

How can I cut down our family's sugar intake?



Even if consciously avoiding adding sugar to tea, coffee, and in home baking, there is still a deceptively high amount of sugar content in many goods. This normally adds up to around 73% of the sugar content in the average person's diet.

Following are approximate quantities of where your 'sugar hits' might be coming from. Comparing the content of sugar (including fruit sugars) in each category may help guide you in how to choose less sugary 'sweets' because it all adds up!

Drinks

- 1 can of soft drink or 1 1/2 cup milkshake both have 41 grams or 10 teaspoons of sugar
- 1 glass of orange fruit drink (25% juice) contains 29g or 7 tsp
- 1 glass of cordial provides 23g or 5-6 tsp
- 1 glass 100% fruit juice equals 19g or 5 tsp

Cakes & Biscuits

- 1 slice cheesecake has 33g or 8tsp of sugar
- 1 lamington has 23g or 6tsp
- 1 Tim Tam has 16g or 4tsp
- 1 iced cupcake has 15g or 4tsp
- 1 muffin has 14g or 3tsp
- 1 butternut cookie has 10g or 2tsp
- 1 doughnut equals 7g or 2tsp
- 1 arrowroot biscuit has 4g or 1ts

Cereals

- 1 bowl un-toasted muesli has 13g or 3tsp (much of which is from the dried fruit)
- 1 bowl Sultana Bran or Nutri-grain equals 10g or 2tsp sugar
- 1 bowl Cornflakes has 3g or 1/2tsp

Jams & Sauces

- 1 tablespoon berry jam or marmalade has 18g or 4tsp sugar
- 1 tablespoon BBQ sauce has 8g or 2tsp
- 1 tablespoon tomato sauce has 5g or 1tsp sugar
- 1 tablespoon mayonnaise has 3g or 1/2 tsp sugar

Confectionary & Snack Bars

- 1 Mars Bar has 35g or 9tsp of sugar
- 1 fruit muesli bar has 7g or 2tsp
- 1 13g strip of liquorice has 5g or 1tsp

Which is the better evil?

If concerned about the impact of sugar - increased dental caries, blood-sugar spikes, and weight gain, look for the "Low GI" sign on labels and ensure that your family's diet is bountiful with sources of protein, healthy fats and complex carbohydrates sourced from vegetables, nuts and legumes

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mostly (before grains). Foods with fat like ice-cream are lower GI given the blood spike is less severe than say a jelly bean. Also, food items with complex fibre like a muesli bar will always be a better option to a biscuit.

Choose your "treats" wisely and keep them as treats - the 80/20 is a realistic guide - 80% healthy home-made foods, 20% of the less healthy options.