

Why is sugar so bad for us and how to cut down

Sugar-laden and carb-heavy foods, such as doughnuts – really CAN be addictive. It tastes good, we feel good when we're eating it, and we get an energy kick from it so naturally, we want to do it over and over again. But as our propensity toward sugar increases, so do our waistlines and risk factors for numerous obesity-related health problems.

How much sugar should you be consuming?

In 2015 the SACN issued guidance that recommends no more than 5% of our daily energy be from sugar. This is equivalent to the following amounts per day:

- 19g of sugar for children aged 4 to 6
- 24g of sugar for children aged 7 to 11
- 30g of sugar for everyone aged 11 and over, including adults.

Sugar and obesity

In the UK, 25% of adults are said to be obese with a BMI of 30 or above. Dealing with the consequences of obesity, including high blood pressure, cardiovascular problems and cancer costs the NHS £5.1 billion a year and type 2 diabetes, a large proportion of which is said to be a consequence of obesity, costs the NHS £8.8 billion per year – 10% of the entire NHS budget.

Quick tips to help cut down

1. Check nutrition labels and select foods that have more “greens” and “ambers” and try to avoid “reds”
2. Swap a bowl of sugary cereal for a plain cereal or plain porridge
3. Swap sugary drinks for water. You can infuse with fruit if you prefer a sweeter taste.
4. Swap sugary snacks for healthy snacks such as unsalted nuts, rice cakes and popcorn



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