

HEALTH TIP

APRIL WORLD HEALTH DAY - CUTTING SUGAR 2015



WORLD HEALTH DAY - CUTTING SUGAR

April is a month to focus on your health, and one of the biggest trending topics at the moment is sugar. Did you know - The average Australian consumes over 25 teaspoons of added sugar per day!



HEALTH CONCERNS

The ill-effects of a high-sugar diet include:

- contributing to weight gain, diabetes, osteoporosis and cardiovascular disease
- increased cholesterol
- weakened eyesight
- decrease in brain health and function
- drowsiness and decreased activity
- interference of the absorption of protein

HIDDEN SUGARS

The Australian Dietary Guidelines for Health recommends for us to consume no more than six teaspoons of added sugar per day, but most of us take in much more than that. The reason for this - sugar is added to foods that don't even taste all that sweet, making them a hidden sugar! Think breads, condiments and sauces. It all adds up!

ARE SOME SUGARS BETTER THAN OTHERS?

White sugar, brown sugar, or raw sugar: Although raw sugar is less processed, all types of sugar provide roughly the same number of calories, and when it comes to digestion and metabolism, your body cannot tell the difference. In health value they do not differ greatly, only in taste.

Natural Sweeteners: like maple syrup, molasses, agave nectar and honey taste sweeter than sugar so you can use less to get a similar sweetness.

Stevia: is derived from a plant and provides almost no calories, unlike other sugar substitutes. It is 200 times sweeter than sugar in the same concentration.



Sources: Australian Eat for Health Guide (www.eatforhealth.gov.au), I Quit Sugar (<https://iquitsugar.com/>), Benefits of Cutting Sugar (www.news.com.au), Do you need to give up sugar? (www.abc.net.au/health/features)