

DID YOU KNOW?

HOW HARMFUL IS ADDED SUGAR?



Human body doesn't need any carbohydrates from added sugar.



Most foods and beverages contain naturally occurring sugars, but added sugar is any sweetener that is added to foods or beverages during preparation or processing.

- **Common added sugars include:**

1. Agave
2. Cane sugar
3. Raw sugar and turbinado sugar
3. Corn syrup (High fructose corn syrup)
4. Honey
5. Maple syrup and cane juice

SUGAR



- **Soft drinks, fruit drinks, flavoured yogurt, cereals, cookies, cakes, candy, and the majority of processed foods are the main sources. But minor items like soups, bread, cured meats, and ketchup also contain added sugar as a sweetener.**

Effect on human health



Too much added sugar may puts at higher risk for:

- Cardiovascular disease
- Cognitive problems, including dementia and Alzheimer's
- Colon cancer
- Diabetes
- High blood pressure, cholesterol, and triglyceride levels
- Kidney disease
- Liver disease
- Obesity and Inflammation
- Pancreatic cancer
- Retina, muscle, and nerve damage
- Oral cavities



The liver converts dietary carbohydrates to fat in the same way that it does alcohol, which can result in a greater accumulation of fat that can eventually lead to fatty liver disease, a factor in diabetes, which increases the risk of heart disease.

RDA for sugar: Max. 30 gm/day (Source: ICMR)

How to limit sugar in the diet?



Added sugars shouldn't account for more than 5% of the daily energy obtained from food and drink. For people over the age of 11, that equates to 30g per day.

1. Read nutrition labels: Total sugar, which includes added sugar, is often listed in grams. Note the number of grams of sugar per serving as well as the total number of servings

2. Limit consumption of Processed food: Keep track of the amount of processed food consumed and choose the one with lowest added sugar.

3. Cut the serving back: Keep note of those extra cubes of sugar being added to the cup of tea or coffee.

4. Swap: Try swapping processed fruit juices or sodas to complete fruit whenever possible.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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