Sugar: less is more

Many foods contain sugar. The label includes the line **"of which sugars".** This means that the food contains various types of sugar. These are the different types of sugar:

Natural sugars

Natural sugars are found in **fruits** (this is fructose)



and in milk (this is lactose).



Added sugars

Manufacturers add different types of sugar to food, so it tastes sweet and you buy more of it. These sugars are known as **added sugars**, such as household sugar (sucrose), glucose, fructose syrup and honey.

How much added sugar per day?

Children: maximum 30 grammes added sugar per day. That's **7.5 sugar cubes.**



Adults: maximum 50 grammes added sugar per day. That's **12.5 sugar cubes.**



In Switzerland we eat **too much** added sugar. Too much added sugar is bad for your teeth and causes tooth decay. Too much added sugar causes you to become overweight.

Examples of foods with a lot of added sugar:

1 Petit Suisse (50 grammes)





1 cereal bar (26 grammes)





2 dl* fruit nectar drink





2,5 dl chocolate drink





*dl = decilitres = 1/10 litre

= 4 grammes

1 portion ketchup (20 grammes)





1 tablespoon jam (15 grammes)





Good to know

It is **not healthier** to replace white, refined sugar with these foods:







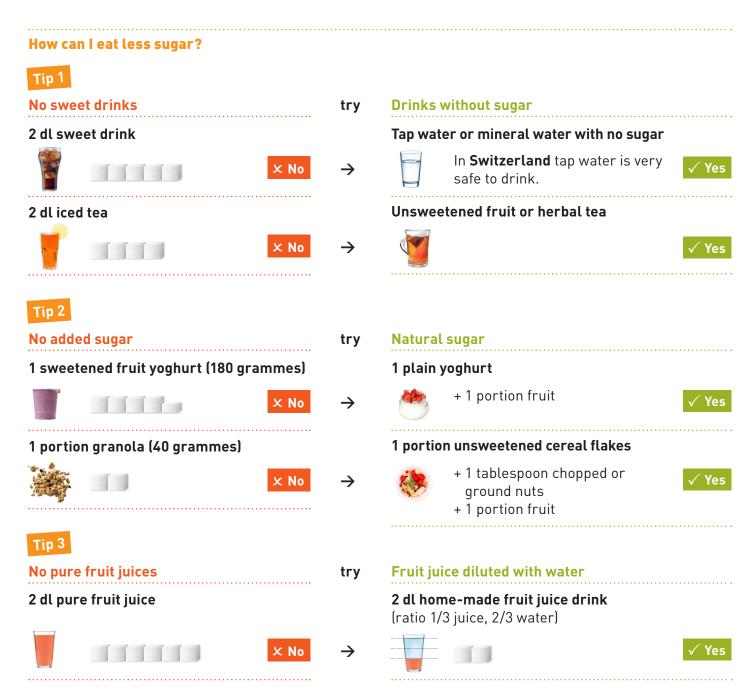
Honey



Concentrated pear juice



Agave, date or maple syrup



Even natural fruit juices contain a lot of sugar. It is better to mix them with water.



Use **less sugar** than stated in the recipe. Use two thirds (2/3) or just half (1/2) the sugar. For example, if the recipe says 300 grammes of sugar, use just 200 or 150 grammes.

Tip 5

Eat sweets just once per day. And only a little bit. For example:



Supported by:

