



SUGAR SMART

EXETER



The Hidden Sugar.

When people are asked “*what products are loaded with sugar?*” they tend to think of sweets, chocolate and fizzy drinks. Although they are correct, there are many savoury products that people eat every day which are also bombarded with the white stuff.

One of the most common, is ready made tomato sauces from a jar. Typically **one 500g jar of tomato sauce contains over 8 teaspoons of sugar**. The same goes for your classic sweet and sour, also 8 teaspoons of sugar per serving - that’s the equivalent of 7 biscuits or a can of coke. These ‘savoury’ foods contain just as much sugar as your classic sweet things. So if you have both savoury products with high concentrations of sugar and sweet things in your diet on a regular basis, you are far exceeding your maximum daily recommended intake of 30g of free sugars a day, which can cause serious health problems in the future.

It is a common misconception that fruit yoghurts are healthy as they have fruit in. Typically **a fruit yoghurt pot (125g) has 17g or 4 teaspoons of sugar in it** - that’s over half your recommended daily intake in 1 small pot. The natural sugars found in ‘natural yoghurt’ do not tend to exceed 4g of sugar per 100g of yoghurt.

So this means there is an additional 9g of added sugar per 100g of an average fruit yoghurt.

Easy replacements for these products:

- You can replace your existing tomato sauce for chopped tomatoes or passata, which do not contain any added sugar and only have low levels of natural sugars from the tomatoes.
- If you want to replace fruit yoghurt, then just choose natural yoghurt with no added sugar. This will dramatically decrease the amount of sugar you put in your body and will benefit your health in the long run. You can always add your own fresh fruit, oat or nuts for added flavour and nutrition.
- Instead of having a ready-made sweet Asian dish, swap it for something with hardly any added sugar or none at all, like a fish pie or a lamb moussaka.

Small steps such as these will have dramatic impacts on your health. Each product you replace for a lower sugar or sugar-free alternative will add up to a huge amount of reduced sugar and will keep you feeling more energised as well as reduce your risks of obesity, heart disease and type 2 diabetes.

Article by Alex Powell