



# Sugars and sweeteners AT A GLANCE

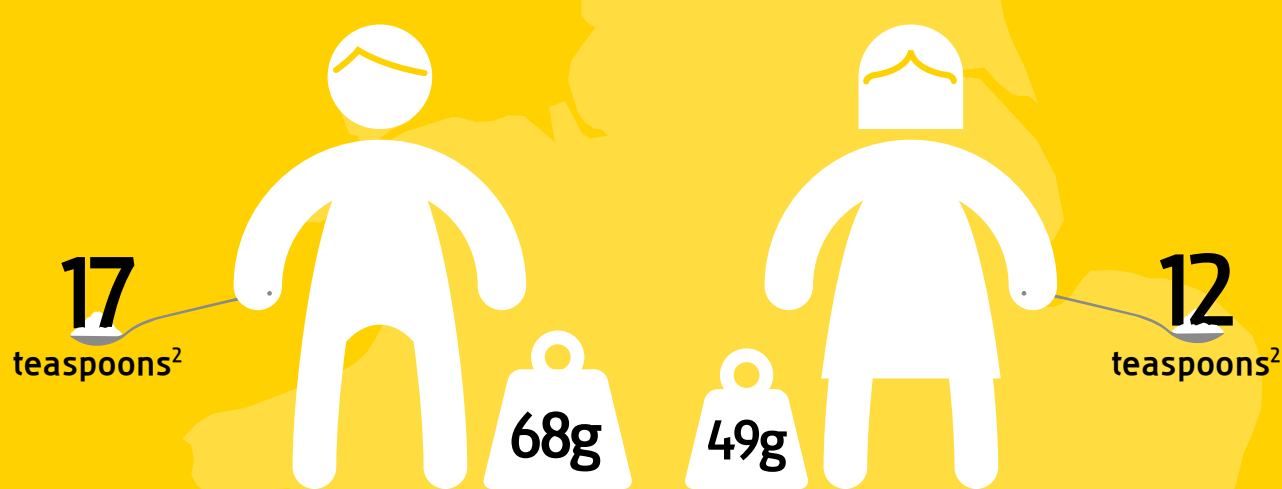
Do you avoid sugar, try to keep sugary foods to a minimum, or enjoy a sweet treat? However you like to eat, our guide to sweet foods and food labels can help you balance your diet and your diabetes.

**What's in sugar?**  
Per level 4g teaspoon:

**4g carbohydrate**  
**15 kilocalories<sup>1</sup>**

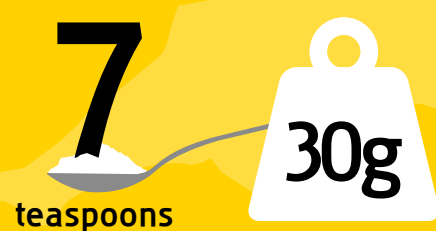
## How much sugar do Britons eat?

Average daily intake of added sugars



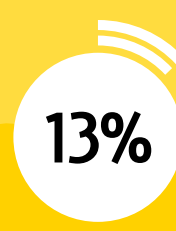
### HOW MUCH SHOULD WE EAT?

Maximum recommended daily intake of added sugars<sup>2</sup>



### WHO ACHIEVES THE TARGET?

Adults who currently eat 30g of sugar a day or less<sup>2</sup>



## Sources of sugar to look out for

In a typical diet, added sugar intake mainly comes from these top 6 sources<sup>2</sup>:



### WHAT'S IN A NAME?

All these products are types of sugar<sup>3</sup>

Agave syrup, Corn sugar, Dextrose, Fructose, Glucose, High-fructose glucose syrup, Honey, Invert sugar, Isoglucose, Levulose, Maltose, Maple syrup, Molasses, Sucrose

