



FOOD SWAPS TO REDUCE SUGAR INTAKE

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Year on year we aim to be healthier, and we think that this is a complicated process. But it doesn't have to be! One way to be healthier and try to lose weight is to reduce ones sugar intake. It has been found that on average, adults in the United States consume 14.6% of energy from added sugars¹. This is too much, as the recommended sugar intake is 5% (conditional)-10% of total energy intake or 6-12 teaspoons according to the World Health Organisation². Sugars provide 4kcal/g of energy and can be considered empty calories contributing only calories but no other useful nutrients like fibre, vitamins and minerals. So what can we do to decrease our sugar intake?

FIZZ OUT THE FIZZY DRINKS

Fizzy cold drinks are packed with sugar. Read the labels and you will see some can contain up to 10 teaspoons of sugar! The best swap out would be to drink water which contributes no calories and will hydrate you well. Otherwise, you could swap it out for diluted fruit juice by adding half water to your fruit juice which helps dilute the natural fruit sugars so that your body can process them easier and the sugar content will be less. If you consider yourself a Martha Stewart you can even try make your own homemade iced tea by adding fresh or dried fruit to steeping tea and allow it to cool. ^{3,4}

REPLACE REFINED BREAKFAST CEREALS WITH HIGHER FIBRE OPTIONS

Breakfast is said to be the most important meal of your day as you start your metabolism, break your overnight fast and prepare your body for the day ahead. Majority of breakfast cereals are very high in sugar which will spike your blood sugar level and make it difficult for you to concentrate and function well. Swap out sugary cereals and try FUTURELIFE® ZERO with OATS and FUTURELIFE® ZERO. They can be enjoyed as a meal, shake or smoothie depending on how mad your mornings get. Plus they don't have any added cane sugar with only 0.8 and 2.8g of sugar per serving respectively, provided naturally from the raw ingredients. ⁵ Another option is FUTURELIFE® Smart Fibre 2in1™, which contains 10.3g of fibre per 45g serving and also comes with probiotic sachets to promote optimal gut health.

WATCH OUT FOR SAUCES!

Sauces and condiments are a surprising source of sugar that consumers don't think about. But once you start reading labels you may be rather shocked at how much they actually contain! There are so many so it's not always very easy to avoid. The best way to reduce the sugar intake is to rather make your own. For example instead of a bought tomato



sauce, swap it out for homemade tomato relish from tomatoes and onions. This can be time consuming so try find a local 'tuisnywerheid' or market that might sell them. Otherwise reduce your amounts that you use when choosing commercial brands.³

GET YOUR “GO” WITH YOGHURT

Yoghurt is thought to be a healthy snack and it can be due to the calcium, proteins etc. However, most flavoured yoghurts are another source of hidden sugars. Swap them out for plain yoghurt and add fresh fruit, dried fruit or nuts to it for flavour rather. The fruit may contribute natural sugars but then at least you are gaining the benefit from the fibre and vitamins and minerals inside them. Take care when buying low fat options of dairy as manufactures often increase sugar and salt content in lower fat products to improve the taste. Read the labels when choosing.^{3,5}

ICE-CREAM

When it comes to summer time and dessert in sunny SA we often have rich creamy ice cream. Unfortunately ice cream is high in sugar which may not be a huge surprise but healthier swaps for ice cream may be a pleasant surprise. Freeze peeled cut up bananas and blitz them in a strong blender and you will be impressed at the similar texture and delicious taste. Or swap out the conventional ice cream for a fruity sorbet. They are made from more water and normally fruit juices which should be lower in sugar. Making your own would be better as some store bought sorbets can still have high sugar contents.³

CONCLUSION

Where possible it's always encouraged making your own food to know exactly what's going in, but it's not always possible in our busy lives. Many companies such as FUTURELIFE®, however are trying to help by providing options, keep a look out for sugar-reduced products and be sure to read the labels to see what else is in there.

WHERE DOES FUTURELIFE® FIT IN?

In general, FUTURELIFE® products do contain added sugar, but they are still low-GI preventing sugar spikes and keeping you fuller for longer. There are sugar-free options in the range should you want to avoid sugar altogether: FUTURELIFE ZERO Smart food™ and FUTURELIFE ZERO with Oats. For more information about our products, visit our website at: www.futurelife.co.za

REFERENCES

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3. Thompson JL, Manore MM, Vaughan LA. Science of Nutrition. San Francisco: Pearson Education;2008.
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5. <http://www.nhs.uk/Livewell/loseweight/Pages/Healthyfoodswaps.aspx>