



Essex
Wellbeing
Service

Child Healthy Lifestyles

Sugar &
Fat swaps



Child Healthy Lifestyles

Session Objectives

In this session we will be covering the following subjects:

1. The impact of sugar on our health
2. Recommendations of sugar consumption
3. How to cut back on sugar – sugar swaps
4. The effects saturated fats have on our children
5. Recommendations of saturated fat consumption
6. How to cut back on saturated fats – fat swaps
7. Home tasks



The impact of sugar on our health

Most children in the UK eat too much sugar. This is in the form of sweets, cakes and biscuits, and sugary drinks. The kind of sugar we eat too much of is known as the collective term "free sugars". Free sugars are any sugars 'added' to food or drinks, or found naturally in honey, syrups and unsweetened fruit juices. These are often the hardest foods for children and adults to cut back on.

Why should we eat less sugar?

-  Sugar affects your blood sugar levels, making you feel tired, moody and irritable
-  Sugar gives you a short burst of energy that doesn't last long
-  Sugar can make you gain weight if you eat too much
-  Sugar can cause your teeth to rot



Smoothies/Juices

The sugars found naturally in whole fruit are less likely to cause tooth decay, because the sugars are contained within the structure of the fruit. But when fruit is juiced or blended, the sugars are released. Once released, these sugars can damage teeth, especially if fruit juice is drunk frequently. When fruit is dried, some sugars can be released, and dried fruit has a tendency to stick to teeth.

Limit fruit juice to a small (150ml) glass a day from juice, Smoothies or both. Remember to keep it to mealtimes, as it can cause tooth decay. Try to swap dried fruit for fresh fruit. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal, such as dessert, and not as a between-meal snack. (NHS choices website)

Activity 1:

How many sugar cubes do you think there are in the following drinks:



Diet coke 0, low sugar fruit shoot ½, Volvic strawberry water ½, Friji milkshake 15 ¼, Tropicana Orange Juice 7 ½ (natural sugars), Lucozade Sport 4 ¾, Coca Cola 11, Lucozade original 8 ¾, Capri Sun 4, Evian water 0.

Recommendations of sugar consumption

Maximum daily allowance:



4-6 year olds 5 cubes 19g



7-10 year olds 6 cubes 24g



11+ 7 cubes 30g



1 cube = 4g

(NHS choices Website)

Change 4 Life Sugar Smart App

The Change4Life Sugar Smart app is designed to show quickly and easily how much sugar is in the food and drink you're having. Just scan the barcode and see how much sugar it contains.

- See how much sugar is in a product
- Keep track of the last 10 products you've scanned

Have a go yourself by downloading the app to your phone.



Activity 2

As a family come up with sensible solutions about how you can cut back the amount of sugar your family consumes.



1. _____
2. _____
3. _____
4. _____
5. _____



to reduce your risk of heart and circulatory diseases



Sugar and heart and circulatory diseases

Eating too much sugar can lead you to put on weight. Being overweight or obese increases your risk of having a heart attack, stroke and developing Type 2 diabetes.

You can reduce your risk of these health problems by making small and simple changes to cut back on how much sugar you eat. Becoming aware of where your calories come from is the first step towards controlling your weight and protecting your heart.

How much sugar can I eat?

Aim to eat less than 30g of free sugars a day.



30g = 7 cubes

2

Different types of sugar

All sugars are a type of carbohydrate found in many of the foods we eat. But there are different types of sugars and they mean different things for your health. We need to cut down on the sugars that are bad for our health – free sugars.

Free sugars are:

Added to junk food, some cereals and flavoured yoghurts. These foods should be avoided.



GO bhf.org.uk/freesugars

3



Free sugars are:

Naturally found in honey, syrups and fruit juices. These are the ones we need to eat less of.

