

# SUMMARIZING... SUGAR INTAKE



Carbohydrates are fuels that provide the body with energy. During digestion, carbohydrates are broken down into glucose (sugar), which can then enter the bloodstream. Some glucose is essential for the brain, central nervous system, and red blood cells to function properly. However, **consuming too much glucose, or sugar, from our food and drink is bad for our health.**

Think of sugar as being in two categories:

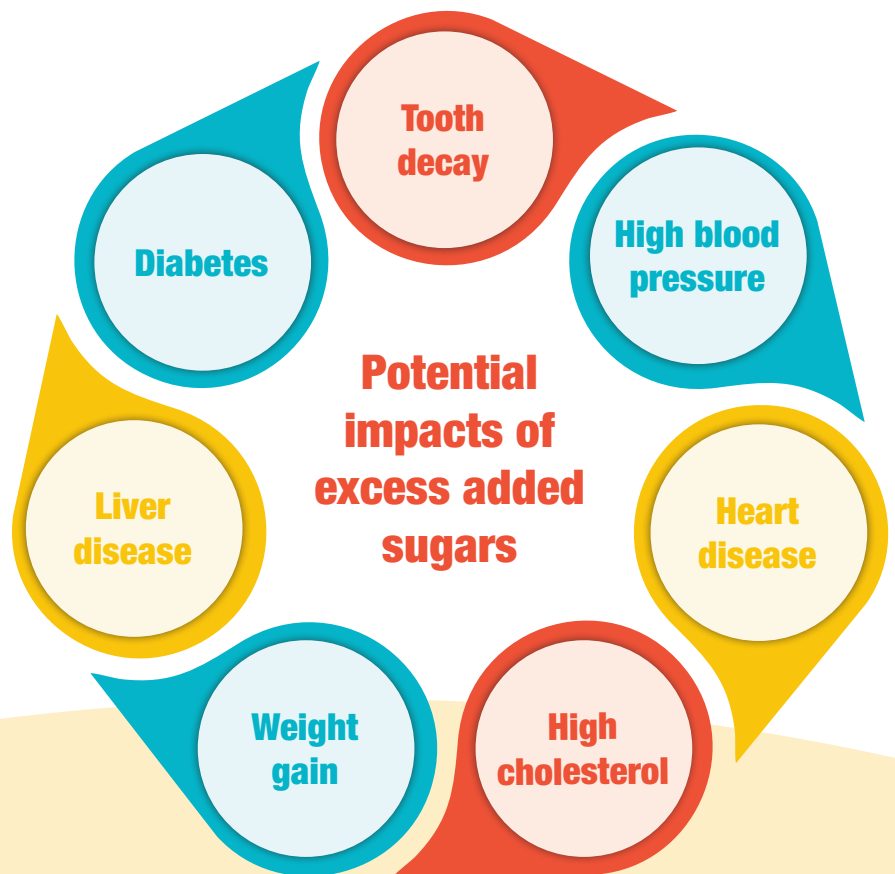
## 1 Naturally occurring sugars

› for example **fruits, vegetables and milk.**

## 2 Added sugars

› These are not naturally occurring sugars but are instead added to foods and drinks while they are being processed and/or prepared. Sugar isn't added just for extra sweetness, it's also used to extend shelf life, or to make the color of food more appealing. **The body requires no added sugars to function properly.** Added sugars are found in:

- **Sweets and desserts.**
- Prepared foods like **cereals, breads, shop-bought soups and ready-made meals.**
- **Syrups/honey.** Although these contain natural sugars, they are considered added sugars because they generally aren't eaten alone; they are drizzled onto pancakes/waffles and combined with drinks like coffee to make them taste sweeter.
- **Soft drinks, fruit drinks and juices and sports or energy drinks.**
- Condiments like **table sauces and salad dressings.**



## Tips for cutting down on added sugars

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**Swap sugary drinks for alternatives** like water or sugar-free juices. If you're a coffee or tea drinker who adds syrups or sweeteners, try to reduce the amount you add until you can cut them out altogether.

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**Check nutrition labels** to help you pick the foods with less added sugar or choose the reduced- or lower-sugar version instead.

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**Check the ingredients list.** Sugars added to foods and drinks must be declared in the ingredients list, which always starts with the most prominent ingredient. This means that if you see sugar near the top of the list, the food is likely to be high in added sugars.

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**Avoid takeaways or fast food** as they often contain very high levels of added sugars.

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Completely cutting out added sugar can be unrealistic so don't worry if you still enjoy a takeaway or dessert every now and then. However, to maintain a healthy, balanced diet it's important to make a conscious effort to be mindful of added sugars in your food and drink as part of your daily routine.

Speak to the **ZUPREME Trial Team** at your next trial visit if you'd like to learn more about the impact of sugar on nutrition and health.

