



Sugar: less is more

Many foods contain sugar. The label includes the line “**of which sugars**”. This means that the food contains various types of sugar. These are the different types of sugar:

Natural sugars

Natural sugars are found in **fruits** (this is fructose)



and in **milk** (this is lactose).



Added sugars

Manufacturers add different types of sugar to food, so it tastes sweet and you buy more of it. These sugars are known as **added sugars**, such as household sugar (sucrose), glucose, fructose syrup and honey.

How much added sugar per day?

Children: maximum 30 grammes added sugar per day. That's **7.5 sugar cubes**.



Adults: maximum 50 grammes added sugar per day. That's **12.5 sugar cubes**.



In Switzerland we eat **too much** added sugar. Too much added sugar is bad for your teeth and causes tooth decay. Too much added sugar causes you to become overweight.

Examples of foods with a lot of added sugar:

= 4 grammes

1 Petit Suisse (50 grammes)



1 cereal bar (26 grammes)



2 dl* fruit nectar drink



2,5 dl chocolate drink



*dl = decilitres = 1/10 litre

1 portion ketchup (20 grammes)



1 tablespoon jam (15 grammes)



Good to know

It is **not healthier** to replace white, refined sugar with these foods:



Cane sugar



Honey



Concentrated pear juice



Agave, date or maple syrup

How can I eat less sugar?

Tip 1

No sweet drinks

2 dl sweet drink



✗ No



Drinks without sugar

Tap water or mineral water with no sugar



In **Switzerland** tap water is very safe to drink.

✓ Yes

2 dl iced tea



✗ No



Unsweetened fruit or herbal tea



✓ Yes

Tip 2

No added sugar

1 sweetened fruit yoghurt (180 grammes)



✗ No



Natural sugar

1 plain yoghurt



+ 1 portion fruit

✓ Yes

1 portion granola (40 grammes)



✗ No



1 portion unsweetened cereal flakes



+ 1 tablespoon chopped or ground nuts
+ 1 portion fruit

✓ Yes

Tip 3

No pure fruit juices

2 dl pure fruit juice



✗ No



Fruit juice diluted with water

2 dl home-made fruit juice drink
(ratio 1/3 juice, 2/3 water)



✓ Yes

Even natural fruit juices contain a lot of sugar. It is better to mix them with water.

Tip 4



Use **less sugar** than stated in the recipe. Use two thirds (2/3) or just half (1/2) the sugar. For example, if the recipe says 300 grammes of sugar, use just 200 or 150 grammes.

Tip 5

Eat sweets just once per day. And only a little bit. **For example:**



or



or



or



1 row of chocolate

around 10 gummy bears

1 milk slice

4 biscuits

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