

Wellbeing Wednesday

ISSUE 16: Sugar

The science is crystal clear: too much sugar is incredibly bad for our bodies. According to a study published in the British Journal for Medicine, consuming too much sugar is associated with a number of health conditions, including coronary heart disease, type 2 diabetes, obesity and other issues.

- Eating too much sugar over time has a negative effect on your mood.
- Sugar is one of the main causes of tooth decay.
- Reducing your sugar intake by just 20% can help protect your heart health
- Reducing sugar intake aid in weight management



Adults should have no more than 30g of free sugars a day.

(free sugar is found in foods such as cakes, sweets, biscuits chocolate etc.)



Additional
Resource

How to cut down sugar in your diet

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/how-to-cut-down-on-sugar-in-your-diet/>