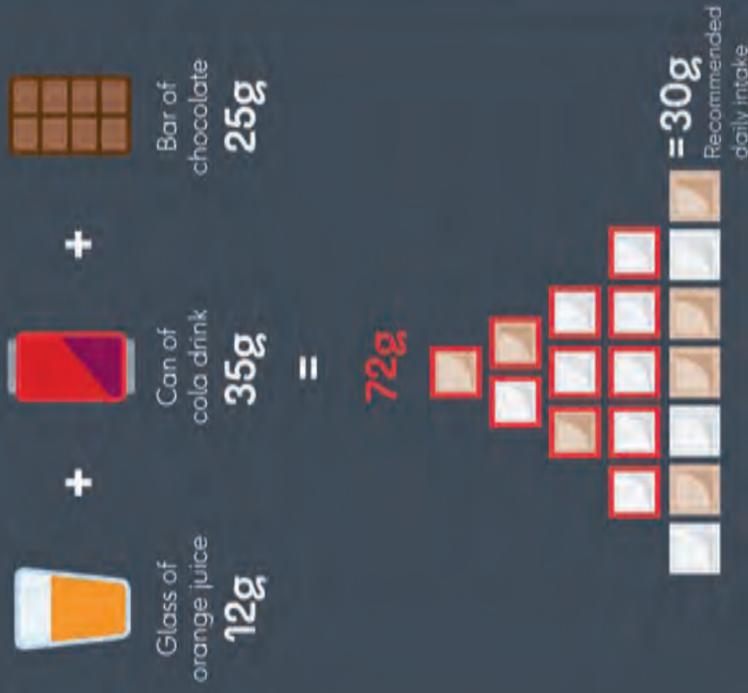


Choose these instead:

Dairy, fruit and vegetables contain natural sugars. And they also give us the vitamins, minerals and fibre our bodies need. So you don't need to cut down on them.

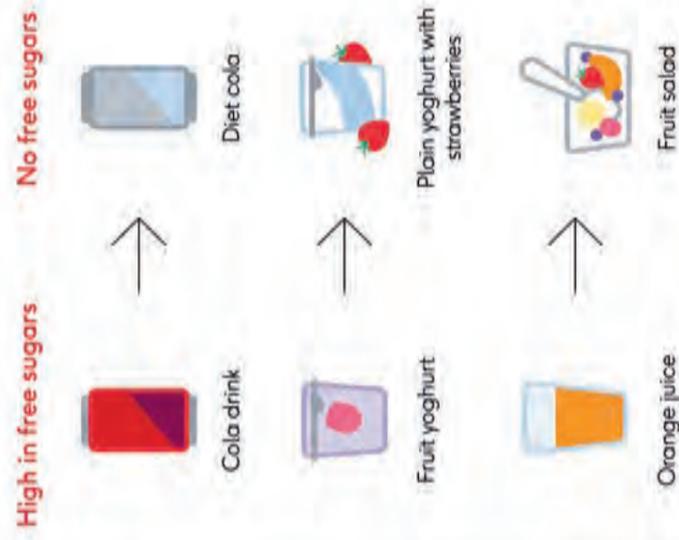
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How free sugars can add up



Simple swaps

Here are some easy swaps you can make to cut down on free sugars:



6

Look at labels

Reading the labels on your food can help you work out how much sugar you're eating. Most packets have colour coded nutritional labels. If you're trying to eat less sugar, avoid foods with a **red** label for 'sugars' and try to eat mostly **ambers** and **greens**.

Food labels currently only say how much total sugar a product contains – that's free sugars plus any naturally occurring sugars. So while it doesn't tell you the amount of free sugars, it's a useful way of comparing foods and can help you to choose foods that are lower in sugar overall.



"If it's red, I just don't buy it."

Shirley, age 53

6

Read the back of packs

If a food packet doesn't have a colour coded label, there are other ways to find out if it's high in sugar.

On the back of packets, look for the 'Carbohydrates of which sugars' number. It will tell you how many grams of sugar are in a portion as well as per 100g.

