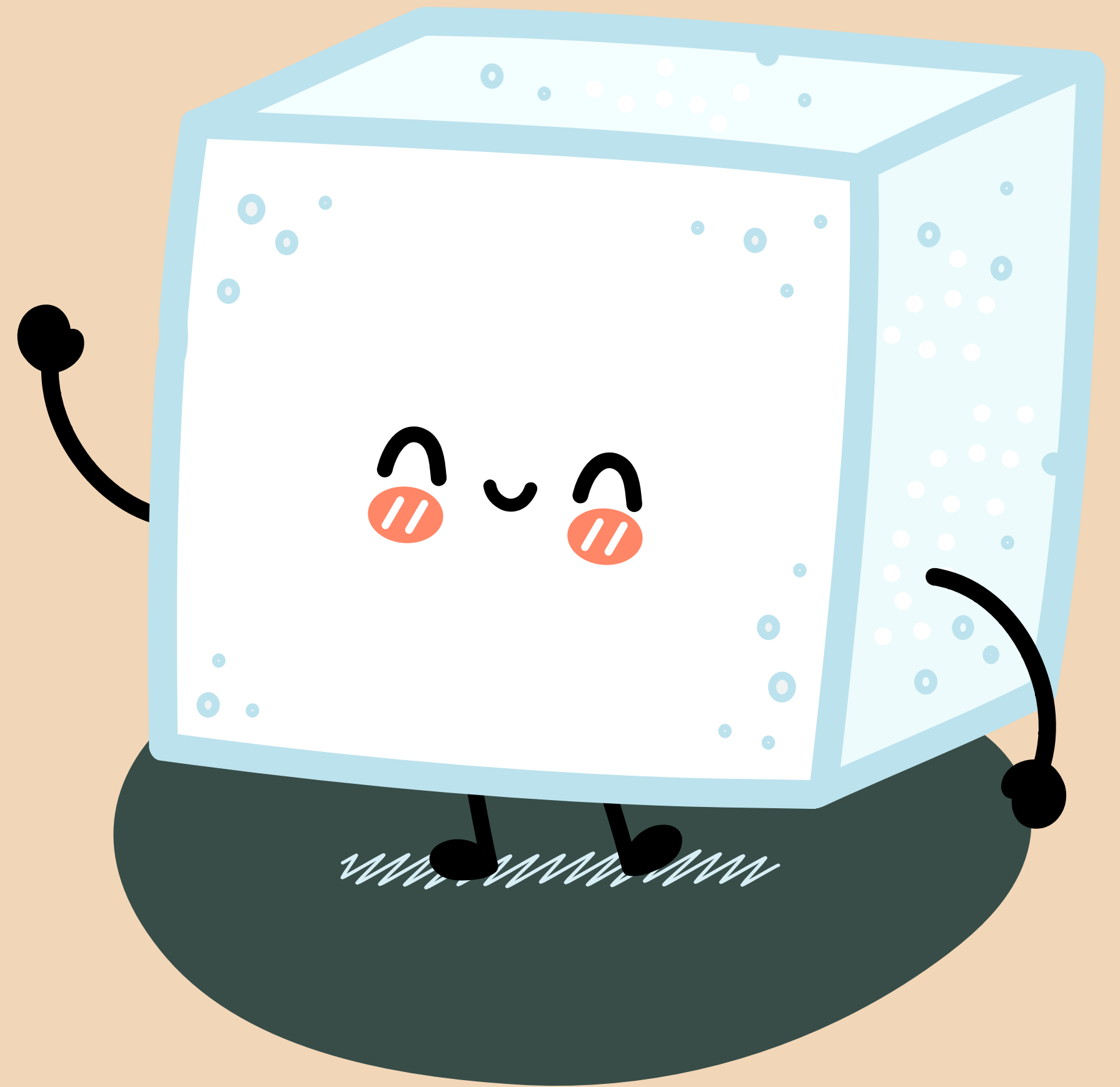


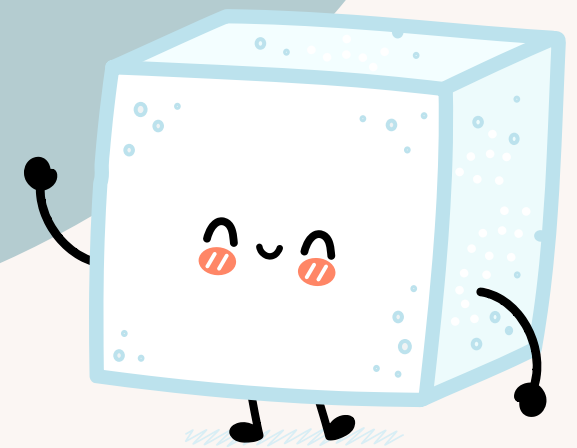
Sugar smart (Siwgr Gwyn)

