

# Lets talk about Sugar!

## What is sugar?

Sugar is a natural ingredient that can be found in lots of different food:



**Fructose** is the natural sugar found in fruit and vegetables



**Lactose** is the natural sugar found in dairy products like milk and cheese



**Free Sugar** is sugar that is added to cakes, fizzy drinks and sweets.

## Why do we need some sugar?



Sugars are a type of carbohydrate, and we need carbohydrates to provide the body with fuel that keeps us full of energy.

It is important that we include some sugars from fruit, vegetables and dairy to make sure that we have enough energy for our brains to work, and to help us feel happy, alert and energetic! But it's important that we don't eat too much "free sugar" as this isn't so useful for the body

## Why can too much "free" sugar be bad for us?



Eating too much sugar can cause upset tummies! Making you feel unwell



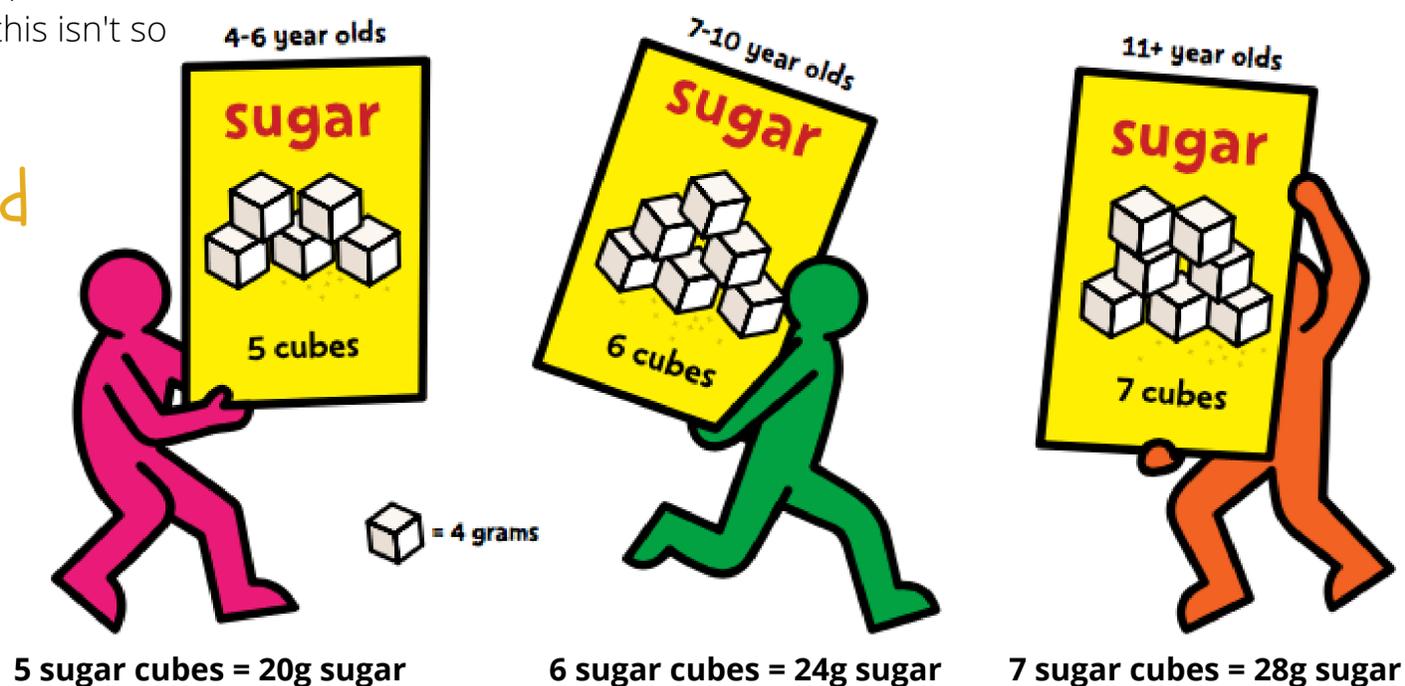
Too much sugar can damage our teeth, causing them to go black and fall out



Too much sugar can cause weight gain, and put us at risk of other health conditions like Diabetes

## How much sugar should I be having?

It depends on how old you are, but this picture shows you what the NHS says is the maximum amount of "free" sugar we should be eating every day:



## Activity: Checking food labels

Have a look in your fridge, and kitchen cupboards and take out 4 of your favourite foods that are in packets. Have a look on the back of the packet to see how many grams of sugar are in each of the foods you've picked...

Name of food:

Grams of sugar in 1 portion:

Name of food:

Grams of sugar in 1 portion:

Name of food:

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Name of food:

Grams of sugar in 1 portion:

### For example:

Typical values	per 100 g	per 10g serving
Energy	417kJ 98kcal	42kJ 10kcal
Fat	0.2g	0.0g
of which saturates	0.0g	0.0g
Carbohydrate	24g	2.4g
of which sugars	23g	2.3g
Fibre	0.8g	0.1g
Protein	0.9g	0.1g

Are you surprised at how much sugar is in these foods?

Do you think these foods contain useful sugars (from fruit and dairy) or unhelpful sugars (from cakes and sweets)?