

HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

Oh Sugar!

Unless you've been living under a rock lately, you would have heard phrases such as "Sweet Poison" and "Toxic Sugar" or "I quit sugar". But what does this actually mean? Is all sugar bad for us? How much sugar is too much? So many questions! Well, we're here to help clarify a few things for you.

What is sugar?

Sugar is a type of carbohydrate which we need for energy to fuel our brain and body. The term 'sugar' can be used to refer to all sugar, but there are different types including natural sugar and added sugar.

Added sugar

Added sugar refers to the sugar that is added to food or drinks to increase the desirability, such as soft drinks, lollies, ice-cream, cakes, biscuits and sports drinks. It also includes sugar present in honey, syrups, fruit juices and fruit juice concentrates. What may come as a surprise is that sugar can be added to foods which are not typically considered sweet, such as salad dressing, sauces and microwave-ready meals.

Natural sugar

As the name suggests, this sugar is naturally occurring in foods such as fruit, some vegetables and dairy. Some foods have higher levels of sugar, but also have vital nutrients. These foods are not considered to be harmful to our health and are an important part of a balanced diet.

Confused! The different names for sugars

OMG - 40+ different names for sugar; fructose, glucose syrup, honey, agave, demerara, cane sugar, molasses, sucrose... The list goes on! Here in Australia, the total amount of sugars in a product is listed on the label, but it doesn't show the different types of sugar i.e. added or natural sugar.

No added sugar; on packages doesn't mean there is no sugar!

What the big deal?

Higher consumption of sugar drinks can lead to weight gain, being overweight can contribute to heart disease, diabetes and other chronic diseases.

High sugar consumption is associated with tooth decay in all age groups.

Ok, so how much can I eat?

There isn't currently a **recommended daily intake** level of sugar in Australia; however the World Health Organisation recommends that for good health we should eat less than 10% of our total energy intake as added sugar. For an adult Australian this works out to be no more than **50g or 12 teaspoons of sugar per**

day. If we want additional health benefits, we should aim for less than 5%, which equates 25 grams around 6 teaspoons per day.





Healthy living means making healthy choices. This online brief health check will provide you with advice on making healthier choices and let you know where to get help. It will take you less than 10 minutes to complete. Before you start you need to know your height and weight. To access the survey click the Free Health Check link to the right or visit gtasa.com.au/healthy-workers-healthy-futures



Watching your intake.

High-sugar foods and drinks that provide little nutritional value are the ones to watch out for - in the **Australian Dietary Guidelines** these are known as discretionary or junk foods (also known as "extras" or "sometimes foods"), such as sugary drinks, lollies, chocolate, biscuits, and cakes.

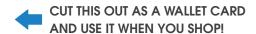




What to look for in a food label:

Choose foods that contain no more than 15g per 100g of sugar, or for a drink 7.5g per 100ml for drinks.





APP OF THE MONTH

This app will help uncover the 'hidden' sugar in packaged food and beverage products you consume, track your daily

consumption and have it displayed in a simple 'teaspoon' graphic