Catherine Salter
Community Nutritionist
2009547



Learning outcomes

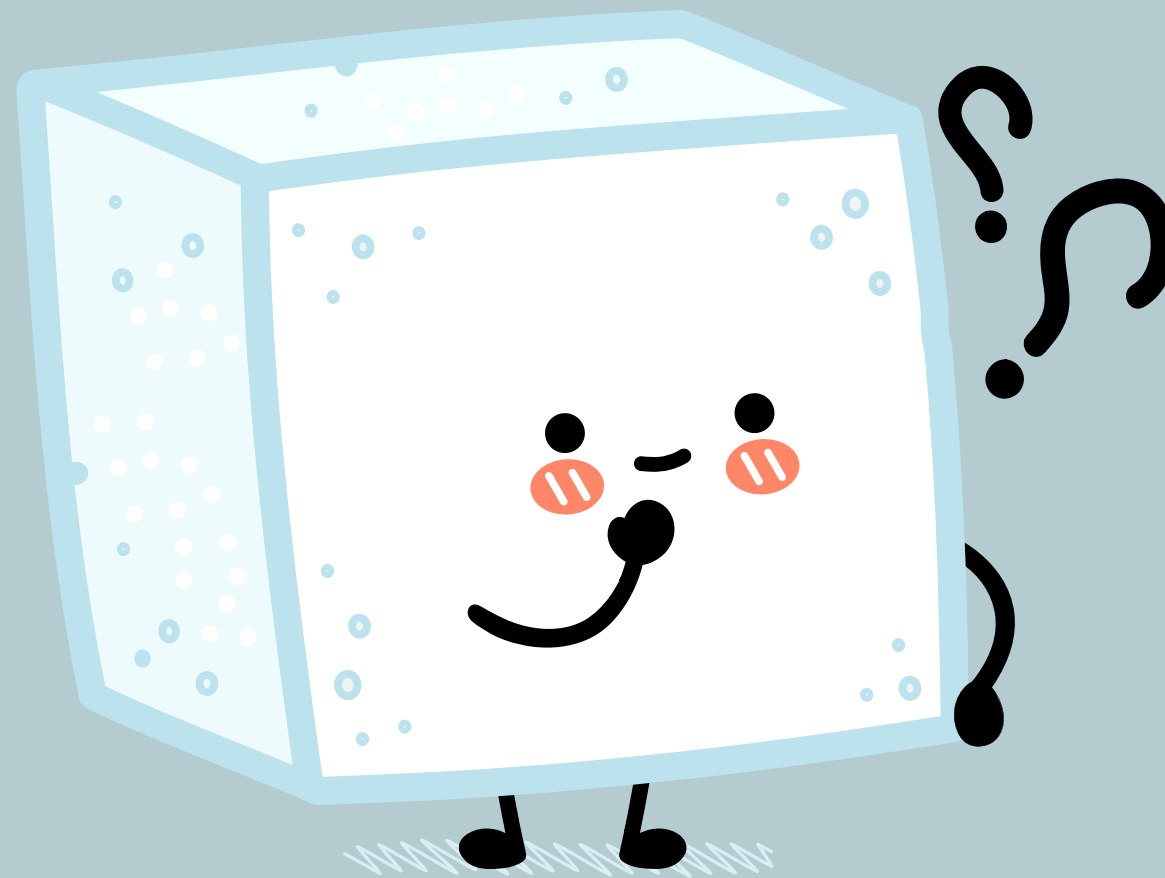
1. By the end of the 30 minute session, participants should be able to distinguish between natural and added sugars.
2. Participants should understand the health risks associated with high sugar intake.
3. Through the challenges, participants will become more skilled at identifying sugar content in foods using the nutrition labels.
4. Participants should leave with actionable strategies to reduce sugar intake in their diets.



Diving into a sweet topic

You might love it, hate it, or have a complex relationship with it, but sugar plays a huge role in our diets. From that spoonful in your morning coffee to hidden sugars in processed foods, it's everywhere.

