



## David Fairlamb THE FIT FACTOR

### FITNESS TIP

Make sure your recovery food or drink is a healthy one. Check the labelling because many protein rich drinks can also be high in sugar

### NUTRITION CORNER

Make a point of monitoring how much sugar you and your family are consuming. Look at 2-3 things which you eat on a daily basis which are sugary and change them. Over time the changes could be life changing.

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I could not let sugar awareness week pass without writing about my favourite evil.

I've been talking about the dangers of sugar for nearly two decades and yet it's only the last few years where its real negative health impact has been documented properly.

Surely the messages from the government, health experts, fitness experts, consultants, dentists and doctors to name a few, must be registering on everyone's radar. Refined sugar is incredibly bad for you and is directly linked to the likes of obesity, diabetes and a number of cancers.

This week the campaign group Action on Sugar surveyed milkshakes sold in restaurants and fast food shops in the UK and found they contained grotesque levels of sugar and calories and are demanding a ban on "freakshakes" and all milkshakes with more than 300 calories.

The Toby Carvery Unicorn Freakshake came top of the survey with a disgraceful 39 teaspoons of sugar or 1,280 calories.

To put this in perspective:

■ The recommended sugar intake for children under 11 is five teaspoons a day. In this one drink they would have consumed more than their recommended sugar for a full week. This is absolutely

shocking.

■ In fact it contains only 10 teaspoons less than an adult's recommended weekly sugar intake.

■ It's also the equivalent of drinking more than five cans of cola.

■ Freakshakes are milkshakes that also contain chocolates, sweets, cake, cream and sauce.

■ An average 25-year-old would need to jog for nearly three hours to burn off the calories.

These stats are mind-blowing and, in my opinion, the milkshakes should be banned and the company should be held accountable.

Action on Sugar, which is made up of specialists concerned with sugar and its effects on health, are calling for mandatory traffic light-coloured nutrition labelling across all menus. Another option would be to show the number of teaspoons of sugar contained within a product, so you

*Do not expect to see  
a change if you don't  
make one*

**Motivational quote  
of the day**

would be able to work out how much you have consumed on a daily basis.

The government has simply not been strong enough in forcing companies to be more transparent about what is in their products. Restaurants, manufacturers and retailers have a huge role to play in helping to tackle this by reducing the amount of sugar we buy and consume. They all need to work together towards helping the next generation build healthy habits not sugar rich ones.

### How to cut down on your sugar intake

Rather than worrying to much about the one off events such as a birthday etc, analyse where you can cut back on your day-to-day consumption. Over time this will have the biggest and most positive impact.

For example, if you have a large glass of fresh orange juice every morning you could be consuming around six teaspoons of sugar, remove this from your diet and you would pulling back on 42 teaspoons a week, 168 a month and a monstrous 2,016 sugars a year.

Remove a couple of other sugary foods or drinks from your daily routine and the changes could have a big impact on your health and waistline.



► Freakshakes like this Milkybar number are absolutely loaded with sugar