

CUTTING DOWN ON SUGAR



SUGAR FACTS

Too many sugary-sweetened drinks and high-sugar foods are being consumed by New Zealand children. This is contributing to dental decay, overweight, obesity, diabetes and heart disease.

We consume enough sugar for our energy needs eating foods that contain whole carbohydrates such as breads and cereals, fruits and vegetables and milk and milk products.

REDUCING SUGAR INTAKE: WHAT DO OUR CHILDREN NEED?

• A BALANCE OF HEALTHY FOODS

- Good carbohydrates such as wholegrain breads and cereals, potatoes, pasta, fruits and vegetables.
- A balance of protein (eg: red meat, fish and poultry, plus pulses such as beans, lentils and legumes), milk products, unsaturated fats and oils (eg: olive oil, avocado, salmon and tuna).
- Eating whole fresh foods helps children feel full, increases concentration and alertness for school and improves both academic and sporting performance.

• A GOOD BREAKFAST AND HEALTHY LUNCHBOX

- Full children after breakfast are less likely to buy sugary or fatty processed foods on the way to school. Note: Many cereals contain high amounts of sugar.
- Lunches with filling whole foods like wholegrain meat and salad rolls/sandwiches and fruit and yoghurt snacks, keep children full and energetic throughout the day, and less likely to buy high sugar drinks and food.

• BEWARE OF "LOW FAT" LABELS

- Many foods labelled with "low fat" or "99% fat free" actually contain more sugar.

Sugar Movie

Do you want to know how our children are affected by sugar today? Check out Nigel Latta or Robert Beaglehole's sugar documentaries through the links below:

<http://tvnz.co.nz/nigel-latta/index-group-6006369> .

<http://tvnz.co.nz/sunday-news/exclusive-online-preview-video-6249509>





EATING WHOLE CARBOHYDRATES

versus

SUGAR SWEETENED DRINKS AND HIGH-SUGAR FOOD



Healthy whole carbohydrates

Wholegrain breads, cereals, all fruit and vegetables including root crops such as potatoes, kumara, and carrots, milk and non-flavoured milk products

Essential vitamins and minerals (nutrients) which our bodies NEED to function properly

Long lasting energy and concentration

Sugar content is low and is released slowly into the blood, then is converted to glucose in the body and is used as energy

Very filling and no need to eat more than your energy needs throughout the day

Easier to maintain a healthy weight

Healthy blood pressure, healthy cholesterol level, a healthy heart and healthy teeth

These foods are often lower in salt and fat

Sugar-sweetened drinks and high sugar foods

Fizzy and energy drinks, juice, lollies, ice cream, milk chocolate and white chocolate

Often little or no essential nutrients. *Our bodies are like cars, they need the right fuel:* Our millions of cells cannot function properly without enough essential vitamins and minerals

Short energy bursts, with lapses in energy and concentration

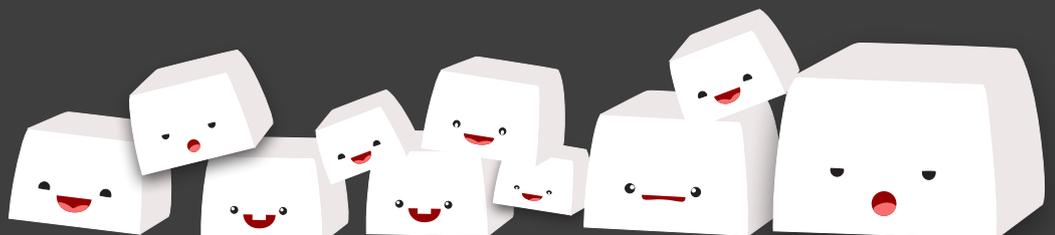
Sugar content is high and rapidly absorbed into the blood. Excess SUGAR not used as energy is converted to FAT

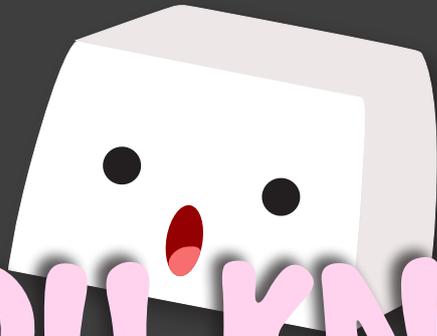
Not very filling and more food is often eaten throughout the day

Easier to become overweight or obese

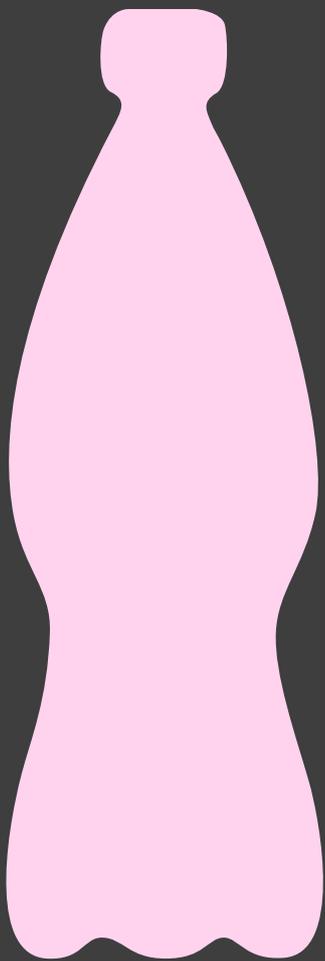
Higher risk of high blood pressure, high cholesterol, heart disease and dental decay

These foods are often higher in salt, and or fat





DID YOU KNOW...



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TO BURN OFF