	Per 100g	Per portion
Energy	1515kJ	760kJ
	360kcal	180kcal
Protein	11.0g	5.5g
Carbohydrate	60.4g	30.2g
of which sugars	1.5g	0.8g
Fat	8.1g	4.1g
of which saturates	1.6g	0.8g
monounsaturates	3.8g	1.9g
polyunsaturates	2.7g	1.4g
Fibre	8.5g	4.3g

Criteria for 100g food

	Low	Medium	High
(Total) Sugars	5.0g or less	5.0g to 22.5g	More than 22.5g

Criteria per 100ml of drink

	Low	Medium	High
(Total) Sugars	2.5g or less	2.5g to 11.25g	More than 11.25g

9

10

Read the ingredients list

If food doesn't have a label, you need to read the ingredients on the back of a packet. If sugar is near the top of the list, it's one of the main ingredients. There are many different words for sugar, but all these are free sugars you need to cut back on.

Ingredients: Corn Meal, Whole Grain Wheat, **Sugar**, **Molasses**, Sunflower Oil and/or Canola Oil, **Fructose**, Corn Starch, **Brown Sugar Syrup**, **Honey**, Salt, Baking Soda, Calcium Carbonate, Soy Lecithin, Dextrose, Trisodium Phosphate.

Good to know: Brown sugar and honey are not healthier than white sugar – they are just sugar in a different form.

11

Types of sugar



12

Simple swaps

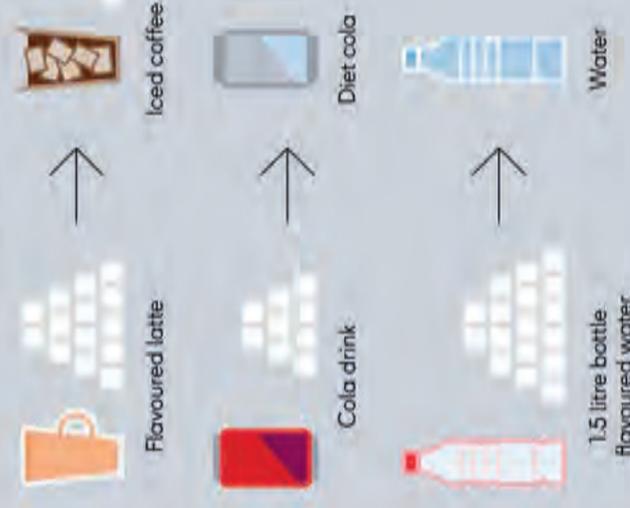
Watching your sugar intake doesn't mean you have to change your whole diet. These simple swaps will help you reduce your sugar intake.



13

Drinking your sugar

It's easy to drink lots of sugar without knowing it. Just choosing no added sugar or sugar free syrups can make a big difference.



14

Sugar in alcohol

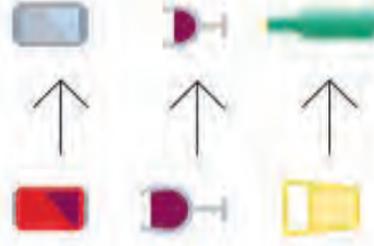
Some types of alcohol are already high in sugar, and others are often mixed with other sugary drinks. Avoid drinking alcopops and alcohol mixed with energy drinks – they are packed with sugar and other unhealthy additives.

Simple swaps

Mixers – choose soda or low calorie or diet options of soft drinks

Wine – choose a small glass instead of a large one

Beer – choose a bottle instead of a pint



GO bhf.org.uk/alcohol

15

Check the cupboards

Condiments like salad dressings, ketchup and BBQ sauce often contain added hidden sugar, so go for low-sugar options or swap them for homemade dressings.

Ready-made sauces for pasta, curries, stir-fries or BBQs can also add a lot of sugar to something that looks like a healthy meal.



16



bhf.org.uk

Heart transplants. Clot busting drugs. Pacemakers. Breakthroughs born from visionary medical research. Research you fund with your donations.

Heart and circulatory diseases kill 1 in 4 people in the UK. They cause heartbreak on every street. But if research can invent machines to restart hearts, fix arteries in newborn babies, build tiny devices to correct heartbeats, and give someone a heart they weren't born with – imagine what's next.

