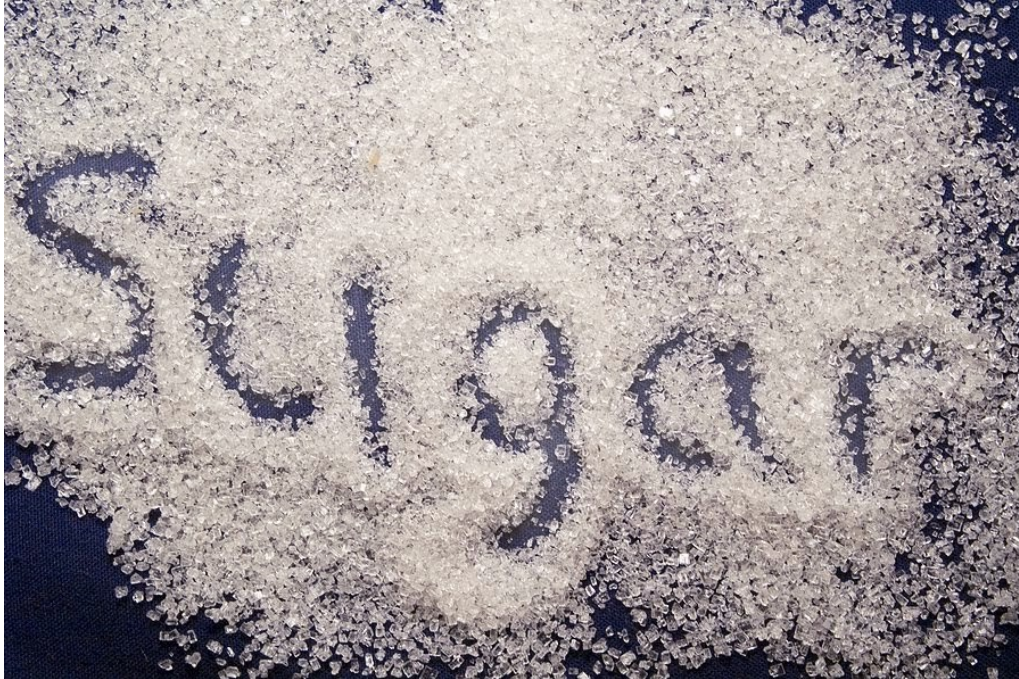


## Sugar, unglorious sugar



We expect you may have seen a fair amount of publicity in the press about the downsides of sugar, and thought you might like our views on the subject.

The more times you put sugar into your mouth, the more likely you are to get tooth decay. If you look at the Egyptian mummies in museums, their teeth show signs of wear but not of tooth decay because they were not eating sugar in their diets.

Tooth decay only became a real

problem when sugar became widely available. Nowadays it is hard to avoid it in processed food and so we have to work harder to keep our teeth—and bodies—healthy.

There is a natural tendency for humans to like sweet and fatty things, probably because they were high in calories so it made sense to seek them out when they were rare and we were hunter gatherers. But now, with modern lifestyles, we do not need added sugar in our diets and eating so much of it is doing us lots of harm.

Sugar is an unnecessary food-stuff, and eating too much of it and too often leads to obesity, Type 2 diabetes and other

health problems as well as tooth decay, so the less we can eat of it the better.

Unfortunately food and drink manufacturers have a vested interest in keeping us hooked on sugar. So they put inordinate amounts into our food and drink and packaging does not make it all clear how much sugar is in things.

Particularly bad are soft drinks, which is why the Liverpool health information people have recently put out information on the amounts of sugar in various drinks. The amounts involved are truly shocking, such as 15.5 teaspoons in a 500 ml bottle of Lucozade. See over for more info...



# Sugar – the ugly truth

1 teaspoon  
= 4 grams



or 1 sugar cube



Look out for the amount of sugars in packaged food and drinks. It is hard to make healthy choices as manufacturers want to sell their products and “information” often hides the worst aspects of a product.

**Beware**, they might be quoting a smaller portion than you expect - this is one way to make it look better for you than it is. For example. **Jordan’s Granola** quotes tiny portion sizes, barely enough to cover the bottom of an average cereal bowl!



Some foods and drinks lull you into thinking they must be healthy. They will always try to make themselves look appealing and try their best to look healthy BUT they may not be, **check the sugar content!**



Looks healthy - “no added sugar”—and even describes itself as a School Bar (!) - but the sugar, though not added, has been pulverised out of its cells, (unlike fresh fruit) so it is a “free sugar” which means it can attack your teeth quickly, and this still has **1.75** teaspoons of sugar in it. Saying something is “school approved” (which school?) does **not mean** it is sugar free eg Calypso Juice Shots but still have **2.5** teaspoons in a small drink —don’t believe the hype, check the sugar content.

**Beware - low fat foods** like yoghurts **often have LOTS of sugar** added to them. So you think you are making a healthy choice but aren’t. Like this Count on us product has **5** teaspoons in it!



**Words like organic or Vitamin C** are likely to make you think something is healthy but **DO NOT mean products are sugar-free**. And if Vitamin C is added this is probably because any natural Vitamin C has been removed during processing, so it is a bad sign not a good one.

**Ignore the marketing blurb** on the front **unless it says sugar-free** and **read the nutrition info** on the back, **checking portion size** if it’s not for the whole container. Only this will show you if a product has lots of sugar, **ESPECIALLY** if it’s aimed at children as, shockingly, they do not have to comply with the traffic light system! We have also produced a **leaflet about sugar contents**, look out for this too.

## What’s new?

- As well as email reminders, we can send you a letter by post if you prefer. Please ask at reception if you would like a reminder. We find that they are a good way to ensure you do not miss your appointments.
- If you have trouble with a dental problem out of hours, please phone the surgery in the first instance. We do our utmost to ensure you always have cover, with us covering Paul Smith’s patients when he is away and vice versa. And Robin is happy to come out at weekends and on bank holidays if necessary.