



Taste without Sugar



Nutrition Coordination Division
Ministry of Health, Nutrition & Indigenous Medicine

2017

Consumption of excessive sugar has been identified
as one of the main causes for widespread
Non-Communicable Disease such as diabetes,
heart diseases, kidney diseases,
cancer ect. Therefore, this year
Nutrition Month theme is

“Taste without sugar”

This booklet is designed by
Nutrition Coordination Division
for the children with the objective of combating
adverse marketing strategies and
create a healthy nation.

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Do we need Sugar ?

Sugar is not an essential food

- Sugar is a carbohydrate. It just provide energy and has no other nutrient in it.
- We can consume other nutritious food to obtain energy which contain carbohydrates and fat. (Rice, potato, sweet potato, grains, butter, cheese, etc).
- If you really wants to consume sugar, you should limit sugar intake to 6 teaspoons (25g) per day (This includes sweetened beverages and sweets).

Sugar sweetened beverages and sweetened milk

Most of the beverages are processed with high sugar. This includes sugar added beverages, sweetened milk, sugar added tea or coffee

Most commonly consume sweetened beverages & milk

- Soft drinks (Carbonated)
- Fruit drinks and cordials
- Sports drinks
- Energy drinks
- Sweetened milk, yoghurt drinks
- Sweetened tea and coffee



Amount of Sugar (No. of Teaspoons) content in commonly available sugar sweetened beverages in the market.



4.2 g of sugar = 1 teaspoon

source: Food table of relevant products as at, (2017 May)

We can get a clear picture of the amount of sugar in beverages that we consume according to the colour cord marked in the label



Green - Low sugar

Less than 2 g ($\frac{1}{2}$ teaspoon) in 100ml




Orange - Medium sugar

Less than 2 - 11g of sugar
($\frac{1}{2}$ to 2 $\frac{1}{2}$ teaspoon) in 100ml



Red - High sugar

more than 11g of sugar
(2 $\frac{1}{2}$ teaspoons) in 100ml

 4.2 g = 1 teaspoon

Do you know that sweetened beverages and milk has many adverse effects?

- ✳ Overweight and obesity
(Extra energy gained from sweetened beverages will be converted in to fat & deposited in the body)
- ✳ Diabetes
- ✳ Heart diseases
- ✳ Metabolic syndrome
- ✳ Dental caries
- ✳ Kidney stones/ kidney failure
- ✳ Osteoporosis
- ✳ Cancer
- ✳ Skin discoloration
- ✳ Early aging



How do we know about the amount of sugar in sweetened beverages ?

Reading
nutrition facts
in the label

Colour coding
in the label



	100ml contains	250ml contains	%GDA*
Energy	199kJ 47kcal	500kJ 120kcal	6% 2000kcal
Protein	0.5g	1.3g	
Carbohydrate	10.5g	26.3g	2%
of which sugars	10.5g	26.3g	2%
Fat	trace	trace	
of which saturates	trace	trace	
Fibre	trace	trace	
Sodium	trace	trace	
Salt equivalent	trace	trace	

* Guideline daily amounts

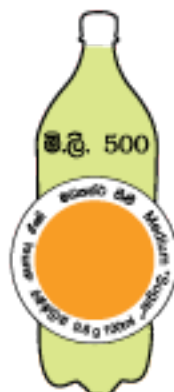
Vitamins/Minerals

100ml contains 62.5mg (42% RDA)



N.B. Beware of the **artificial sweetnes** in the beverages even it is mentioned as low sugar

Know about the sugar content according to the volume of the bottle or packet



$11\frac{1}{2}$ tea spoons of sugar

Sugar in 100ml

= 9.6 g

Sugar in 500ml

= 9.6 g x 5 = 48 g

1 teaspoon of sugar

= 4.2 g of Sugar

Number of Teaspoons of sugar in 500ml = $\frac{48}{4.2} = 11.42 \approx 11\frac{1}{2}$

Energy Level

1 g of sugar

= 4 k.cal

1 teaspoon of sugar

= 4.2 g x 4 k.cal = **16.8 k.cal**

Above bottle,

Amount of Calories in 11.42

teaspoons of sugar = **16.8 X 11.42**

= **161 k cal**

Energy measured in kilo calories (k cal)

Total sugar content in beverages should be mentioned in grams in the label .
Sugar can be present in the form of sucrose, fructose, glucose, honey, cane sugar, maple syrup, dextrose, etc.

