

## **Foods High in Fats and Sugars Factsheet**

### **Sugar**

Sugar is not just the white crystals we put in tea and coffee. There are two types of sugar:

#### **Naturally Occurring Sugars:**

- These sugars are found naturally in some food and drinks such as milk, fruit and vegetables
- We do not necessarily need to cut down on these types of sugars but we do need to be aware that they still count the total sugar figure on food labelling

#### **Free Sugars:**

- Free sugars are any sugars that are added to our food and drinks
- They are the ones we find in foods such as: chocolate, biscuits, cakes, breakfast cereals and sweets
- They are not necessarily needed in our diet and can have negative effects on your health
- Sugars in honey, syrups, nectars, unsweetened fruit juices, vegetable juices and smoothies occur naturally, however these still count as free sugars.
- Most adults and children in the UK are consuming too much free sugar in their diet

#### **Sugar Recommendations:**

The government recommends that free sugars should not make up more than 5% of the energy (calories) you get from food and drink each day.

- Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes).
- Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).
- Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).
- Children aged 2 to 3 should have no more than 14g of free sugars a day (3 and a half sugar cubes).
- Children aged 1 should have no more than 10g of free sugars a day (2 and a half sugar cubes).
- There's no guideline limit for babies under the age of 1, but sugars should not be added to food or drinks given to babies. The frequency and amount of sugary food and drinks should be as low as possible.

#### **What happens if we have too much sugar in the diet?**

- Sugar is one of the main causes of tooth decay
- Too much sugar in the diet can contribute towards weight gain and increase the risk of overweight and obesity
- Overweight and obesity can increase the risk of health implications such as type 2 diabetes, heart disease, some cancers and high blood pressure

#### **Sugar Swaps**

Small sensible swaps throughout the week can make a big difference to your overall sugar intake. Here's some ideas of some examples of ways you can cut down on sugar across the week:

- Swap full sugar fizzy drinks for diet or zero versions
- Try to sweeten your breakfast with fruit rather than adding syrup or sugar
- Sauces and condiments can be higher in sugar than you would expect, so keep an eye out for no added sugar alternatives
- Swap sugary cereals for wholegrain versions
- Avoid adding extra sugar to drinks
- Try to have a variety of healthier snacks on hand to prevent you from reaching for high sugar options when you're hungry
- Try having toast with soft cheese or a lower sugar jam instead of high sugar jams or chocolate spreads



## SUGAR SAVINGS

Swap This



1 x Can of Cola  
35g of Sugar

For This



1 x Can of Diet Cola  
0g of Sugar

Swap This



207g of Baked Beans  
8.9g of Sugar

For This



207g of No Added  
Sugar Baked Beans  
3.9g of Sugar

Swap This



15g of Tomato Ketchup  
3.4g of Sugar

For This



15g of No Added Sugar  
or Salt Tomato Ketchup  
0.7g of Sugar

## Fats

### Do we need fat in the diet?

A small amount of fat is important as part of a balanced diet. Fat provides our bodies with energy and also provides us with essential fatty acids which help to keep our brain and nervous system healthy. It also helps with the absorption of essential vitamins and minerals.

### Types of Fats

#### Saturated Fats

- These are considered the 'bad fats'
- Saturated fats should be limited in the diet problems as they can create a build up of harmful fat in your blood.
- This build-up of fat can lead to serious health issues like: heart disease, stroke, type 2 diabetes and some cancers
- As saturated fat is high in calories, eating too much can make us more likely to put on weight.

#### Unsaturated Fats

- These are considered the 'good fats'
- They provide us with energy and lowers the risk of fatty build up in our blood.

#### Recommended daily amounts (Saturated Fat)

- 4 to 6 years old: 18 grams
- 7 to 10 years old: 22 grams
- 11 and older: 28 grams

### Reducing fat in the diet

Eating less fat in your diet can help you stay healthy and strong. Making small changes to cut down on unsaturated fats can help your heart stay healthy and give your body the energy it needs. Here are some top tips to try to help you cut down on unnecessary fat in your diet:

- Try to cook food by baking, grilling, or steaming rather than frying.
- Try using cooking sprays containing unsaturated fats to help you control how much additional fat you're adding to your meals
- Try to aim for lean proteins in your diet such as chicken, turkey or fish
- Check out your labels to help you shop smart for lower fat snacks
- Try to make some sensible swaps to products you use often including sauces like mayonnaise
- Try to cut down on how often you eat fried foods such as chips or have a good at baking them on the oven instead
- Trim the visible fat from meat as this can reduce the fat content of your meals significantly



**TRY THIS**

<b>Swap This</b>  15g of Mayonnaise 11g of Fat	<b>For This</b>  15g of Light Mayonnaise 3.9g of Fat	<b>Swap This</b>  200ml Whole Milk 7.4g of Fat	<b>For This</b>  200ml Semi-Skimmed Milk 3.6g of Fat	<b>Swap This</b>  125g 20% Fat Beef Mince 24.8g of Fat	<b>For This</b>  125g 5% Fat Beef Mince 6.1g of Fat
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