 tbsp (50g)	Sweetened Muesli	1
5 tbsp (30g)	Honey Flakes	2¼
1 small can (220g)	Baked Beans	2½
1 small can (220g)	Reduced Sugar and Salt Baked Beans	1
1 heaped tbsp (15g)	Strawberry Jam	2½
½ can (140g)	Strawberries in Syrup	5¼
½ can (140g)	Strawberries in Juice	0
1 pot (150g)	Fruit flavoured Yogurt	4
1 pot (150g)	Natural Yogurt	0
1 can (330ml)	Cola	7
1 can (330ml)	Diet Cola	0

HOW CAN TESCO HELP?

Look out for the Healthy Eating product range (clearly marked with a large Healthy Eating Man symbol) which has been specially developed to be lower in fat and saturated fat, higher in fibre and provide the right balance of sugar and salt. You'll also find in-store a comprehensive range of information

leaflets, menu planners, recipe cards and recipe leaflets to help you plan a balanced diet.



The Healthy Eating Guide to Sugar is one in a series of leaflets. For more information please write to: The Nutritionist, Tesco House, P.O. Box 18, Cheshunt, Herts EN8 9SL.
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