

## Sugar adds up easily during the day

Sugar is added to so many foods and drinks that it is very easy to eat too much.

A teenage boy aged between 11 and 14 should aim to eat no more than 13 teaspoons of sugar in a day.

A teenage girl aged between 11 and 14 should aim to eat no more than 11 teaspoons in a day. Girls are often a bit smaller than boys, so don't need quite as much energy.

## Try these treats

### Frozen chips

Slice bananas into thin rounds. Spread them flat on a baking pan; cover. Freeze and serve frozen as a fun snack.



### Frozen banana

Push a wooden stick into half of a peeled banana. Roll in yogurt or a light coating of chocolate syrup, then in corn flakes. Wrap and freeze.



### Fruit pops

For a nutritious popsicle, freeze fruit juice (mango, papaya, or apricot) in ice cube trays or paper cups with wooden sticks.



### Fruit mix

Mix up a zipper-top bag of dried fruits of your choice: apple slices, apricots, blueberries, cherries, cranberries, pear slices, and raisins, among others.



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If you need this leaflet in another format such as audio or large print please contact Communications on 0845 155 0500.

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Sandwell **NHS**  
Primary Care Trust

## Making healthier choices



# Sugar

# Eatwell

in Sandwell

Eat well, look good, feel great

Too much sugar can cause you to put on weight. Sugar contains a lot of calories but doesn't contain important nutrients which your body needs.

Sugar gives you energy but it doesn't last very long. It is better to get your energy from carbohydrates such as bread, potatoes, pasta and cereal.

These foods take longer to break down and convert into glucose (the body's fuel). This means that you can last much longer before feeling tired and concentrate better.

Eating sugary snacks between meals is bad for your teeth. Much better to eat them as part of your meal. **BUT REMEMBER ONLY SMALL AMOUNTS!**

## Did you know?

That an average chocolate bar contains about six teaspoons of sugar.

A can of cola contains about nine teaspoons of sugar.

A 225g bag of jelly babies contains 43 teaspoons of sugar.



## How much sugar is in your snack?

There are 4g of sugar in a teaspoon. If you read the labels you can work out how many teaspoons there are in the packet.



## What is sugar?

Sugar is a simple carbohydrate which comes from sugar cane and sugar beets. You can find other types of simple sugars in the ingredient list. On the nutritional label these are: **Fructose, sucrose, glucose, light fructose, corn syrup, lactose and maltose.**

### EXAMPLE:

40g of sugar per 100g = 10 teaspoons of sugar

If the product weight is 150g

40g divided by 100 = 0.4

0.4 times by 150 = 60

60 divided by 4 = 15 teaspoons of sugar!

## How much sugar is in your food?

Nutrition	100g contains	Each bag (25g) contains
Typical values		
Energy	1565kJ 370kcal	395kJ 95kcal
Protein	10.9g	2.7g
Carbohydrate	76.3g	19.1g
of which sugars	5.1g	1.3g
Fat	2.2g	0.6g
of which saturates	0.2g	trace
mono-unsaturates	1.1g	0.3g
polyunsaturates	0.8g	0.2g
Fibre	4.6g	1.2g
Sodium	0.3g	0.1g
Salt equivalent	0.8g	0.2g

Use the following as a guide to see if your food is high or low in sugar.

This is a LITTLE	This is a LOT
5 grams or less per 100 grams	15 grams or more per 100 grams

## RECIPE IDEA

### HEALTHY MUFFINS

#### Ingredients

- 75g carrots, peeled and finely grated
- 110g plain wholemeal flour
- 25g wheatgerm
- 2 level teaspoons baking powder
- ½ level teaspoon ground cinnamon
- 50g light soft brown sugar
- 50ml semi-skimmed milk
- 50ml sunflower oil
- 1 medium egg lightly beaten
- 50g dried fruit of your choice.



Preheat oven 220°C, gas mark 7

- ▶ Place grated carrot into mixing bowl, stir in the flour, wheat-germ, baking powder, ground cinnamon and sugar.
- ▶ Gradually add the milk and oil followed by the egg and mix well.
- ▶ Finally stir in the dried fruit.
- ▶ Divide the mixture into paper cases and bake in the oven for about 10-15 minutes.

Remember that the biggest ingredient will appear first in the list going down to the smallest last. CHECK THE LABEL!