So what do you know about sugar?



Is it good or bad for us?

Understanding sugar

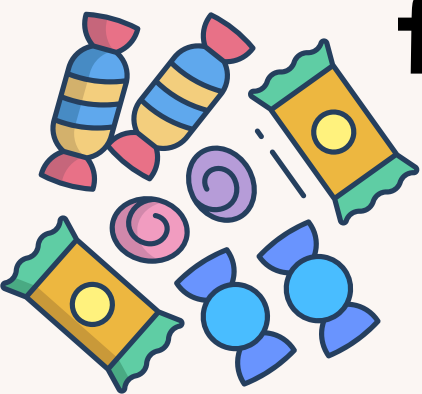


There are two types of Sugars:

- **Natural Sugars:** Found in fruits, vegetables, and dairy. These come with essential nutrients like fibre, vitamins, and minerals.

The body absorbed these more slowly providing energy for our body to function.

- **Added Sugars:** Found in fizzy drinks, sweets, and many processed foods. These are often added during processing and provide calories with little to no nutritional value.



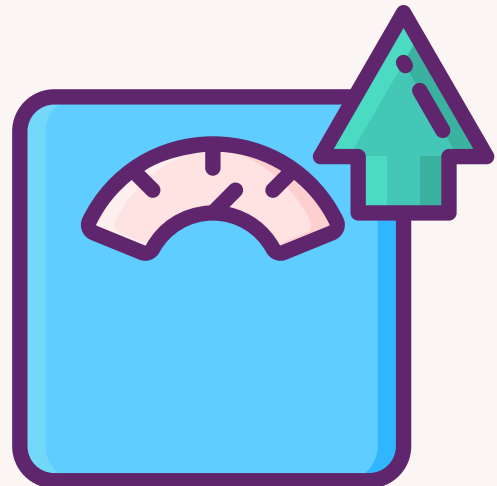
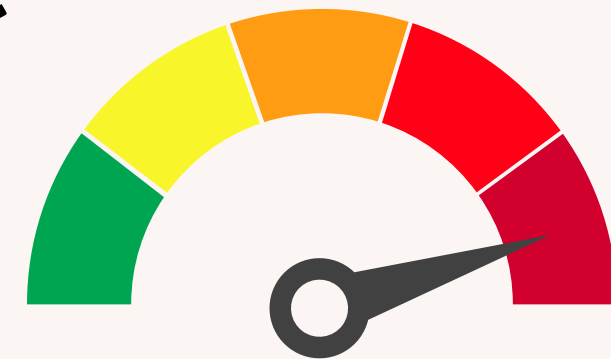
Sugar: A Balance of Energy and Health

Sugar serves a critical physiological function as a primary energy source, providing essential fuel for vital bodily systems. However, the type, quantity, and source of sugar significantly impact our health.

Risks of Excessive Sugar Consumption

Potential health impacts include:

- Weight gain
- Increased risk of heart disease
- Tooth decay
- Insulin resistance
- Type 2 diabetes
- Potential cognitive decline
- Skin aging
- Unstable energy levels



First sugar challenge

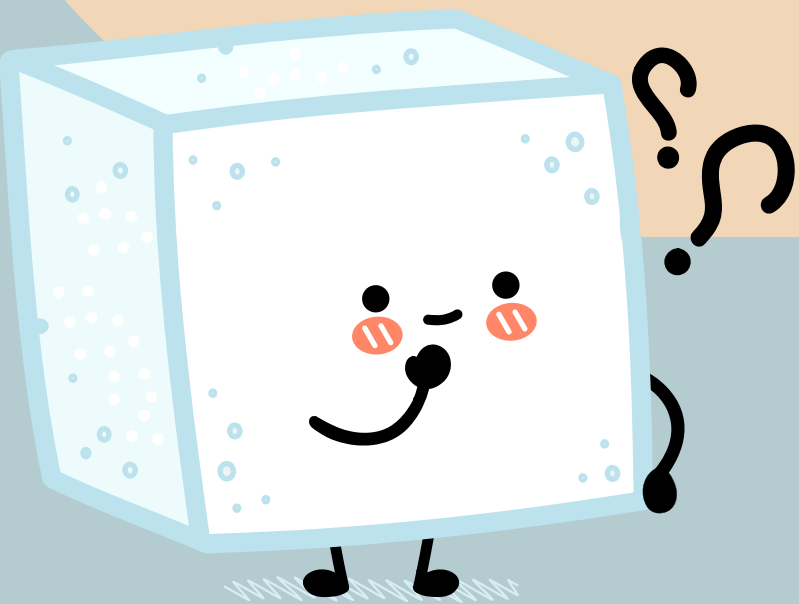
Working in pairs what is the maximum amount
of sugar should a ...