We fund research into all heart and circulatory diseases and their risk factors. Heart attacks, heart failure, stroke, vascular dementia, diabetes and many more. All connected, all under our microscope. Our research is the promise of future prevention, cures and treatments.

The promise to protect the people we love. Our children. Our parents. Our brothers. Our sisters. Our grandparents. Our closest friends.

You and the British Heart Foundation. Together, we will beat heartbreak forever.

Beat heartbreak forever.

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Small changes make a big difference

If you're trying to lose weight, cutting back on the sugary treats you eat most often can make a big difference.



↑



Swapping cola for diet cola for a year can lead to a weight loss of:
14lb (6.4kg)



↑



Having 1 biscuit a day instead of 2, for a year, can lead to a weight loss of:
8.6lb (4 kg)

Easy ways to cut back on sugar

For a healthy, balanced diet, cut down on foods and drinks containing added sugars. These tips can help you to cut down:

- ✓ Swap soft drinks, juice drinks and flavoured milks for water, lower-fat milks and diet, sugar-free, or no –added sugar drinks
- ✓ If you prefer fizzy drinks, try diluting fruit juice with sparkling water
- ✓ Swap cakes or biscuits for a currant bun, scone or some malt loaf with low-fat spread
- ✓ If you take sugar in hot drinks or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether
- ✓ Try adding a sliced banana to whole wheat biscuits or lower-sugar, low fat yoghurt. Sliced bananas are great on toast too.
- ✓ Use the Change4life food scanner to see how much sugar in your food.
- ✓ Leave it on the shelf, if it's not in the house then your children can't have it
- ✓ Choose low sugar breakfast cereals

(NHS choices website)

Saturated Fat

Too much fat is bad for us and it isn't always easy to know what type of fat we are eating. Fat contains twice the amount of calories than carbohydrates and protein. There can be a large amount of hidden saturated fat in everyday food and drink.

Children get a lot of their saturated fat from the following types of food and drink.

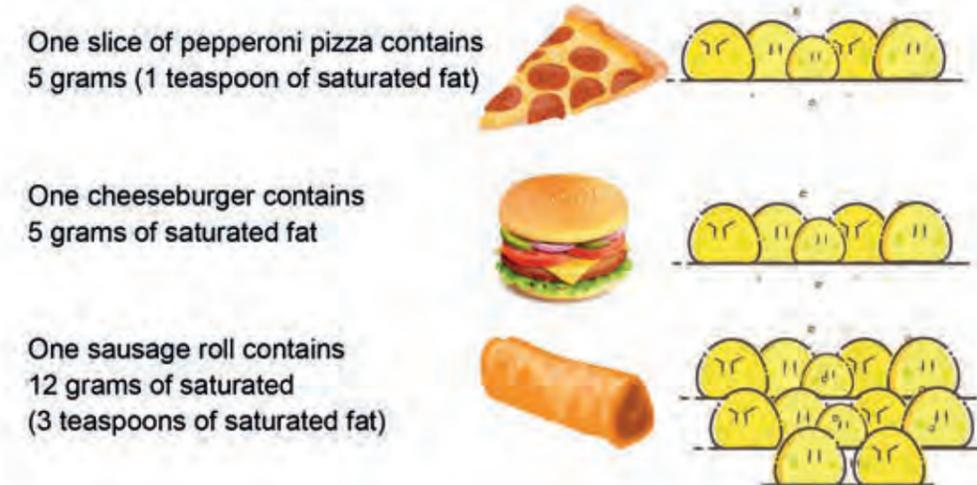
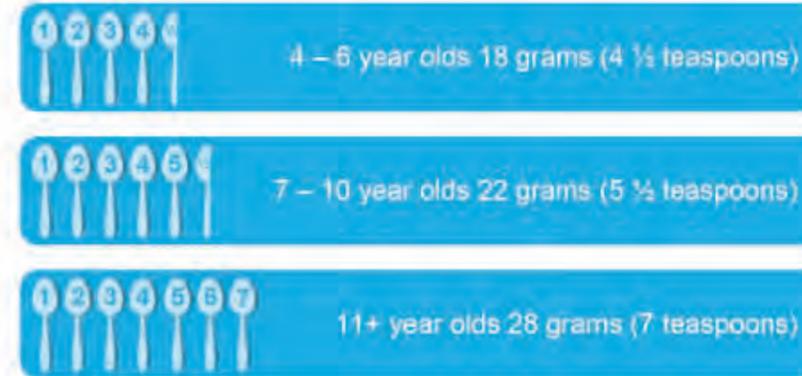