Other ingrediants and their adverse effects in sweetened beverages

	Ingrediants	Adverse effect
1	Sugars (Sucrose, Fructose, Dextrose and Maltose)	<ul style="list-style-type: none"> • Over weight and obesity, • Risk of non communicable diseases • Dental caries
2	Caffeine	<ul style="list-style-type: none"> • Hypertension • Increased heart beat • Frequent urination • Headache • Anxiety • Mental Stress
3	Artificial flavours	<ul style="list-style-type: none"> • Headache • Food poisoning • Giddiness • Tiredness • Certain cancers • Anxiety
4	Artificial Sweetners Aspartame Saccharin Sucralose	<ul style="list-style-type: none"> • Risk of Obesity • Effect on metabolism • Diabetes • Hypertension • Heart Diseases
5	Colourings	<ul style="list-style-type: none"> • Cancers • Genetical modifications • Hyperactivity in children • Food poisoning • Vomiting • Headache
6	Food preservatives	<ul style="list-style-type: none"> • Allergies • Vomiting • Headache
7	Phosphoric acid	<ul style="list-style-type: none"> • Kidney stones • Kidney failure
8	Citric acid	<ul style="list-style-type: none"> • Gout • Kidney stones

What are the healthy drinks we can use ?



Water



King Coconut



Natural Fruit juice (without added sugar)



Fresh milk (without added sugar)



Tea without sugar



N.B. Natural fruit drinks, king coconut etc. contains some amount of sugar. Therefore should avoid excessive consumption of it within a day

Water... through out the day.....



- ✓ Best drink is water
- ✓ 65% of our body consists of water
- ✓ Drink plenty of water throughout the day
- ✓ 1.5 – 2 liters of water should drink everyday
- ✓ If you are involved in sports or exercise, you must drink 1 glass of water for every 20 minutes when you are physically active
- ✓ You should drink a glass of water (250 - 300 ml) specially
 - as soon as you wake up in the morning
 - 1 hour before meal
 - 2 hours before go to sleep
 - Before snacks

P.S. Patients with heart and kidney diseases should consult their doctor to get on idea about the amount of water they should drink per day

Advantages of drinking water



- | | |
|--|-------------------------|
| ✓ Refresh your self | ✓ Control weight gain |
| ✓ Improves the skin complexion | ✓ Detoxification |
| ✓ Reduce joint pains | ✓ Avoid constipation |
| ✓ Reduce the risk of cancer | ✓ Improves productivity |
| ✓ Improve immunity (to fight against diseases) | |
| ✓ Relive tierdness | |

Other food which cause Non Communicable Diseases

1. Sugary foods

Toffee, Chocolates,
Ice cream , Ice packets,
Icing cakes,
Cream biscuits



2. Food with trans fat

Trans fat increases unhealthy cholesterol in the body

Bakery products, Cakes, Cracker biscuits,
deep fried (with reused oil) Rolls, Potato chips, etc.