11-100 year olds consume?

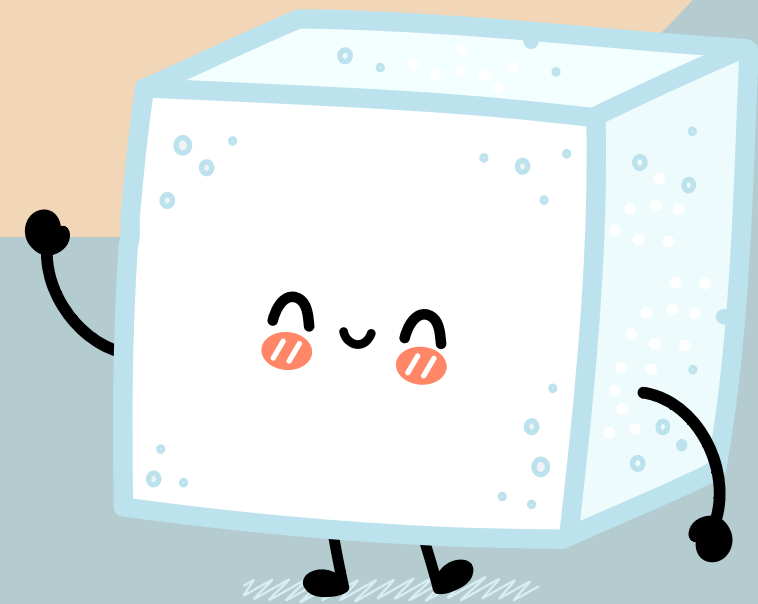
7-10 year olds consume?

4-6 year olds consume?

0-3 year olds consume?

