

Keep an Eye on Sugar



An EasyRead Guide

If you have Type 1 or Type 2 Diabetes, you should talk to your GP or dietitian for advice on sugar.



Most of us eat too much sugar.

Sugar is in lots of the food we eat and things we drink.



For example, all fruit has some sugar.

Some fruit has more sugar than others.



Even vegetables have some sugar.



So does milk and anything made from milk, like cheese or yogurt.



But fruit, vegetables and milk all have vitamins and minerals you need to be healthy.



And the sugar in them is locked up in the cells, so it is released more slowly.



You don't need to worry about cutting down on the amount of fruit, vegetables and milk products you eat.



You should still aim for 5 portions of fruit and vegetables a day.



But some foods have sugar added to them. These are the ones you need to keep an eye on.



Sugar which is added to food is bad for your health. It can cause problems like heart disease.



It can make you put on weight which can lead to diabetes.



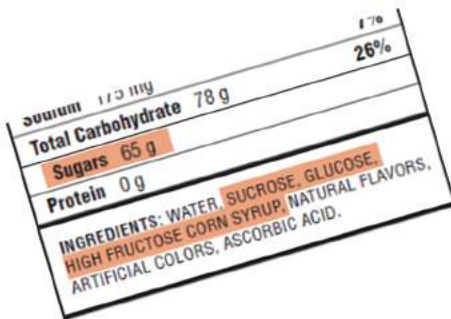
Added sugar can be bad for your teeth too.



Added sugar can be in lots of different forms. Honey, syrup and treacle are all kinds of sugar.



Sugar can be white, brown, demerara or golden granulated.



Sometimes sugar is called other things like sucrose, glucose or dextrose.



They are all kinds of sugar and none is more healthy than another.



Sometimes it's easy to spot which foods have a lot of sugar added.



Lots of fizzy drinks and energy drinks are very high in sugar.



If it tastes sweet, or it's covered in chocolate, it is likely to have a lot of sugar.



Cakes, biscuits and puddings usually have a lot of added sugar.



Sometimes you might even add the sugar yourself.



But lots of other food has sugar added.
Some may surprise you!



Pasta sauces and
other cook-in sauces.



Tinned soup and
baked beans.



Ice cream.



Tomato ketchup.



Healthy looking breakfast bars can have more sugar than a bar of chocolate.



Yogurts and desserts that are “low fat” often have a lot of sugar added.



Breakfast cereals can be healthy, but some have a lot of sugar.



And don't forget that lots of alcoholic drinks can have added sugar too.

How can I tell how much sugar is in food?



There is a lot of information on food packets that can help.



Some packets have **colour symbols** on the front.

This tells you how much fat, saturated fat, sugar and salt are in the food.

A 2-biscuit serving contains

Enerav	Fat	Saturate	Sucars	Salt
574kJ 136kcal	0.8g	0.2g	1.7g	0.10g
7.0%	1.0%	1.0%	2.0%	2.0%

of an adult's Reference Intake
Typical values per 100g: 1531kJ / 362kcal

A green symbol means this food is a healthier choice.

Each slice contains

Enerav	Fat	Saturate	Sucars	Salt
425kJ 101kcal	1.5g	0.3g	7.8g	0.1g
5%	2%	2%	9%	2%

of the reference intake*
Typical values per 100g: Energy 1180kJ/27

An orange symbol is on food you can safely eat, most of the time.

Each bar** contains

Enerav	Fat	Saturate	Suocars	Salt
444kJ 106kcal	5.1g	2.8g	11.2g	0.04g
5.0%	7.0%	14.0%	12.0%	<1.0%

of an adult's Reference intake (RI)*

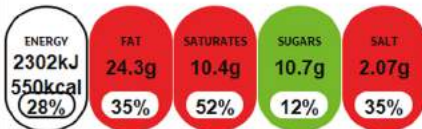
Energy per 100g: 2136kJ/510kcal

*Reference intake of an average adult (8400kJ)

**2 Fingers

A red symbol means that you should try to avoid or eat the food less often and in smaller amounts.

Per pack Typical Values



% of the Reference Intakes

Typical Values Per 100g : Energy 595 kJ/142 kcal

Some foods that don't have a lot of sugar can be unhealthy in other ways. They might be high in fat, for example.

Per 1/2 pack as prepared (150g)

Enerav	Fat	Saturate	Suocars	Salt
1107kJ 264kcal	11.8g	5.9g	1.5g	0.66g
13.0%	17.0%	30.0%	2.0%	11.0%

of an adult's Reference Intake*

Per 100g (as prepared): Energy 738kJ/176kcal

*Reference Intake of an average adult (8400kJ)

Try to choose foods with mostly green or orange coloured symbols.



But remember, even healthy food can be bad for you if you eat too much. Don't have too big a portion.



Another way to find out how much sugar is in a food or drink is by looking at the [Nutrition Information](#). This is usually on the back of the packet or tin.



This will tell you how much sugar is in 100g of food or 100ml of drink.

Sometimes this is colour coded, but not always.

	Per 100g	Per biscuit
Energy	1741kJ 412kcal	132kJ 31kcal
Fat	7.6g	0.6g
Saturates	3.3g	0.2g
Carbohydrate	73.9g	5.6g
of which sugars	1.6g	0.1g
Fibre	4.2g	0.3g
Protein	10.0g	0.8g

Try to go for foods that have less than 5g of sugar in 100g or 100ml.



But some food might seem to have a lot of sugar, if it has a lot of fruit or milk in it.



So you can also look at the **Ingredients** list.

If sugar is on the list, it will have been added.

INGREDIENTS:

Maize, **Sugar**, **Peanuts**, **Dextrose**, Barley Malt Extract, **Honey**, **Molasses**, Salt, Niacin, Ferric Diphosphate, Riboflavin

Remember to watch for other names for sugar, such as dextrose or sucrose.

Ingredients

Wheat flour, **Sugar**, Whole **Eggs**, Palm Oil, **Invert Sugar Syrup**, **Honey**, Humectant, Water, Food Colour (E150d)

And remember that honey, syrup and treacle are all sugar too.



Try to go for food that has no added sugar.

Top tips for cutting down on sugar



Switch to diet or sugar free drinks. Better still, drink water or low fat milk.



Try to cut down on cake, biscuits, sweets and chocolate.



If you need a snack, go for something more healthy like fruit or cheese.



Don't add sugar to your tea, coffee or breakfast cereals. And choose wholegrain cereals instead of sugary ones.



Go for 'no added sugar' or 'sugar free' foods.



Don't put jam, honey or marmalade on your toast. Try a sliced banana, or low fat cheese.



Check food labels and choose foods with less sugar.

You can get some useful apps for your smartphone or tablet to tell you how much sugar is in your food.



Don't drink too much fruit juice or too many smoothies. One small glass a day is the most you should have.



You can get more advice and information about sugar from the change4life website: www.nhs.uk/change4life



You can download their free SugarSmart app for your smartphone or tablet. You can use it to find out how much sugar is in foods.



There is a lot of useful information about sugar on the NHS Choices website: www.nhs.uk



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