

# sugar

*what you need to know*

Learn to set limits, eat better and reduce risk



# 5 ways sugar affects your health

SUGAR IS A SIMPLE CARBOHYDRATE THAT IS FOUND NATURALLY IN SOME FOODS AND DRINKS YOU CONSUME DAILY. IT CAN ALSO BE ADDED TO FOODS IN DIFFERENT FORMS, LIKE TABLE SUGAR, FRUIT JUICE CONCENTRATE OR SYRUP. EATING TOO MUCH ADDED SUGAR CAN LEAD TO SERIOUS HEALTH PROBLEMS, SUCH AS:

1. Obesity
2. Type-2 diabetes
3. Heart disease
4. Tooth decay
5. Cancer

*The World Health Organisation recommends that the intake of free sugars should be less than 7 teaspoons per day to ensure optimal health. Free sugar, or added sugar, can either be added by you (like sugar added to your tea or coffee) or can be found in processed foods and drinks (like fizzy drinks, biscuits, ready meals and desserts).*



**DID YOU KNOW?** Since 1994, sugar consumption in South Africa has increased by 33.1%, mainly due to processed foods and soft drinks



## Making the healthy choice

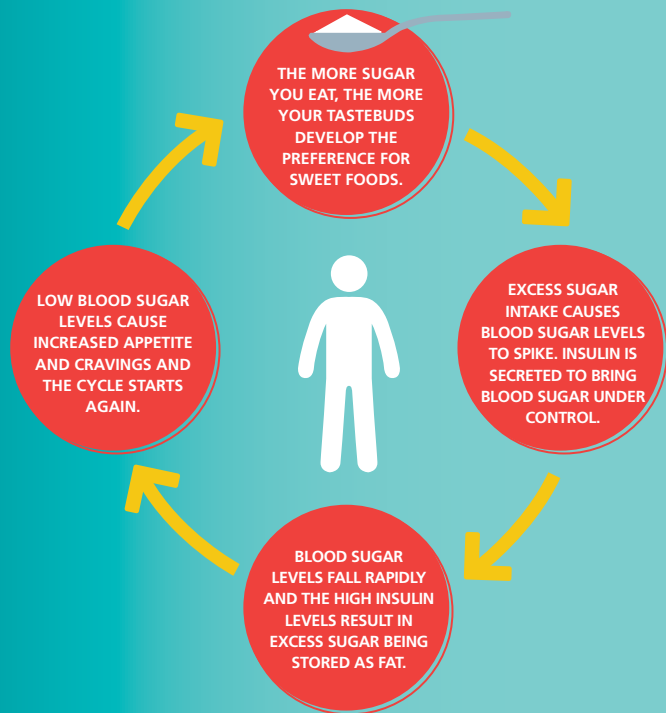
NO  
ADDED  
SUGAR

Many people eat and drink more sugar than they realise because it's added to so many foods and drinks. Pick n Pay's health brand, Livewell, provides consumers with products that meet strict criteria based on government guidelines for fat, saturated fat, added sugar and salt, so you are eating healthily simply by choosing a Livewell product.

**LIVEWELL**



## The sugar intake cycle explained



## Where's the sugar hiding?

It's easy to identify ice cream or a slab of chocolate as a sugary food, but some foods you think are healthy may have hidden sugar. Here are four of them...

### 1 SOFT DRINKS AND JUICE

According to research, drinking fizzy beverages is associated with a high risk of obesity, which can lead to cardiovascular disease or diabetes. Drink water and flavour it with fresh fruit instead.

### 2 YOGHURT

Flavoured yoghurt is sweetened, opt for plain yoghurt and add fresh fruit instead.

### 3 SAUCES

Tomato sauce, pasta sauce and other condiments all have added sugar. Rather make your own sauces using fresh ingredients at home.

### 4 BREAKFAST CEREAL

Your cereal might say that it's fortified with vitamins and minerals and that it's wholegrain, but that doesn't mean there's no added sugar.

**TOP TIP** Dilute one-third fruit juice with two thirds water to lower the kilojoule and sugar content



# Kicking the habit

REDUCING THE AMOUNT OF SUGAR YOU CONSUME DAILY IS GOOD FOR YOUR HEALTH. START BY REDUCING THE SUGAR IN YOUR TEA AND COFFEE AND GRADUALLY CUT BACK ON YOUR TOTAL CONSUMPTION. AS YOU CUT DOWN, YOU MAY START TO NOTICE:

- ▶ Increased energy levels
- ▶ Improved concentration
- ▶ Weight loss
- ▶ Fewer headaches
- ▶ Better sleep

### TOP TIP

Carefully examine food labels. Sugar has many other names like: maltodextrin, honey, high fructose corn syrup, agave nectar, glucose, sucrose, dextrose and fructose

# CONSCIOUS COOKING

Cooking healthily doesn't mean you should skimp on flavour. Try these healthy alternatives

## ✔ HEALTH BARS

**Blitz** ¼ cup (50g) raw almonds, ⅓ cup (100g) Turkish apricots, ¼ cup (60ml) PnP Livewell smooth peanut butter, ½ cup (125ml) melted coconut oil, ¼ cup (60ml) unsweetened cranberries, ¼ cup (60ml) mixed seeds, 2 cups (500ml) oats and a pinch salt in a food processor until it comes together. **Press** into a greased baking pan and chill in the fridge for 3 hours to set.

**Cut** into bars and serve. **MAKES 12 BARS**



## ✔ APPLE AND SULTANA CHUTNEY

**Heat** a glug of oil in a pan and sauté 4 diced onions until brown. **Add** 5 peeled and diced apples, 2 cloves chopped garlic, ½ cup (125ml) xylitol, ⅔ cup (100ml) malt vinegar and a pinch of salt. **Simmer** until it reaches a chutney consistency. **Serve** as relish or dip. **MAKES 750ml**

— Pick —  
one **small** thing

A SMALL CHANGE CAN  
MAKE A BIG DIFFERENCE.  
SWAP SUGAR-LADEN  
FOODS WITH ONE SUGAR-  
FREE ITEM EVERY DAY AND  
KEEP DOING IT. YOU MIGHT  
BE PRESENTLY SURPRISED  
BY THE RESULTS.

1



2



3



4



6



5



- LOOK OUT FOR
1. PnP Livewell cranberry & cherry rooibos tea;
  2. PnP Livewell smooth peanut butter;
  3. PnP carrot cake pre-mix;
  4. PnP Livewell low fat plain yoghurt;
  5. PnP Livewell almonds and cranberries;
  6. PnP Livewell Kauai All The Greens smoothie

Contact PnP's registered dietitian for more health and dietary  
advice, email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za) or call 0800 11 22 88