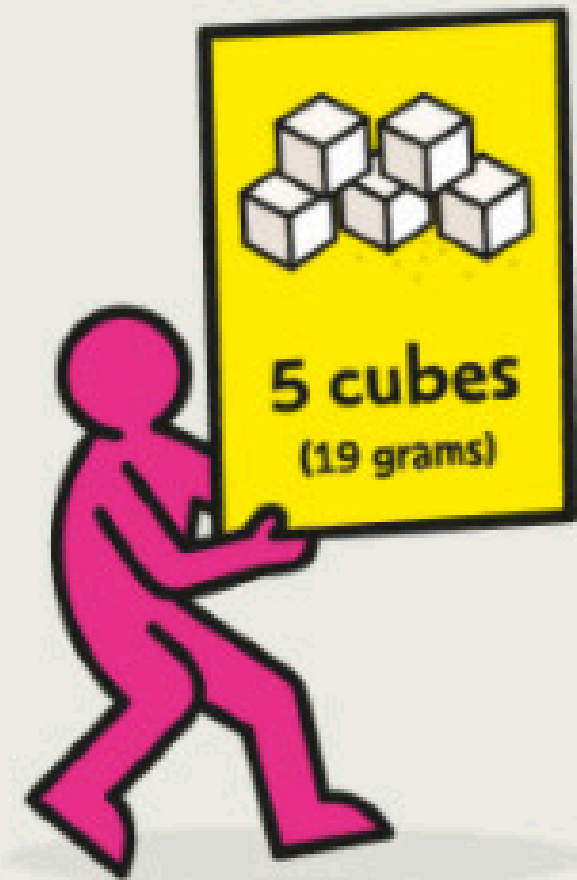


A cube = 4 grams

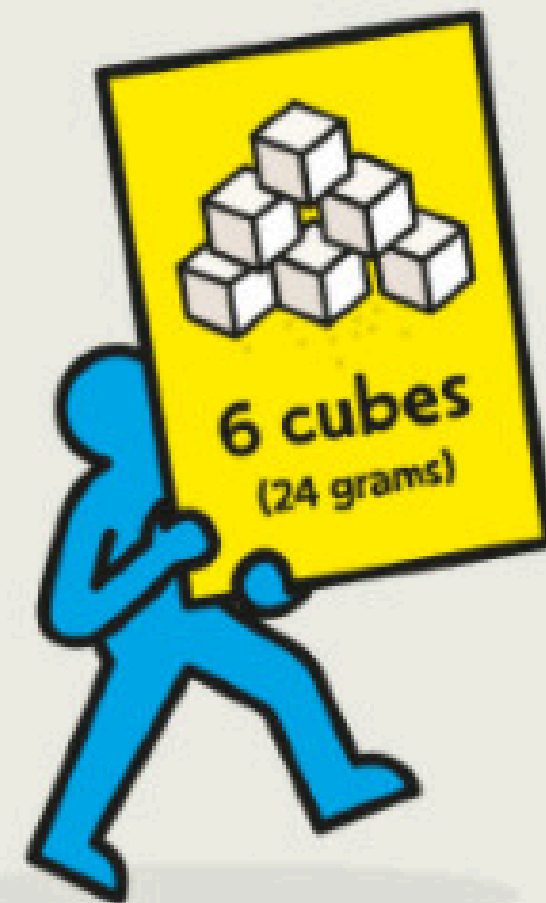


According to the NHS the maximum daily amounts are

4 to 6 years



7 to 10 years



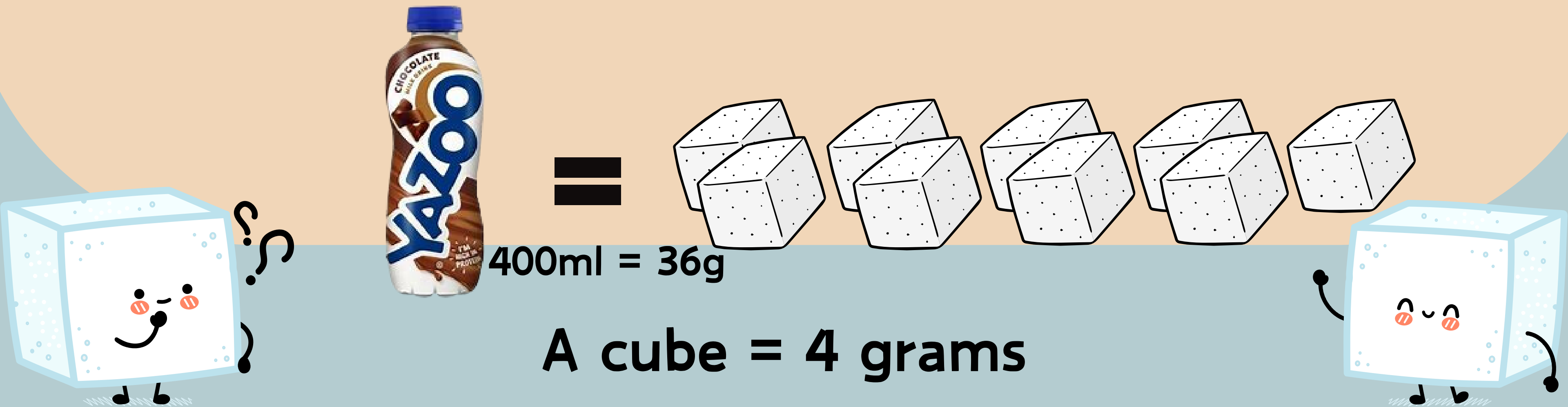
11+ years



(NHS, no date)

Second challenge

Working as a group can you match up the food and drink items to the right amount of sugar cubes they contain?

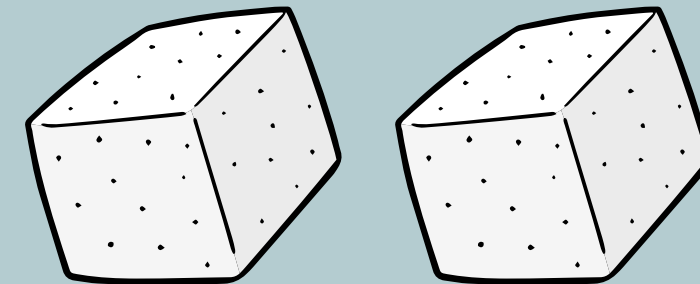


How much is to much?

