



Sugar: less is more

A wide range of foods contain sugar. In the nutritional information, this is indicated with “**of which sugar**”, which can refer to:

Natural sugar
Fruit and milk contain natural sugars (fructose and lactose).



Added sugar
In processed foods, sugar is often added, for example in the form of sucrose (household sugar), glucose, fructose, honey or syrup.



Too much added sugar causes tooth decay and can contribute to overweight.
In Switzerland we consume too much added sugar.

Maximum recommended intake for:		Example of 28 g of added sugar in a day*	
Adults max. 50 g of added sugar per day	Children max. 30 g of added sugar per day	 One 180 g pot of fruit yoghurt	
			
12.5 sugar cubes	7.5 sugar cubes	 50 g of crunchy muesli	 = 4 g

Good to know

Fruit juices and juice drinks contain a lot of added sugar*, for example:



200 ml of fruit juice drink



Ready-made sauce and spreads often contain a lot of added sugar*, for example:



One 20 g serving of ketchup



One 15 g tablespoon of jam



Natural sweeteners contain just as many calories and are an equal cause of tooth decay as granulated sugar, for example:



Cane sugar



Honey



Concentrated pear juice



Agave, date or maple syrup

Artificial sweeteners and sugar substitutes are not recommended as an alternative to sugar. They get us used to the taste of sugar, among other things.



Artificial sweeteners
e. g. aspartame, cyclamate, saccharin

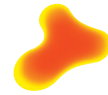


Sugar substitutes
e. g. isomalt, sorbitol, xylitol



Exception
Products with the “tooth-friendly” label, occasionally.

* The amounts indicated are average values.



How to reduce your daily sugar intake

Tip 1

Replace sweetened drinks with sugar-free drinks:



200 ml of soft drink



Alternative:
Tap water* or mineral water
No sugar



200 ml of iced tea



Alternative:
Unsweetened fruit or herbal tea
No sugar

* Tap water in Switzerland tastes good and is perfectly hygienic.

Tip 2

Replace sugar-rich foods with foods that contain only natural sugars:



One 180 g pot of fruit yoghurt



50 g crunchy muesli



Alternative:
100 g of natural yoghurt with 50 g of fruit mixed in



Alternative:
40 g of plain cereal with 1 tablespoon of ground nuts and 50 g of fresh fruit mixed in

Tip 3

Dilute fruit juices with water:



200 ml of pure fruit juice



Alternative:
200 ml of homemade fruit juice spritzer
(ratio 1/3 juice, 2/3 water)



Fruit juices are naturally rich in sugar (fructose).
It is thus recommended to always dilute them with water.

Tip 4

Do it yourself:

- Cook and bake with fresh ingredients that are as unprocessed as possible.
- Reduce the amount of sugar used in recipes.
- Enjoy with all your senses.

When buying cane sugar or sugar alternatives such as honey, maple syrup or agave syrup, focus on quality, origin, sustainable cultivation techniques and social responsibility.

Tip 5

Enjoy sweets occasionally and in moderation, for example:



a few squares of chocolate

or



about 10 gummy bears

or



1 milk slice

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