

How much sugar do you eat really?

One of today's most pressing matters is eating too much sugar. In fact, in the U.S, 80% of food has been spiked with sugar and in America, it is estimated that a third of people will have diabetes.



The instant 'lift' we get from sugar is one of the reasons we turn to it at times of celebration or when we crave comfort and reward. However, even those of us without a sweet tooth may be eating more than we realise because so many processed foods, from cereals and bread to pasta sauce and soups contain sugar.

There are two types of sugar - naturally occurring sugar like lactose in milk and added sugar, which includes table sugar (sucrose) as well as concentrated sources like fruit juice.

The Guideline Daily Amount (GDA) for the average adult is 90g which includes all sugars. Of this, added sugar should make up just 50g, that's the equivalent of 13 teaspoons of sugar a day - or two cans of fizzy drink, or eight chocolate biscuits.

Reduced fat foods almost always have more sugar. For example, Brands trick people into buying low fat yogurts by mixing them with even more sugar. This is simply because without it, the yogurts would either taste horrible, or of nothing. The other reason that they use sugar instead of artificial sweetener is because they know that natural is better which again, would lead you into a false sense of security!

So low fat brands have more sugar, and sugar gains weight? What has this world become!?