The effects saturated fat has on our children

Sometimes children can appear to be healthy on the outside, but the build-up of saturated fats in body can cause serious diseases in the future.

-  **Type 2 diabetes** - When we store too much tummy fat our body stops producing insulin which causes type 2 diabetes
-  **Bowel cancer** - Eating a diet high in fibre and low in saturated fat reduces the risk of getting bowel cancer.
-  **Heart disease** - Eating too much saturated fat can cause a build-up of cholesterol. This will clog our arteries which restricts the blood supply to our heart and cause a heart attack.

So, how much is too much?





Healthy fats

Fat is an essential part of our diet, it is a food group on the eatwell guide. The types of fat that should be included in our diet are called polyunsaturated fat and monounsaturated fat.

These fats will help lower your cholesterol and keep your heart healthy, they also keep your skin and hair looking good.

Some of the types of food that contain healthy fats are:



Fish, especially mackerel, salmon and trout



Avocados



Unsalted nuts and seeds

"Avoid adding extra oil or butter when cooking. Try grilling, baking, steaming or poaching instead."

"Choose lower-fat mince and always trim any visible fat from your meat before cooking. This is where most of the sat fat is."



Saturated fats and heart and circulatory diseases

Eating too much saturated fat is linked to high cholesterol which can lead to a heart attack or stroke.

We all need some fat in our diet. Some fats are good for us, while other fats can lead to heart and circulatory diseases. Trans fats and saturated fats are the ones you need to cut back on.

Reducing the amount of saturated fat you eat is a very simple way to lower your cholesterol level and support your heart health.

Good to know: No matter what your weight is, even if you're slim and feel fine, you can still have high cholesterol.

GO bhf.org.uk/fats

TAKING CONTROL OF



SATURATED FATS

to reduce your risk of heart and circulatory diseases





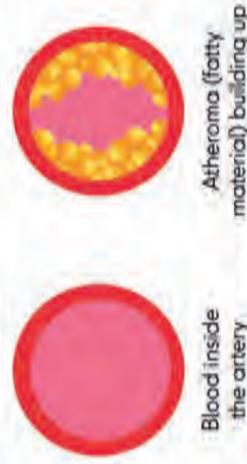
Cholesterol and heart health

If your cholesterol levels are too high, there are things you can do to lower it and reduce your risk of heart and circulatory diseases. One way is to change what you eat.

There are two different types of cholesterol: 'good' HDL cholesterol and 'bad' non-HDL cholesterol. Saturated fats and trans fats raise your 'bad' (non-HDL) cholesterol.

If you have too much bad cholesterol in your blood, it can build up inside the walls of your arteries (the blood vessels that carry oxygen-rich blood to your heart) making it harder for blood to flow through. This can cause a heart attack or stroke.

Inside the artery



GO bhf.org.uk/cholesterol

3

Know your fats

Avoiding fats altogether is not the answer. To help reduce your cholesterol, cut down on foods high in saturated and trans fats, and replace them with monounsaturated and polyunsaturated fats.

Omega 3 fats are a type of polyunsaturated fat found in oily fish like mackerel, trout and salmon. It's always better to get your omega 3 from food rather than supplements. Aim to have two portions of fish a week – one of which should be oily.

If you don't eat fish, then green vegetables, flaxseeds, rapeseed oil and walnuts are an alternative.

Good to know: Trans fats have largely been removed from UK food. Average intakes are now below the recommended maximum.

4

Saturated fats and meat

If you're trying to eat less saturated fats, avoid processed meats like sausages, burgers and kebabs.

