

Is all sugar bad for you?
And how much are you really consuming? Here's the lowdown on the sweet stuff.

BITTER

SWEET

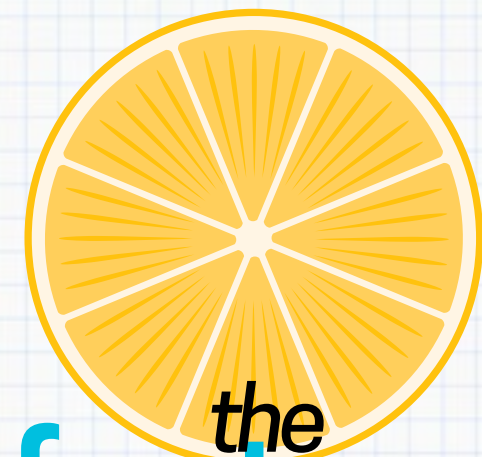
drinks tax?

The Grattan Institute has proposed a tax on sugary drinks to address obesity rates. The tax of 40 cents per 100g of sugar would raise the price of a 2L bottle of soft drink by about 80 cents. Could this help curb our consumption of sugary soft drinks, which has increased by 30 per cent in the past 10 years?

SUGAR!

Explainer: What is sugar?

Sugar is a carbohydrate. It's found naturally in food such as fruit and milk and is also added to many foods. Eating too much can lead to issues such as obesity and tooth decay. A US study also found a diet high in sugar may raise your risk of dying from heart disease even if you aren't overweight.



the **fructose** myth

Fructose has had some bad press, with claims it's responsible for obesity and type 2 diabetes. But Nutrition Australia and National Health and Medical Research guidelines say while you should limit all sugar, there's no need to cut out fructose; small quantities in a balanced diet are fine. There is only a small amount in fresh fruit, so don't stop eating it!

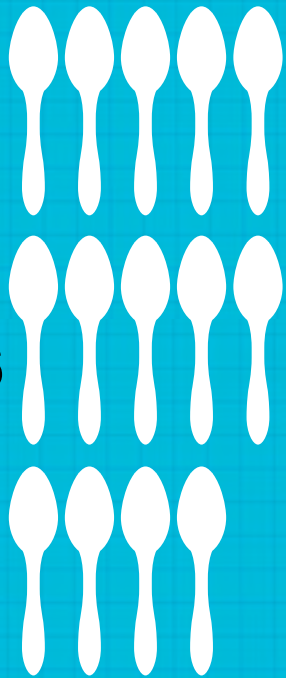
DID YOU KNOW?

Of the sugars we eat, 80 per cent are from processed foods. Soft drinks, juices, cakes, confectionery and sports drinks are the main culprits.

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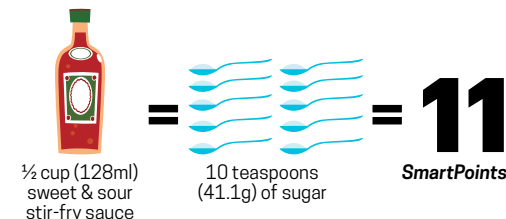
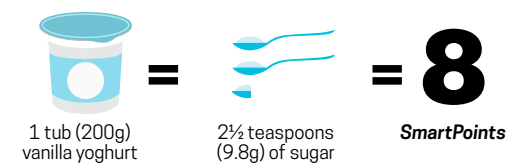
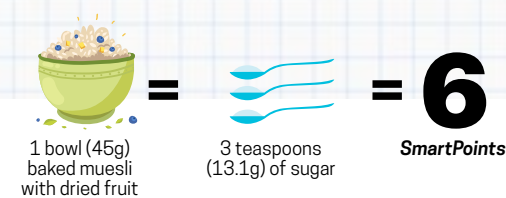
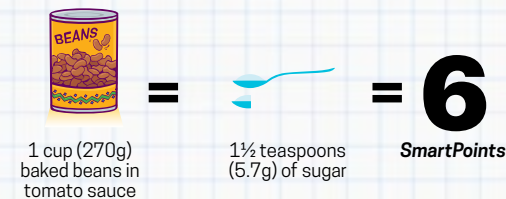
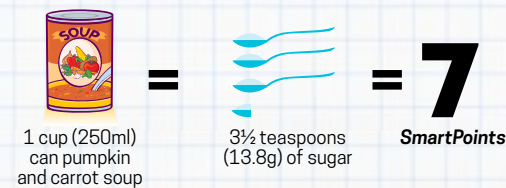
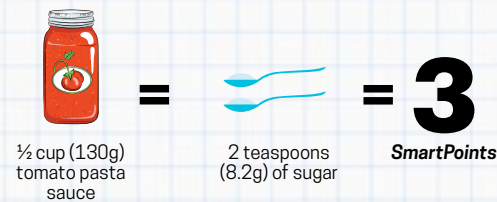
TEASPOONS

This is how much sugar Australians are consuming, on average, each day, according to the Australian Health Survey (2011-12). This is the equivalent of 60g of sugar every day.



How much sugar is in...?

Some of these may surprise you!



Words Gina Flaxman Images iStock

NO MORE THAN **10%**

... of your total daily kilojoule intake should be made up of free sugars, say World Health Organization (WHO) guidelines. For an adult Australian consuming 8700kJ a day, this means no more than 55g or 13 teaspoons of sugar a day. WHO says a reduction to below five per cent a day would provide additional health benefits.

types of sugar

There are many different kinds of sugar. Simple sugars, or **monosaccharides**, include **glucose, fructose and galactose**. **Disaccharides**, or double sugars, include **sucrose**, or table sugar, **maltose** and **lactose**, the sugar in milk. Disaccharides are broken down in the body into simple sugars such as glucose and fructose.