

Sugar : what you need to know / designed and produced by Compass Group UK and Ireland's Design Centre.

Contributors

Compass Group. UK and Ireland.

Publication/Creation

[Place of publication not identified] : Compass Group UK, [2005]

Persistent URL

<https://wellcomecollection.org/works/hrzetuwa>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

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



Sugar, what you need to know...

Most adults and children in the UK eat too much sugar. We should all be trying to eat fewer sugary foods such as sweets, cakes and biscuits and drinking fewer soft drinks.

Different types of sugar

Sugars occur naturally in food such as fruit and milk, but we don't need to cut down on these types of sugars. It is food containing added sugars that we should be cutting down on.

Sugar is added to many types of food such as:

- fizzy drinks and juice drinks
- sweets and biscuits
- jam
- cakes, pastries and puddings
- ice cream

Food and drinks containing added sugars contain calories but few other nutrients so we should try to eat these foods only occasionally.



Sugary foods and drinks can cause tooth decay, particularly if you have them between meals. This includes fruit juice and honey.

The sugars found naturally in whole fruit are less likely to cause tooth decay because the sugar is contained within the structure of the fruit. But, when fruit is juiced or blended, the sugar is released. Once released, these sugars can damage teeth, especially if fruit juice is drunk frequently.

Fruit juice is still a healthy choice, and counts as one of the five portions of fruit and vegetables we should be having every day, but it is best to drink fruit juice at mealtimes.

Tips for cutting down

It's a good idea to try to cut down on foods and drinks that can contain lots of added sugar, such as fizzy drinks, biscuits and sweets. This will

help to keep our teeth healthy. Many foods that contain added sugar can also be high in calories so eating less of these foods may help weight control.

If you are trying to cut down on sugar, these tips might help you cut down:

- Have fewer sugary drinks and snacks.
- Instead of fizzy drinks and juice drinks, go for water or unsweetened fruit juice (remember to dilute these for children). If you like fizzy drinks then try diluting fruit juice with sparkling water.
- Instead of cakes or biscuits, try having a currant bun, a slice of melon or some malt loaf with low-fat spread.
- If you take sugar in hot drinks, or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether.
- Rather than spreading jam, marmalade, syrup, treacle or honey on your toast, try a low-fat spread, sliced banana, or low-fat cream cheese instead.
- Check food labels to help you pick the foods with less added sugar or go for the low-sugar version.
- Try halving the sugar you use in your recipes. It works for most things except jam, meringues and ice cream.
- Choose tins of fruit in juice rather than syrup.
- Choose wholegrain breakfast cereals rather than those coated with sugar or honey.



BALANCED CHOICES

Sugar, what you need to know...

Checking food labels

When you are checking food labels, you can use the following as a guide to what is a lot and what is a little added sugar per 100g food.

Look for the 'Carbohydrates (of which sugars)' figure in the nutrition information panel on the label.

10g sugars or more per 100g is **A LOT** of sugar
2g sugars or less per 100g is **A LITTLE** sugar

If the amount of sugars is between 2g and 10g per 100g, this is a moderate amount of sugar.

These figures can't tell you how much of the sugars come from milk or fruit and how much comes from added sugars.

Sometimes the figure you see in the nutrition panel is a total figure for 'Carbohydrates', and not for 'Carbohydrates (of which sugars)'. This means the figure will also include starchy carbohydrates.

So, to get a feel for whether the product is high in added sugars you might also need to look at the ingredients list.

Added sugars must be included in the ingredients list, which always starts with the biggest ingredient first. Watch out for other words that are used to describe added sugar, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey. If you see one of these near the top of the list, you know that the product is likely to be high in added sugars.

Some foods that you might not expect to have sugar added to them can contain lots, for example some breakfast cereals, cereal bars, tinned spaghetti and baked beans.

Keeping teeth healthy

To help keep teeth healthy, as well as brushing teeth regularly and visiting the dentist, we should cut down on added sugars. These are the sugars found in fizzy drinks, juice drinks, sweets, cakes and jam. It's best to stick to having these kinds of foods and drinks at mealtimes.

It's also important to avoid sipping sugary drinks or sucking sweets too often. This is because the longer the sugar touches your teeth, the more damage it can do.