What cuts of meat to avoid and choose

Type	Avoid	Choose
Pork	Cooked pork belly joint with fat	Cooked lean pork leg joint
Beef	Fried rump steak with fat	Grilled lean rump steak
Poultry	Fried chicken breast in breadcrumbs	Grilled chicken breast without skin

6

Type of fats

Monounsaturated

Found in Avocados, olives, olive oil, rapeseed oil, Almonds, cashews, hazelnuts, peanuts, pistachios and spreads made from these nuts.



Saturated

Found in Oily fish, corn oil, sesame oil, soya oil, and spreads made from those oils. Flaxseed, pine nuts, sesame seeds, sunflower seeds, and walnuts.



Trans

Found in Processed meats like sausages, ham and burgers. Fatty meat. Hard cheeses including cheddar. Whole milk, cream, butter, lard, ghee, suet, palm oil and coconut oil.



Found in Fried foods, takeaways, snacks like biscuits, cakes or pastries. Hard margarine.



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Dairy

Dairy products like cheese, cream, butter and yoghurt can be high in saturated fat. There are ways to cut back while still enjoying some of your favourite foods.

Cut down on these dairy products:



7

You can cut back on saturated fat by choosing lower fat options. You can also try having a small portion (about 30g) of cheese, or grate cheese rather than slicing to use less.

Choose these instead:



8

Oils and spreads

Some oils contain more saturated fat than you think. For example, coconut oil contains more saturated fat than butter.

Choose oils and spreads with lower saturated fat:



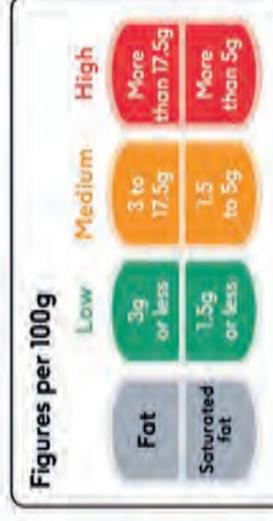
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Look at labels

Reading food labels will help you keep track of how much saturated fat you're eating. Most packets have colour coded nutritional labels. If you're trying to eat less saturated fat, avoid foods with a red label for 'saturated' and try to eat mostly **ambers** and **greens**.

A food label will show the total fat in a portion ('fat') and how much of that fat is saturated ('saturated').

How the label works



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Men should aim to have no more than 30g of saturated fat a day. Women should aim for no more than 20g.

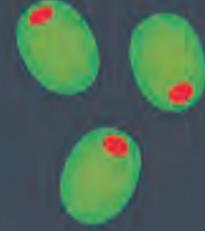
What about reduced fat foods?

'Light' or 'reduced fat' means the food must be at least 30% lower in fat than the original. But they may not be as healthy as you think. Reduced fat foods often have sugar added in by the manufacturers.

Always read the packet and compare the labels of the original product and the reduced fat version. If the reduced fat version has a similar amount of calories to the original, it might be better to just have a smaller amount of the original.

Common myths debunked

Chocolate: Chocolate contains a type of saturated fat that doesn't seem to affect cholesterol levels. But that doesn't mean it's healthy. Most chocolate comes with added fat and sugar, so it should still only be an occasional treat.



Olives: Olives are high in unsaturated fats and have fewer calories than nuts. However, they're often high in salt so choose those that are unsalted or green for salt on food labels.

12



Nuts: Nuts are high in fat but they mostly contain unsaturated fats. As they're high in calories, only eat a small portion, that's a handful. Unsalted is the healthiest choice.



Coconut oil: Coconut oil

has one-third more saturated fat than butter. There's not enough evidence to say that it's better for us than vegetable oils like olive or sunflower oils. It's fine to use it occasionally and use unsaturated oils as an everyday choice.



13

"I STILL EAT THE SAME SORTS OF THINGS, I JUST LEARNT TO CUT DOWN ON THE SATURATED FATS. MY CHOLESTEROL IS DRIPPING."

Shirley, age 53

14



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