

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

# BITTER

# SWEET

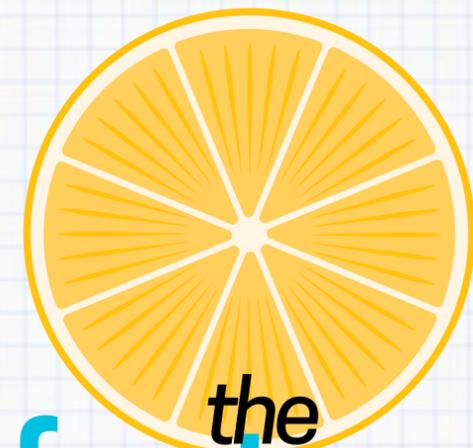
# drinks tax?

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.**

# 14

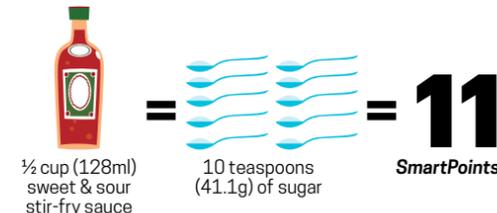
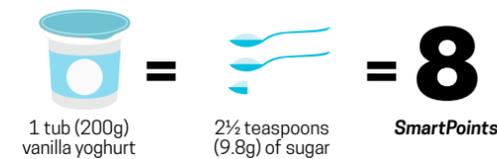
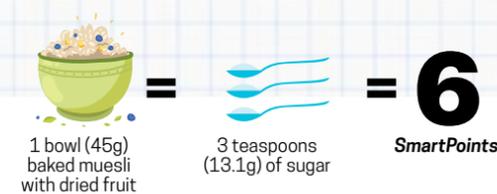
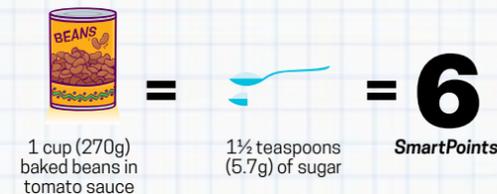
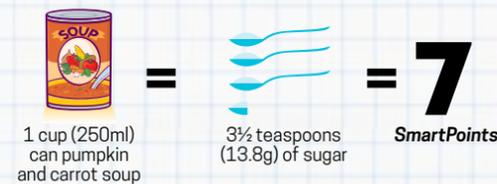
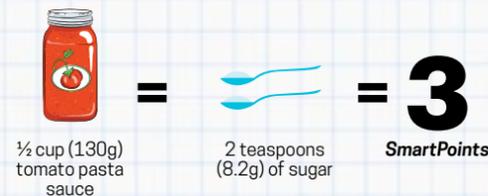
## TEASPOONS

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.