

Keep an Eye on Sugar



Easy read booklet



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.



Such as fruit and vegetables has some sugar. Some have more sugar than others.



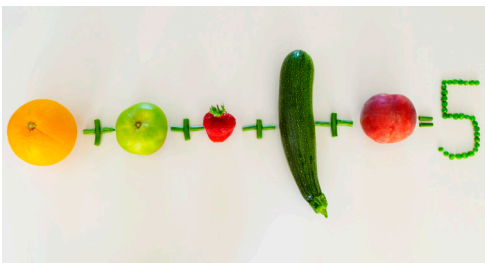
Milk and anything made from milk, like cheese or yogurt also has sugar.



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.

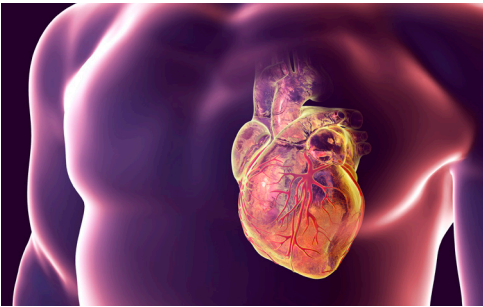


You should still aim for 5 portions of fruit and vegetables a day.



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.

170 mg	17%
Total Carbohydrate 78 g	26%
Sugars 65 g	
Protein 0 g	
INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, ASCORBIC ACID.	

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.



There are some foods and drinks that you might think are healthy but actually have a lot of sugar in them.



Such as:

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



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

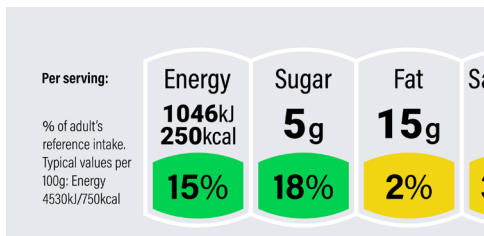


- Yogurts and desserts that are “low fat” often have a lot of sugar added.
- Lots of fruit juices and alcoholic drinks can have added sugar too.

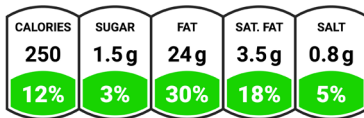
How can I tell how much sugar is in food?



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.



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.

If it has a green symbol this means this food is a healthier choice.



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.

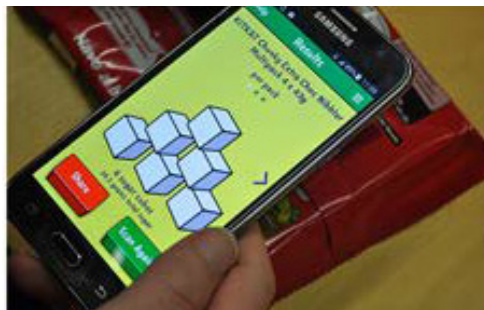
Choose wholegrain cereals instead of sugary ones.



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.



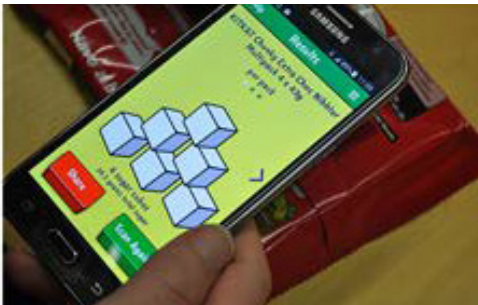
Don't drink too much fruit juice or too many smoothies.

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

For more information please contact:

btm

the home of accessible information



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