

# Slimtone

## FACTS ON SUGAR

Sugar is a real food enemy; it is hidden in cereals, processed foods, ready-made meals and soft drinks, as you will see on our chart. It interferes with the body's delicate blood sugar level, having a roller-coaster effect on energy levels and mood swings.

Try to limit your daily intake to the recommended 11 tspn per day or if diabetic the recommendations made at your clinic.. Take advantage of the sugar alternatives which are suitable for cooking and are highly recommended by Slimtone. - . Splenda, I and Half Spoon Sugar.

Check labels on food. All these are different forms of sugar:

Sugar Lactose      Caramel Maltose      Sucrose Fructose      Dextrose Glucose Powder      Glucose Syrup

**Here are some examples of foods, which are high in sugar:**

	(30g)		<b>g Sugar</b>	<b>Tspn Equiv</b>
<b>Sweets &amp; Chocolate</b>	1 oz	Boiled Sweets	24.8	5
	1 oz	Mars Bar	18.9	3½
	1 oz	Bounty Bar	16.6	3
	1 oz	Chocolate	15.5	3
	1 oz	Fruit Gums	12.7	2½
<b>Puddings</b>	1 oz	Syrup Sponge Pudding	15.6	3
	1 oz	Apple Pie	8.6	1½
	1 oz	Blancmange	5.3	1
	1 oz	Rice Pudding	2.5	½
<b>Miscellaneous</b>	1 oz	Sweet Chutney	9.1	2
	1 oz	Tomato Ketchup	6.4	1

**More ways to cut down on sugar:**

\*\*Use artificial sweeteners in drinks (e.g. Splenda, Canderel, etc), or try without sugar – you will soon get used to the taste.

\*\*Cut down the quantity of sugar in recipes when baking or substitute with Splenda

\*\*Try fresh fruit or fruit tinned in natural juice or water instead of syrups.

\*\*Try having fresh or dried fruit on cereals rather than sugar.

\*\*Use low calorie drinks and mixers

\*\*Sugar free jellies are ideal for satisfying a sweet tooth. Also, low calorie drinking chocolate.

\*\*Check out the sugar content on your favourite yoghurt you may be surprised to discover some contain as much as 5 teaspoons .

**CHECK NUTRITIONAL INFORMATION ON PRODUCTS CAREFULLY. EVERY 5g = 1 tspn.**