

Use food and drinks containing sugar sparingly and not between meals

We all love sugar and sweets and everything that is sweet. But too much of a good thing is not good for us.

Why is too much sugar not good for us?

- Too much sugar is not good for our health in the long term.
- Because sugar is high in energy, too much sugar can make us overweight, especially when eaten with fatty foods.
- Too much sugar and sugary foods and drinks can make us full and cause us to eat less of food containing more nutrients, like fruit and milk. Especially children who are smaller eaters than adults.
- Too much sugar containing foods and drinks and sticky type sugary foods are bad for your teeth.

How must we use sugar?

SPARINGLY

This means only a little at a time and few times in a day. Eat small amounts at a time and as little as possible.

Which foods contain sugar?

- All fresh fruit contains natural sugar. Fruit is good for us because it contains important ingredients which we call nutrients. Examples of such nutrients are vitamins and minerals.
- The problem are those foods which have sugar added to them. For example, foods which contain a lot of sugar are:
 - Cold drinks.
 - Cake and sweets.
 - Chocolates and ice cream.
 - Syrup and honey and jam



Meaning of words

Healthy

To be well and free from illness

Variety

Different, several

Tooth decay

Not brushing your teeth regularly causes food to stay between our teeth which in turn causes caries

Minerals

Nutrients which our bodies need to work properly

Vitamins

Nutrients that are found in foods and which protect our bodies

Some tips

- ▶ Check labels on food to see if they contain sugar.
- ▶ Sugar may also be called sucrose or dextrose.
- ▶ Drinks and foods that contain sugar should be enjoyed as a treat on special occasions.
- ▶ Choose foods and drinks with little or no sugar.
- ▶ Use less or no sugar when you cook.
- ▶ Don't make a habit of eating sweet foods and drinks between meals as this can damage your teeth.

Can we eat sugar?

- Yes we can, but as little as possible.
- Those who like something sweet should keep it for special occasions.
- Rather eat something sweet after a mixed meal, in the form of a dessert, but not in between meals.
- Drink low fat milk, or diet cold drinks, instead of soft drinks and squashes.
- Try not to use sugar and sugary foods and drinks more than four times a day and only during mealtimes.

Hints to reduce sugar

- ▶ Every time you use sugar, think of something else you can use as a sweetener. For example, you can use artificial sweetener in your tea or coffee instead of sugar.
- ▶ Add fresh fruit to plain yoghurt instead of sugar to sweeten it or buying sweetened yoghurt.
- ▶ For a special treat, mix milk, yoghurt and fresh fruit juice.
- ▶ Rather do not add sugar to vegetables, flavour with herbs.
- ▶ Look for recipes that don't use sugar or very little sugar.
- ▶ Add less sugar or no sugar to tea and coffee.
- ▶ Instead of sweet or fatty snacks, try this:
 - Boiled or roasted mealie cobs
 - Homemade popcorn
 - Vegetable sticks
 - Dried fruit
 - Milk or plain yoghurt
 - Bread or fresh fruit
 - Plain biscuits with no icing or whole wheat rusks.

For more information, contact:

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Oral hygiene

- Clean the teeth twice a day and rinse the mouth after eating if you cannot brush your teeth.
- Rinse the mouth after eating or drinking sweet things.
- Have your teeth checked by a dentist at least twice a year, if possible.



How much do I know?

- What do you think does the word sparingly mean?
- Of the foods that you and your family use, which ones do you think contain sugar?
- Why do you think it is important to use food and drinks containing sugar sparingly?
- Why should food and drinks containing sugar not be eaten between meals?