

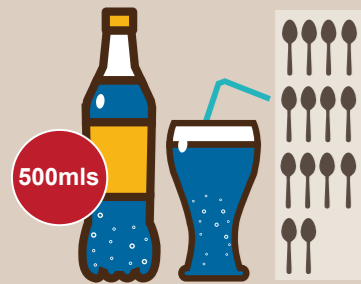
HOW MUCH SUGAR DO YOU DRINK?

1 teaspoon

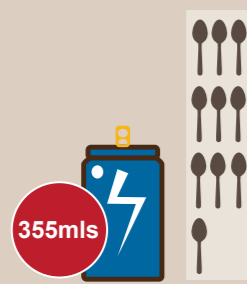
1 cube

4g
of sugar

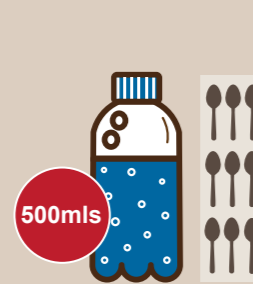
All amounts are approximate.



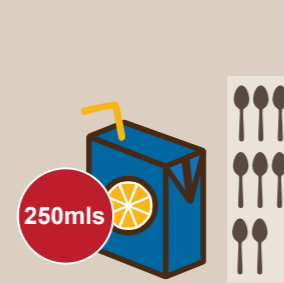
Soft drinks



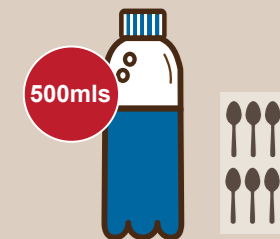
Energy drinks



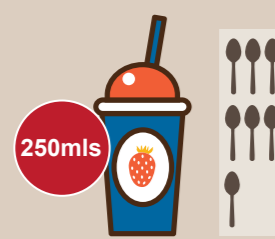
Sports drink



Fruit juice



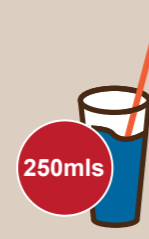
Ice tea



Flavoured milk shake



Hot chocolate



Tap water

TIPS FOR CUTTING DOWN ON SUGAR IN YOUR DIET

- **Reduce** the amount of sugar added to food or drink regularly.
- **Limit consumption** of sweets and sugar rich desserts.
- **Ditch Sugary Drinks** by drinking plain water, white low fat milk or herbal tea.
- **Swap** white bread, rice or pasta for wholegrain versions like oats, whole meal breads, brown rice or pasta. Eat small portions!
- **Choose** whole fresh fruit over canned or dried fruit.
- **Compare** food labels and choose products with the lowest amounts of free sugars.
- **Avoid** readymade foods, dressing sauces and condiments as they contain hidden sugars.
- **Add fresh fruit** - Instead of adding sugar to cereal or oatmeal, try fresh fruit like apples or strawberries.
- **Make recipes healthier** - When baking cookies, brownies or cakes, reduce the amount of sugar in your recipe by one-third to one-half. Consume them only occasionally.
- **Avoid low-fat 'diet' foods** - Low-fat and 'diet' foods often contain extra sugar to help improve their taste.
- **Replace sugar completely** - Enhance foods with spices instead of sugar. Try ginger, allspice, cinnamon or nutmeg.
- **Eat a healthy snack** - Snack on a whole fresh fruit, nuts, seeds, hummus/bean dip or popcorn with no added salt or sugar.
- **Cereal Bars** - Despite their healthy image, many cereal bars can be high in sugar and fat.
- **Dried fruit**, such as raisins, dates and apricots, are high in sugar and can result in tooth decay. Consume only in small amounts and preferably at meal time.
- **Limit** the consumption of cocktail drinks as they are packed with sugar.

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Healthy Weight
For Life
Mediterranean Diet

OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH

ARE YOU CONSUMING
TOO MUCH SUGAR?

Buttered syrup
Golden sugar
Panocha
Beet sugar
Diastatic malt
Rice syrup
MUSCOVADO
Cane juice
Agave nectar
DEWBERARA SUGAR
Sorghum syrup
Honey
HFCS (High Fructose Corn Syrup)
Golden syrup
Dextran
Galactose
Barely malt
GLUCOSE
Maple syrup
MALT SUGAR
Lactose
Castor sugar
MOLASSES
Brown sugar
SUGAR (GRANULATED)
Carob sugar
Cane sugar
Sucrose
Icing sugar
Fruit juice concentrate
Dehydrated cane juice
Mannitol
Fructose
Fruit juice
Raw sugar
Date sugar
Refiner's Syrup
Turbinado sugar
Rice syrup
Trenchle
Maltose

The World Health Organisation recommends that the consumption of free sugars is less than **25 grams or 6 teaspoons a day**

Free sugars are sugars that have been added to food or drink to sweeten it. These could be sugar:

- ☞ added by a food manufacturer during the processing of food.
- ☞ added by a cook or chef when preparing food.
- ☞ added to hot drinks or to breakfast cereals.
- ☞ present in honey, syrups, fruit juice nectars and fruit juice concentrates.
- ☞ in processed food.
- ☞ in pasta sauces or salad dressing.

Sugars found in milk, whole fresh fruit, vegetables, whole grains, legumes and nuts are part of a healthy diet and must be consumed in line with the Dietary Guidelines for Maltese Adults.



The fibre present in fresh whole fruit and vegetables helps to slow down the absorption of their sugar. Peeling edible skin or juicing fruit and vegetables elevate blood sugar more quickly because they have been robbed of their fibre.

HAVING TOO MUCH SUGAR MAY CAUSE THE FOLLOWING HARMFUL EFFECTS:

Too much sugar can result in the buildup of harmful fat on the inside of your body mainly around the liver resulting in non-alcoholic fatty liver. It can also accumulate around other vital organs eventually leading to serious diseases like:

- ☞ Type 2 diabetes
- ☞ Heart disease
- ☞ Obesity

Being **overweight or obese** may cause cells to change making them resistant to the hormone insulin (**insulin resistant diabetes**). This results in sustained high insulin levels and can lead to **type 2 diabetes**, which further increases your risk of **heart disease**.

Consumption of free sugars is associated with tooth decay. Consume sugar only in small amounts at meal times and avoid consuming in between meals and last thing at night.

DENTAL DECAY PROCESS



LEARN TO READ FOOD LABELS

Sugar goes by many names on packaged food ingredients list. It is important to read food labels to check how many grams of sugar there are per 100g or 100ml in the food or drink you consume.

	Per 40g	Per 100g
Energy	798kj/190kcal	1663kj/395kcal
Protein	6.2g	13g
Carbohydrates	31g	64g
of which sugars	1.5g	3.2g
Fat	3.8g	8g
of which saturates	0.6g	1.3g
Fibre	3.5g	7.3g
Salt	0.13g	0.28g

The table below can serve as a guide to limit the consumption of sugar when comparing food products and to identify whether food products contain high, medium, or low amounts of total sugar.

	HIGH (per 100g)	MEDIUM (per 100g)	LOW (per 100g)
Sugars (total)	Over 10g	Between 5g-10g	5g and below
For breakfast cereals only	Over 15g	Between 5g-15g	5g and below

No added sugar – This does not necessarily mean that the product has no sugar. It simply means that no extra sugar has been added. The product may contain naturally occurring sugars such as those from fruit or dairy products, and may also contain free sugars which are still harmful if consumed in excess.

Low in sugar – Contains no more than 5g of sugars per 100g for solids or 2.5g per 100ml for liquids.

Sugar-free – Contains no more than 0.5g of sugar per 100g or 100ml