3. Salty food

Pickles, Sauce, chutneys, savory biscuits,
salty bites, Salted peanuts/Chick pea



P.S. Limit salt intake to 5 g per day per person

Amount of Sugar (in teaspoons) in commonly available **biscuits** in the market



4.2g = 1 teaspoon

Nutritious Snacks



Chick pea



Aggala



Fruits



Yogurt



Peanut



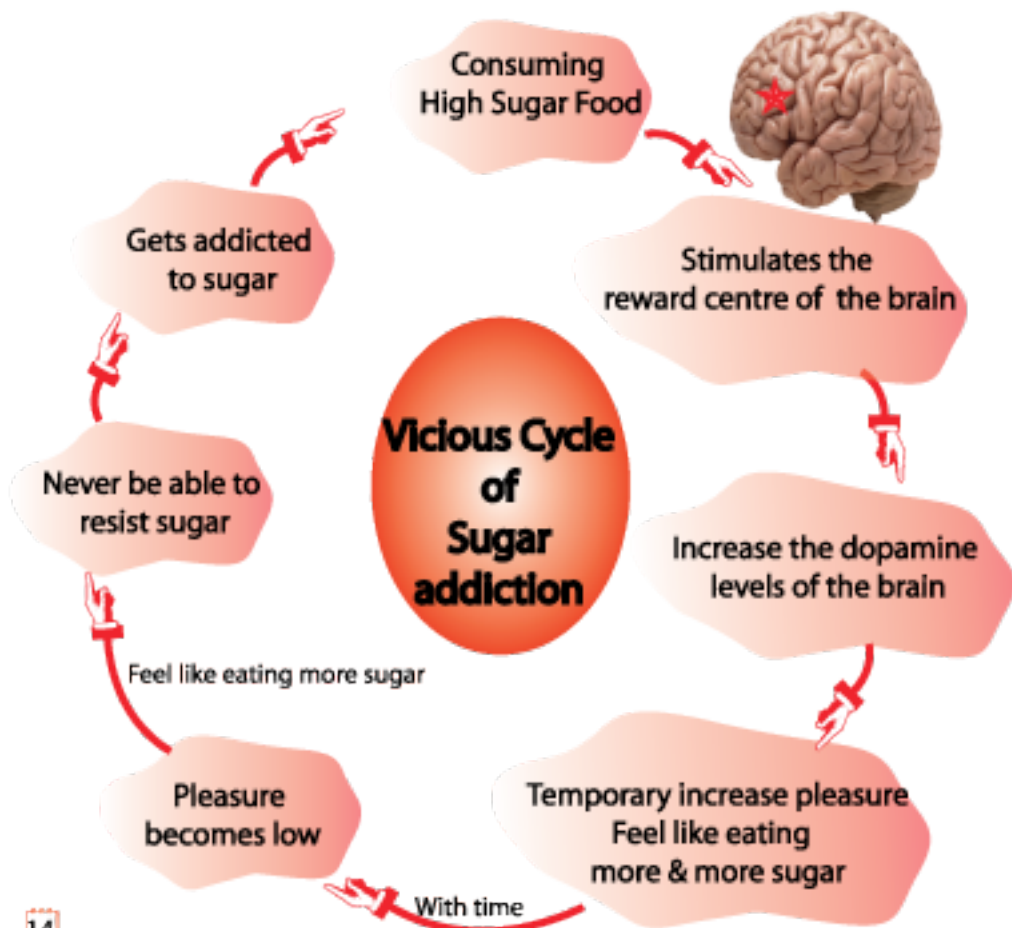
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SUGAR

Is an addictive

Addiction is a cravenness for intake something which do not have control over it and becomes totally dependant on it. **Sugar** considered as a dangerous addictive than alcohol and drugs (Cocaine) which are considered as strong additives.



Tips to reduce consumption of high sugar drinks

- 1** Always consider about the amount of sugar of the drink you choose
- 2** When purchasing drinks from a canteen, always purchase water instead of sugar added drinks
- 3** Always carry a water bottle with you to office/school
- 4** Whenever you feel thirsty, drink water first. It helps you to reduce the quantity of sugar added drinks even if you purchased
- 5** Avoid places where sugar added drinks/ sweetened milk, yoghurt drinks, biscuits, cakes, bites stored in super markets

- 6** Do not bring & store sugar added drinks/ sweetened milk and sugary food at home
- 7** Whenever you feel hungry between main meals, better to drink water
- 8** Reduce the amount of sugar used for tea, coffee, fruit drinks preparations.
(Adding sugar is not necessary)
- 9** Always carry your meals with you whenever you go to school/office
- 10** Take a healthy and early breakfast (consists of Carbohydrate, protein, fat, vitamin and minerals)
- 11** Minimize stress (Stress leads to eat more sugar).
Activities like listening to music, enjoy the beauty of your environment, meditation and taking deep breaths will help to reduce stress
- 12** Exercise to burn extra calorie. (Walking, dancing, playing, household work and gardening etc.)

Our Food plate



Measurements for individuals above 18 years

$$\text{BMI value} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

30 or above

- Obese

Measure around your naval when belly is relaxed

Female 80 cm (less than 32 inches)

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