



The Eatwell Guide

Sugar

...

We all like the sweet things in life! But how much should we be eating and where do we look for it?

We all know too much sugar is bad for our teeth and weight but do we know all about why?

Try this for a day to see if you can spot where sugar is in our food.


By looking at the ingredients list on a package food item you can see how much sugar there is and by how near the top of the list, how big a proportion.

You can see with this packet of Oreos that sugar comes second on the list and has a whopping 4.2g per biscuit! And they've snuck in another form of sugar too! And a single Oreo only weighs 11g!

Ingredients

Wheat Flour, **Sugar**, Palm Oil, Rapeseed Oil, Fat-Reduced Cocoa Powder
4, 5 %, **Wheat** Starch, **Glucose-Fructose Syrup**, Raising Agents
(Potassium Carbonates, Ammonium Carbonates, Sodium Carbonates), Salt,
Emulsifiers (**Soya** Lecithin, Sunflower Lecithin), Flavouring



 vegetarian				
Per Oreo (11 g) contains				
Energy 219 kJ 52 kcal	Fat 2.1 g	Saturates 0.6 g	Sugars 4.2 g	Salt 0.08 g
3%	3%	3%	5%	1%
of the reference intake* Typical values per 100g: Energy 1990 kJ				



So how much should we have daily?



A spoonful of granulated sugar, brown sugar, castor sugar, demerara sugar or a sugar cube are all pretty recognisable, right? We know that they are sugar.

But do we know all the different kinds of sugar that are in our foods and drinks that we might not recognise so easily. Here's a list - are there many you know? Have a look in your cupboard at home! A lot of these have no nutritional value - they are just sweet.

Corn sugar	Dextrose	Fructose	Honey	Glucose
High-fructose glucose syrup	Maple syrup	Agave syrup	Invert sugar	
Isoglucose	Levulose	Maltose	Molasses	Sucrose

Mm, I know I have a few of those in my cupboard but there certainly is a few that are not instantly recognisable! We'll have a look at how sugar should be managed daily next.

Free sugar! What, I don't have to pay? Oh, I see.....

Free sugars are the kind that really aren't that kind of free! They are free because they are not inside the cells of the food. For example, if we eat a sweet orange, the natural sweetness isn't bad for us and the fruit also comes with vitamins and fibre, which we know are really important.

However, if we make oranges into a juice, the cells are squished open and that sweetness now becomes a 'free' sugar - it's 'escaped'! And it has little or no nutritional value.



This kind of sugar is now like that granulated sugar or sugar cubes and your age group should only be having 6 sugar cube amounts per day. That is around 24 grams. If you have digital scales you could measure out that amount of sugar to see what it might look like. Or that is nearly 5 level teaspoons.



Drinking fresh juice....? One serving a day is the recommendation...

Fresh juice is, of course, good for you. But check out the figures that show us why we should stick to one 150ml serving per day.

150 ml = about $\frac{2}{3}$ of a cup



But wait, this is sold in 180 ml cartons!

A lot of drink cartons are sold in 150 ml portions but some aren't so do check those figures when you're next popping open a carton! That can be the equivalent of **2-3** oranges!

This fresh juice producer doesn't add sweeteners but you can see on this food label how much free sugar there is in one carton. (zoom in!)

Here they say it's naturally occurring, which is true, but they have become free so are adding to the sugar intake which is not good for our teeth or weight!

Nutrition		
Typical Values	per 100ml	per 180ml
Energy	191kJ (45kcal)	343kJ (81kcal)
Fat	0g	0g
(of which saturates)	0g	0g
Carbohydrate	10g	19g
(of which sugars*)	8.7g	16g
Fibre	0.9g	1.6g
Protein	0.4g	0.7g
Salt	0g	0g
Vitamin C	32mg	57mg
% NRV	39%	71%
NRV = Nutrient Reference Value		
180ml = 1 serving		
*Contains only naturally occurring sugars from fruit		

Squeeze yourself a daily serving

You can make your own juices or smoothies easily at home. And you'll know that inside is only what you put in!

Freshly squeezed juice can be made from any citrus fruits using these-



Smoothies can just be a variety of different fruits whizzed up in a food processor or juicer if you have one (and sieved if you don't like too much pulp - though remember that is the good stuff too!) Remember to ask for help from an adult cutting the fruit and use of equipment:;) You don't need to add any dairy either for a juice smoothie.

You can send me photos of any that you do make - I'd love to see some creative fruit or even vegetable combinations!

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Is it all bad then? Well, everything in moderation is the saying!

So we've looked at ingredient lists, nutritional information, various names for sugars, defined what free sugars are and even did a bit of maths figuring out quantities. Phew, that's quite a bit isn't it! And you could make yourself a refreshing drink or even freeze it into ice blocks or ice lollies! Mmm yummy:)

I hope you can apply some of this learning to be more informed about what you might eat today and I look forward to seeing you in Year 7.

The last slide is just to really show how much free sugar there is lurking in those sweet occasional treats!