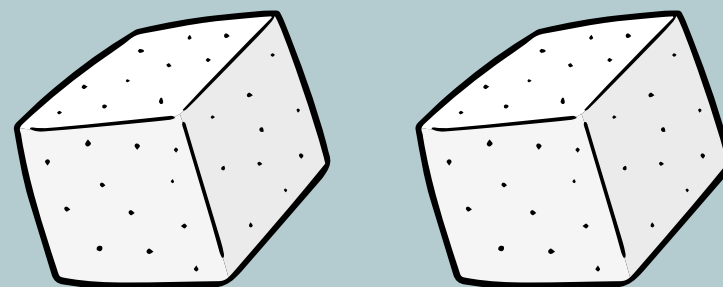
Coco pops and whole milk



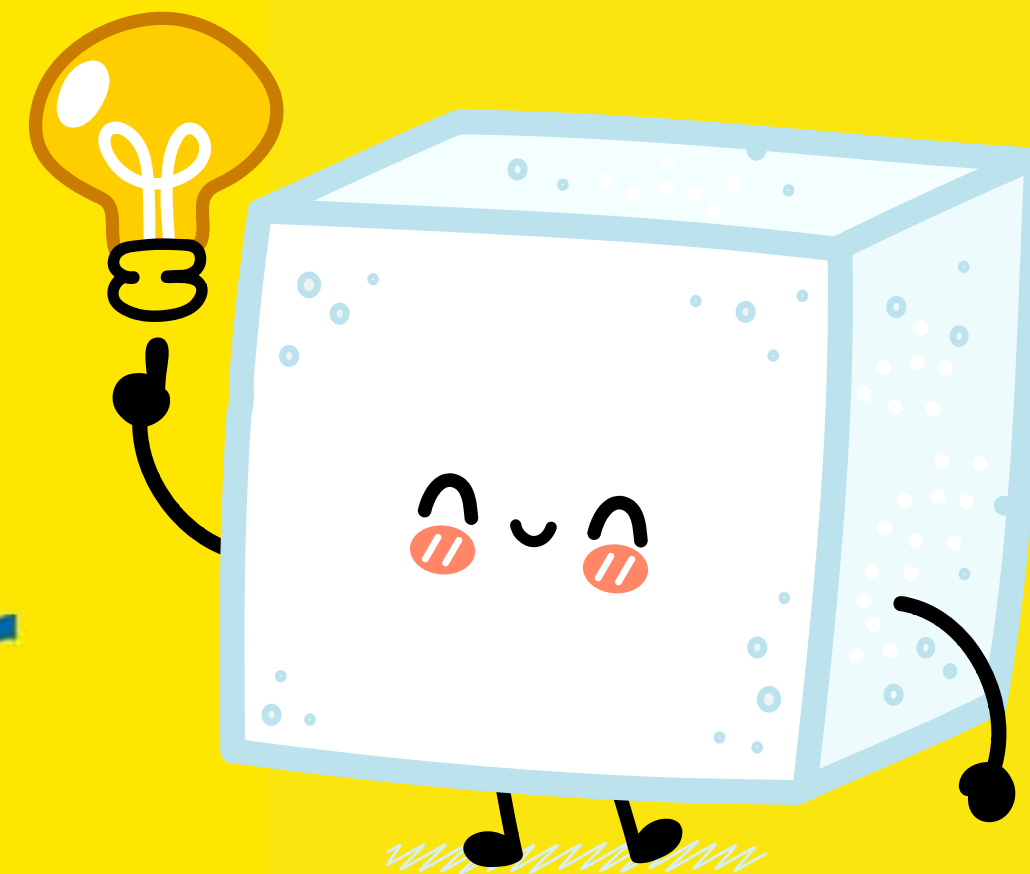
Sausage chips and baked beans

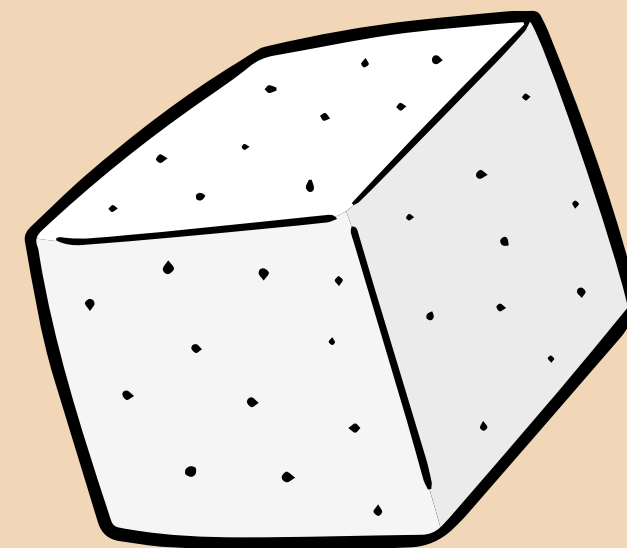
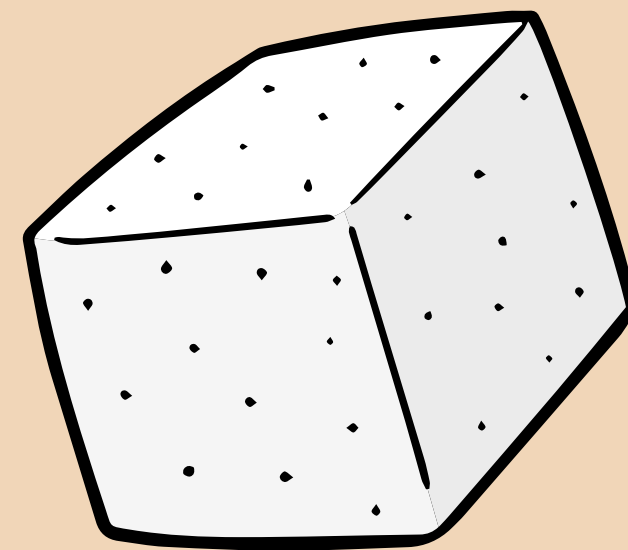
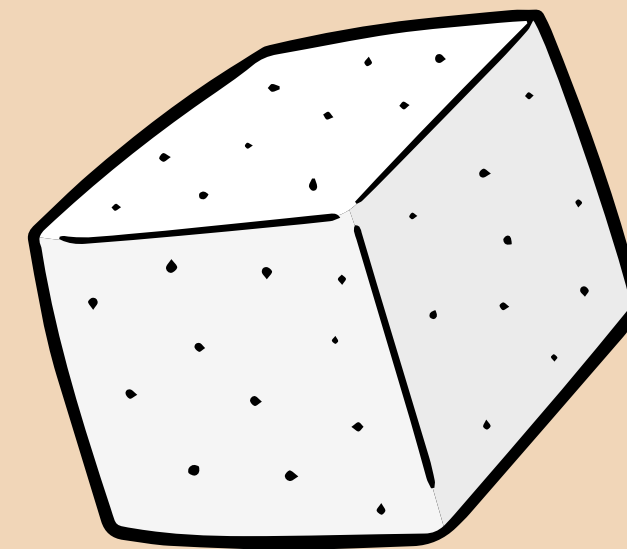
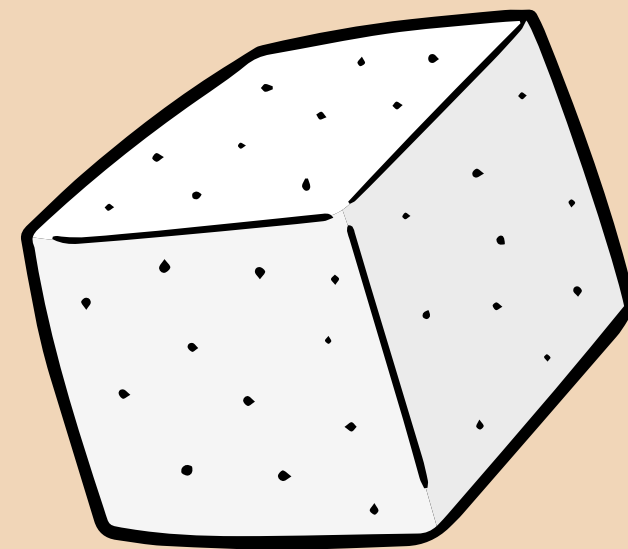


Pack of sweets after school



Find healthier swaps with Food Scanner





**If you have any ideas how I can improve.
Please can you send feedback to my
email**

2009547@student.uwtsd.ac.uk

Slide references.

NHS (no date) Sugar. Available at: <https://www.nhs.uk/healthier-families/food-facts/sugar/> (Accessed: 24 November 2024).

England, P.H. (2017) New change4life campaign encourages parents to 'be food smart', GOV.UK. Available at: <https://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart> (Accessed: 24 November 2024).

