



## Where is sugar found?

Different types of sugar can be found naturally in foods like honey, maple syrup and agave nectar. Some people believe that the nutritional value of these sugars is superior to white and brown sugar, which is extracted from a plant called sugar cane. Although there are some very slight nutritional differences between different sugars it is important to get the majority of your sugar intake from raw whole fruit and milk because these foods offer other nutrients to our bodies, such as vitamins and fibre.

Sugar is added to all sorts of foods to make them taste sweet or to preserve flavour. It is not just found in the foods you might expect such as cakes, biscuits, fizzy drinks and desserts, but is often hidden in foods like ketchup, bread and cereal. Check the ingredients list on the food label (see page 18) so you know how much sugar is in the food you eat.

## Why is too much sugar bad for you?

Too much added sugar is bad for your health because it can lead to tooth decay and it provides your body with lots of empty calories (see page 6). Empty calories give us lots of energy without any nutrients, and as a result we eat more and more without feeling full or satisfied. This leads to an increased risk of weight gain and a cycle of highs and lows in your energy levels, which will leave you feeling tired and craving even more sugar.

## What about artificial sweeteners?

Artificial sweeteners do not add calories to foods, but we aren't sure how they affect our health in the long term. They are found in lots of things such as cakes, biscuits, tinned foods, jams and fizzy drinks. Always check food labels and avoid eating them, where possible

