



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.

How much SUGAR is in that breakfast cereal?

 Uncle Tobys Cheerios (4.4g sugar per cup) 1 tsp	 fiveam Apple Crumble Granola (20.5g sugar per cup) 4.6 tsp	 Be Natural Cashew, Almond, Hazelnut & Coconut (6.1g sugar per cup) 1.4 tsp
 Kellogg's Nutri-Grain (12.8 g sugar per cup) 2.8 tsp	 Uncle Tobys Oats Quick Cup (Creamy Honey) (12.5g sugar per tub) 2.8 tsp	 Sanitarium Weet-Bix (1g sugar per two bricks) 0.2 tsp
 Kellogg's Coco Pops (16.4g sugar per cup) 3.6 tsp	 Carman's Classic Fruit & Nut Muesli (12.7g sugar per cup) 2.8 tsp	 Kellogg's Corn Flakes (2.8g sugar per cup) 0.6 tsp

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How much SUGAR is in that drink?

 Boost Juice Mango Magic Medium size 12½ tsp	 Powerade Mountain Blast 600ml bottle 7½ tsp	 Just Juice Orange Juice 500ml carton 3½ tsp
 Coca-Cola 375ml can 9 tsp	 Cocobella Coconut Water 250ml carton 2½ tsp	 Glacéau VitaminWater 500ml bottle 5 tsp
 Prima Fruit Drink (Apple Blackcurrant) 200ml carton 4½ tsp	 Red Bull Energy Drink 250ml can 6 tsp	 Dare Iced Coffee Mocha 500ml bottle 11½ tsp
 Lipton Peach Ice Tea 500ml bottle 7½ tsp		

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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.

▲ Compare packaged foods per 100g/mL

		GOOD	OKAY
Total fat	Food	Less than 3g	3 – 10g
	Drinks	Less than 1.5g	1.5 – 5g
Saturated Fat	Food	Less than 1.5g	1.5 – 3g
	Drinks	Less than 0.75g	0.75 – 1.5g
Sugar	Food	Less than 5g	5 – 15g
	Drinks	Less than 2.5g	2.5 – 7.5g
Sodium (Salt)	Food	Less than 120mg	120 – 400mg
	Drinks	Less than 120mg	120 – 400mg

Also choose foods high in fibre (3g or more per serve) for added benefits.

LIVELIGHTER

← CUT THIS OUT AS A WALLET CARD AND USE IT WHEN YOU SHOP!

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

For further information on the Healthy Workers program contact (08) 8346 2227 or go online at gtasa.com.au/healthy-workers-healthy-futures