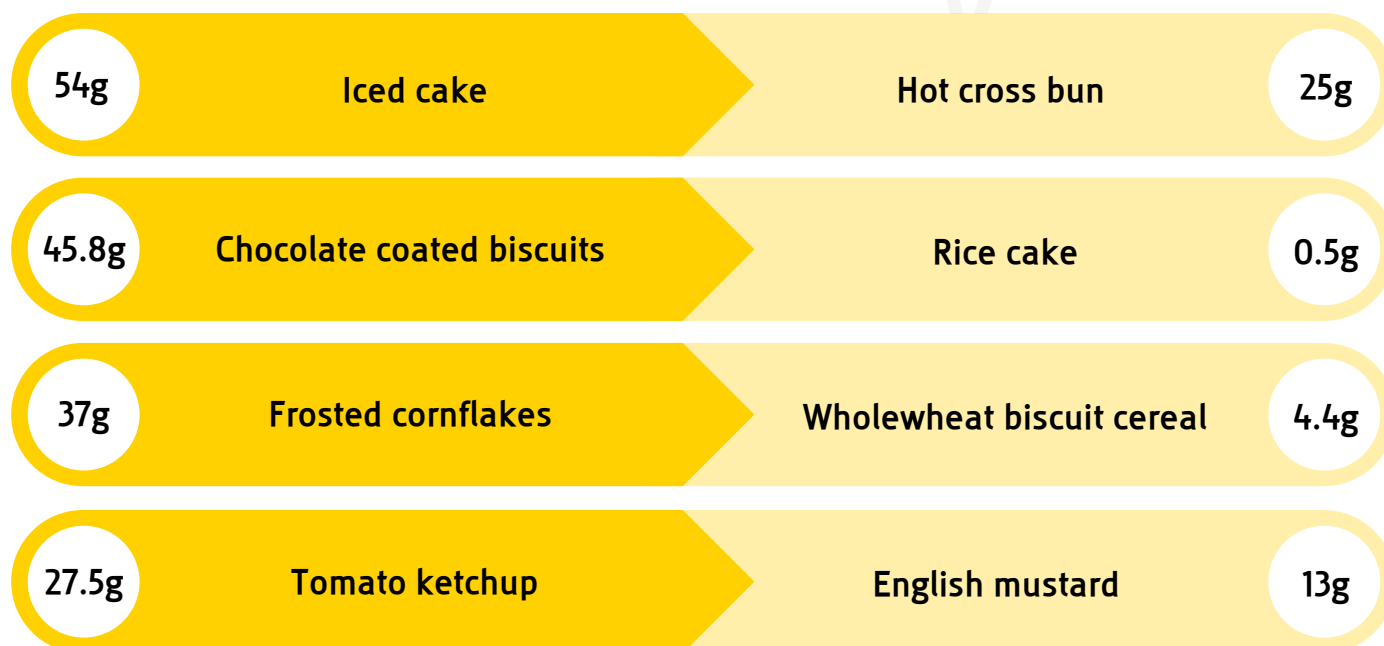
## What's on the label?

'Total sugars' per 100g of a food product<sup>4</sup>



### QUICK SUGAR SWAPS

All per 100g<sup>1,3</sup>



## Sugar alternatives<sup>5</sup>

**Polyols: low-calorie sweeteners**  
(may have a laxative effect).

- Hydrogenated Starch Hydrolysates (HSH)
- Isomalt
- Mannitol
- Sorbitol
- Xylitol

**Intense sweeteners: no calories.**

- Acesulfame-K
- Aspartame
- Cyclamate
- Stevia
- Sucralose

## Testing, testing...

Testing your glucose regularly is the best way to check how different types of carbohydrate, including sugary foods, are affecting your glucose levels.

For more information on how your glucose testing routine can help you balance food, insulin and daily life, sign up to our members' programme at [www.abbottdiabetescare.co.uk/freestyle-progress](http://www.abbottdiabetescare.co.uk/freestyle-progress)

## OVER TO YOU

Do you find it easy to spot carbs and sugars on food labels?  
How confident are you about controlling sugar in your diet?  
What are your 'desert island' sweet treats?  
Share your views on our Facebook page

[facebook.com/FreeStyleMeters](https://facebook.com/FreeStyleMeters)

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### REFERENCES

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