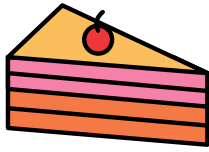
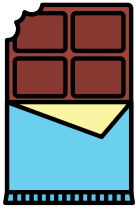
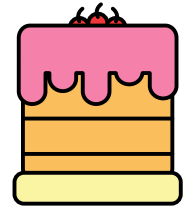


Lucy Sugars



SUGAR



The NHS recommends no more than 30g a day of added or 'free' sugars for adults, no more than 24g for children aged 7-10, and no more than 19g for children aged 4-6. 1 teaspoon of sugar is around 4-5 grams.

Free sugar is when sugar has been added to a food, and also includes naturally occurring sugars found in foods such as fruit, vegetables, honey, syrups and fruit juices. Whilst you don't want to avoid foods with naturally occurring sugars such as those in fruit and vegetables, it's important to be aware of how much free sugar you consume in total over a day from all sources.

Sugar consumption, especially added sugar, has been indicated as a major cause of several chronic diseases including obesity, heart disease, diabetes and dental decay.

REFINED VS ADDED SUGARS

A really important distinction to make is that even if a food item says 'no refined sugar' this does not mean it is free of added sugars! For example foods labelled as 'no refined sugar' by the manufacturers could still be very high in added sugars from honey, maple syrup or coconut sugar. Many cereal bars and bars marketed as healthy and 'without refined sugar' can still be very high in sugar from foods like dates.

WHITE SUGAR VS BROWN SUGAR

There is no difference in white and brown sugar in terms of health, they both raise blood sugar levels and intake should be minimal from all sources. Brown sugar is not less refined than white, it is also white sugar but has molasses added to it for colour.

Lucy Sugars



ADDED SUGARS

These include:

White and brown sugar (golden, caster, muscovado, demerara)

Honey, maple syrup, golden syrup, coconut sugar, molasses, date syrup, rice malt syrup, coconut syrup, agave syrup, raw sugar.

WHEN IT COMES TO ADDED SUGAR OR 'FREE SUGAR", SUGAR IS SUGAR! Your body does not care where it comes from, it will have the same response. Sugar from coconut sugar will have the same impact on your blood sugar levels as refined white sugar.

SUGAR ALCOHOLS & ARTIFICIAL SWEETENERS

Xylitol, Erythritol, Sorbitol and Malitol are a class of sugar alcohols which are a category of sweet carbohydrates.

Pros: They are partially resistant to digestion, and contain lower levels of calories than sugar. They don't appear to have as much of an effect on blood sugar as regular sugar and other added sugars. They may be beneficial to oral health.

Cons: They are a type of FODMAP and can cause bloating and loose stools in some individuals. The type least likely to do this is erythritol but I would urge caution to anyone with IBS.

Artificial sweeteners: saccharin, acesulfame, aspartame, neotame, and sucralose.

Pros: Low or no calorie...

Cons: ...However research suggests that their intake may prevent us from associating sweetness with caloric intake. As a result, we may crave more sweets, and tend to choose sweet food over nutritious food, and gain weight. Recent research has revealed that artificial sweeteners may influence your health by changing the balance of bacteria in your gut, and may reduce levels of some beneficial bacteria.

STEVIA - stevia is made from a plant, but is highly refined by the time it reaches us in its powdered form. It may also negatively affect our gut bacteria.