



HIDDEN SUGAR IN FOOD

WITH.CH Project

Project Number: LLP-LDV/PAR/2013/RO/318

WOMEN'STEC



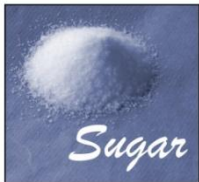
What is hidden sugar?

Some sweet-tasting foods don't have the word 'sugar' in the ingredients list on their packaging, but still have sugar in them - its just labelled in a different way, for example 'dextrose' or 'modified starch'.



How will I recognise these hidden sugars?

It is important to read your food labels. Some foods don't have the word 'sugar' in the ingredients list on their packaging, but still have sugar in them - it's just labelled in a different way. Hidden sugars usually end in 'ose' and the nearer the start of the list they are, the bigger the amount included: sucrose, dextrose, maltose, fructose, lactose, glucose, honey.



What types of food and drink contain these hidden sugars?

There are lots, but here are some examples; cereal bars, flavoured yoghurts, fruit flakes/bars, juice - including juice labelled 'no added sugar'. Food and drinks containing sugar should be limited and are best given at mealtimes.

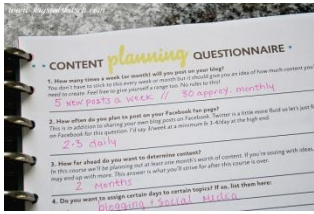




Course overview



- Recognising hidden sugars
- Instilling healthy eating habits with students
- Understanding effects of too much sugar
- To help students read labels and food wrapping correctly.
- Define good and bad sugars



Content of Course

- Powerpoint Presentation
- Understanding miss leading food labels
- Encouraging behaviour towards healthier food choices
- Identifying hidden sugars

Useful links and recommendations

- <http://www.tescoliving.com/health-and-wellbeing/healthy-eating/2013/october/how-to-avoid-hidden-sugars>
- <http://www.nhs.uk/livewell/goodfood/pages/sugars.aspx>
- <http://www.parenting.com/article/hidden-sugar>
- <http://medicalxpress.com/news/2015-01-school-cafeterias-technology-healthy-card.html>
- http://kidshealth.org/parent/diabetes_center/meds_monitoring/track_blood_sugar.html
- http://www.diabetes.co.uk/diabetes_care/blood-sugar-level-ranges.html
- <http://www.livestrong.com/article/28521-glucose-levels-children>

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