



Get to know your sugars and where to find them

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe balancing your intake of sugars is beneficial to your health and well-being



Sugar comes in all shapes and sizes ...

Sugars are all around us, in natural foods and processed foods however, not all sugars are equal. Understanding more about sugars and where to find them is key to balancing your intake.

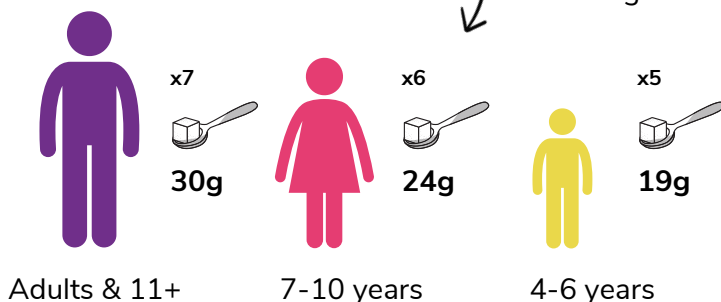


what's to know about natural sugars and free sugars?



All carbohydrate foods contain sugars. This includes grains, cereals, fruits, starchy vegetables, and dairy products. Some of these sugars are bound to other nutrients, such as fibre, fat and protein, which help slow their release into the blood stream (this is a good thing!). By contrast, free sugars are those added to products by manufacturers such as, in breakfast cereals, sauces, fizzy drinks and confectionery. Or that we add ourselves eg. a teaspoon in your mug of tea, or spoonful of honey in yoghurt. These sugars, as their name suggests, are free for the body to absorb quickly. Limiting free sugars can help support blood glucose regulation and weight management.

what are the current dietary recommendations for maximum daily sugar intake?



*Scientific Advisory Committee on Nutrition, 2015

