



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 such as Splenda and Half Spoon Sugar both are highly recommended by Slimtone.

Check labels on food. All these are different forms of sugar: Sugar Caramel, Sucrose, Dextrose, Glucose Syrup, Lactose, Maltose, Fructose and Glucose Powder

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.

MARIE'S GUIDE TO SECRET SUGAR

Don't have sugar in your tea? You'll be surprised how much you are consuming each day hidden in your favourite foods.

SWEETS & CHOCOLATE	Tspn Equiv.
1 Tube Polo Mints/Murray Mints	5/10
1 Small Tube of Smarties	7
1 Small Box Dolly Mixtures/Liquorice Allsorts Jelly Babies	22
1 Mars Bar/Bounty Bar	9
1 Turkish Delight/Rolo	8/5
BREAKFASTS	
Starbucks Rise & Shine Muffin	13
Alpen Raspberry & Yoghurt Breakfast Bar	4
1 oz/28g Muesli/Crunchy Nut Cornflakes/Cheerios	2
1 Shredded Wheat, Porridge or Weetabix	Trace
1 oz/28g Bran Flakes	1
1 sachet Instant Porridge Oats Golden Syrup	2
Kellogg's Special K/Coco pop's (30g)	3
CANNED & MANUFACTURED FOODS	
1 Small can Baked Beans/Heinz Tomato Soup (300g)	2/4
Pot Noodle Curry King Pot	2
Heinz Tomato Ketchup	1
SWEET TREATS	
Muller Rice (Low Fat)/Crunch Corner Strawberry Shortcake Yoghurt	4/5
Yeo Valley Farm 0% fat vanilla Yoghurt (150g) check your favourite brand	5
McFlurry Crunchie Ice cream/Ice Cream with Flake	9/4½
1 packet Instant Custard	7
1 packet Jelly	19
1 small tin Fruit in syrup	5
1 medium slice Sponge Sandwich/Orange Cupcake	6/8
1 portion Honey, Jam, Marmalade	2
Walls Soft Scoop Light Ice Cream	1
ONE Chocolate Digestive Biscuit	2
1 Low cal summer fruits lolly (83 cal)/Solero Exotic Ice Cream	4
Mars Chocolate Bar	8
DRINKS	
Starbucks caramel Frappuccino with Whipped Cream (skimmed milk)	11
1 pint Beer/ Bottle of Oasis drink	3
1 medium bottle Bitter Lemon/Tonic Water	5
1 can Coca Cola or any soft drink e.g, Sprite, Dr. Pepper, Fanta, Pepsi	7
Robinsons Fruit Shoot (look out for sugar free variety)	5
1 pub measure – Gin, Vodka, Brandy etc	2
McDonalds Banana Milkshake small/medium/large	7/13/16
J20 most flavours/1 Glass Lucozade	6/8
Volvic taste of Strawberry water (look out for sugar free variety)	5
Slush Puppy	6½