



## Maximum daily intake of added sugar!

1 level teaspoon (tsp) of sugar = 4 grams of sugar

### ADULT MEN

- 9 level teaspoons (36 g)

### ADULT WOMEN

- 6 level teaspoons (24 g)

### CHILDREN:

- Age 4 – 8 years: 3 level teaspoons (12 g)
- Age 8 years and older: 5 to 8 level teaspoons (20 – 32 g)



This includes the sugar added during food processing and preparation as well as in coffee or tea.

## HOW MUCH SUGAR IS IN YOUR DIET?

### Example of a daily unhealthy meal

MEAL	FOOD	SUGAR
BREAKFAST	CEREAL	9 tsp
SNACK	X2 TEA	3 tsp
LUNCH	JAM SPREAD ON BREAD	3 tsp
SNACK	HALF A SLAB OF CHOCOLATE	6 tsp
DINNER	SPAGHETTI SAUCE	5 tsp
BEVERAGE	330ML FIZZY SOFT DRINK	9 tsp
	<b>TOTAL</b>	<b>32 tsp</b>

### YOUR TURN NOW!

NAME:

MEAL	FOOD	SUGAR (tsp)
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
BEVERAGE		
	<b>TOTAL</b>	

**For a health check:** visit your local clinic or doctor.  
**For further information:** email: [wow@westerncape.gov.za](mailto:wow@westerncape.gov.za)  
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## 10 TIPS TO HELP YOU EAT LESS SUGAR!

- 1 Read the labels and choose items with the least amount of sugar.
- 2 Slowly reduce the number of teaspoons of sugar in your tea and coffee.
- 3 Never add sugar to a baby's food or drink.
- 4 Swop biscuits, sweets and cakes for fresh fruit and vegetables.
- 5 Limit sugary treats to a small amount, between meals, once or twice a week.
- 6 Have water on the table when eating or socialising instead of sugary, fizzy cold drinks.
- 7 Drink water first and swap sweetened drinks for low or no-calorie options like unsweetened tea or coffee, or make your own flavour-infused water.
- 8 Dilute your fruit juice with water (50/50).
- 9 Eat cooked porridge or whole wheat cereals as these are lower in added sugar.
- 10 Use cinnamon instead of sugar to flavour your food.

WesternCape on Wellness



Creating A Culture Of Wellness Together

**BE**  
**SUGAR**  
**SMART!**



**LEARN LIVE  
EAT PLAY**

**Eat Healthy! Be Healthy!**  
**Be You! Be WoW!**



**Western Cape  
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Health

# WHAT IS SUGAR?

Sugar has over 50 different names, from table or granulated sugar to corn syrup or fruit concentrate. Sugar occurs naturally in most foods (natural sugars) or is added by food manufacturers during processing or by people during cooking (added sugars).

When eating food, sugars are broken down into glucose which is then transported by the blood to provide energy to all the cells in our bodies.

## THINK ALL SUGARS ARE THE SAME? THINK TWICE!

Foods that have naturally occurring sugars are fruit, vegetables, starches, legumes (e.g. beans, peas, and lentils) and dairy products. Along with sugars these foods also provide the body with the nutrients (proteins, carbohydrates, fats, vitamins and minerals) that help you stay strong and healthy and feel full for longer.

Foods high in added sugar such as sweetened soft drinks, cakes and chocolates provide the body with energy (kilojoules) but few nutrients. As a result, you will soon feel hungry again and want to eat more.

Natural Sugars	Added Sugars
 <p>DAIRY</p>	 <p>GRANULATED SUGAR</p>
 <p>VEGETABLES</p>	 <p>CAKES / BISCUITS</p>
 <p>FRUIT</p>	 <p>FIZZY DRINKS</p>



Eating too much added sugars can contribute to weight gain.

Being overweight increases your risk of getting diabetes, high blood pressure, high cholesterol, gout, and back and knee pain.



Brown sugar and honey contain the same amount of sugar as white sugar. Eating foods high in added sugars often become a habit that can be hard to break.



## Why is too much sugar dangerous?



Unlike eating foods, drinking liquids high in added sugars, like energy drinks, do not make us feel as full. The result can be a lot of extra energy that our liver stores in the form of fat.

Eating foods high in added sugars can be really harmful as the sugar in the blood rises much faster after eating these foods.



Too much sugar can cause tooth decay and dental cavities.

## UNDERSTANDING SUGAR ON FOOD LABEL

Sugar is added to many foods and drinks in different forms: sucrose, lactose, fructose, maltose, dextrose, syrup, honey, molasses, cane juice and all fruit juice concentrates, etc.

When these words appear near the beginning of the list of ingredients, the item is likely to contain a high amount of added sugars.

The amount of TOTAL sugar per portion will give you an indication if it is high or low in sugar.

**Over 22.5g per portion = HIGH IN SUGAR**  
**5g or less per portion = SUGAR SMART**

## WHERE DO WE GET THE MOST SUGAR FROM?

TYPE OF FOOD	SPOONS OF SUGAR
Chocolate slab (100g)	10
Energy drinks (1 bottle - 500ml)	10
Fizzy soft drinks (1 can - 330ml)	10
Some flavoured water (500ml)	10
Tin of fruit in syrup (140g)	10
Sweetened yoghurt (1 tub - 275ml)	10
Pasta Sauce (1 cup)	10
Fruit juice (200ml)	10
Flavoured milk (275ml)	10
Medium ice-cream cone (2 scoops)	10
Jam spread on bread (20g)	10
Kiddies cereals (1 bowl)	10
Granola or cereal bar (1 bar - 25g)	10
Tomato sauce (1 tablespoon)	10

 = 1 tsp sugar

This is the average amount of sugar content per item, sugar content may vary according to brand name.