



# Reduce sugar

## What is SUGAR?

Sugar is a substance that adds sweetness to food. It exists naturally in food or is added during food and drink preparation or manufacture.

The commonest form of sugar is refined sugar processed from sugar cane. This kind of sugar is often used to sweeten various soft drinks such as cordials, syrups, carbonated drinks and fruit juices. Sugar is also added as a sweetener in biscuits, jams, cakes, chocolate, ice-cream and some breakfast cereals.

Consumption of food or drink that contains excessive levels of added sugar can cause health problems.

## Types of sugar

### Natural sugar

Sugar that is found naturally in food such as fruits, starchy vegetables, milk and dairy products.

### Hidden sugar

Sugar that is added during food processing and preparation such as in cooking, drinks, cakes and confectionary.

## Effects of Sugar on Health

1. Increases risk of excess body weight and obesity which may lead to diabetes and heart disease.
2. Disturbs the gastrointestinal system.
3. Encourages the formation of dental caries in teeth.
4. Causes lack of nutrients because of the tendency of the person to take excess sugar in place of other more nutritious food.

## Tips on reducing SUGAR intake

- Reduce the consumption of sweet products such as cakes, biscuits, chocolate, ice-cream, confectionary and flavoured snacks.
- Reduce the consumption of carbonated drinks and fruit juices with added sugar.
- Reduce or avoid the use of sugar in coffee or tea.
- Reduce sugar in cooking recipes.
- Read food labels and choose products that have a low or no sugar content.
- Eat fruits for dessert or cut down on desserts with a high sugar content.