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Taking one can of sugary pop out of your daily diet could save you around 2,500 teaspoons of sugar a year. The sugar tax is here for a reason, because it is dangerous – make some positive daily changes.

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THE much talked about sugar tax is finally here and I feel it could be a major step forward, not only in the UK approach to sugar but a positive statement toward global health.

I believe sugar is the number one cause of obesity in the world and has led to non-communicable diseases such as diabetes, heart attacks, stroke, liver failure and cancers to pose a threat to national and global health.

According to the World Health Association these diseases have accounted for 72% of all global deaths in 2016, developed countries have been hardest hit but even in Africa it is set to become the biggest killer by 2030.

Of course there are those who are shouting 'nanny state' and believe the Government should leave the public to make their own decisions.

Fine, but when children's lives are at stake and the NHS is at breaking point something dramatic had to be done, eve-

rything else has clearly failed.

Here are just a few stats:

- One in five children leave primary school overweight.

- There are now more morbidly obese children in the UK than ever before, which means there is a risk to life.

- Tooth extraction is the most common reason for hospital admissions in children aged five to nine. Nationally, 141 children a day – some as young as one year old – are having teeth removed.

- Diabetes has rocketed since low fat food seems to have been replaced by sugar. At present there are around 12.3 million

people in the UK at risk of developing type 2 diabetes.

- Gains in life expectancy have even stalled in Britain after climbing for many decades, while in some parts of the country life expectancy is now falling.

The tax is one thing but where will the money be spent?

I believe the Government should introduce health and lifestyle teaching and make it compulsory, from an early age, right through to age 16.

Also run courses for parents because, although there is plenty of literature out there, many people still have no idea what they are really eating and whether it is actually healthy or not.

Finally, I do believe this sugar tax has made parents and to some extent children aware of the dangers of sugar.

It's now about making a few small daily changes that through the weeks, months, years and decades could possibly save your own and your children's lives.

Good habits are as addictive as bad habits but much more rewarding



FITNESS TIP

If you are training to lose weight, stay hydrated pre, during and post-workout with water. If you refuel with a sports drink you could be adding more than 12 teaspoons of sugar to your diet. Make sure you check the nutritional values.