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THE FIT FACTOR

LIFESTYLE CHANGE

Keep a list of the food you eat and research how much sugar you consume per day/week. You may well get a shock

Don't miss David's tips every Saturday in your Journal

THE weight-loss industry is still a huge multibillion-pound business, with new so-called quick fix diets appearing on a weekly basis.

So why is this country and the world's population getting fatter? In my opinion, the biggest culprit is sugar.

In the 1980s, the so-called cure to being overweight was to reduce fat intake. Everything then became low-fat but, unfortunately, the food manufacturers realised their products ended up tasting like cardboard, therefore they sweetened it by adding sugar – and so the “white death” era started.

The daily amount of sugar that this country consumes is at the highest level ever recorded, therefore it is no coincidence that obesity, diabetes, heart disease and tooth decay have rocketed at the same time. I could write all day

about the destructive effects sugar has on your body, but I want to point out where you may be consuming an excess of sugar on a daily basis and not realising it.

Here are a few examples, bearing in mind the recommended daily allowance for an adult is seven teaspoons, and less for a child:

A reference for you is that four grams of sugar is equal to one teaspoon.

Breakfast

Bowl of crunchy nut cornflakes without adding sugar: Four-plus teaspoons

Cereal bar: Up to four teaspoons

Two slices of bread with jam: up to three teaspoons

Lunchtime

Heinz Tomato soup: Five teaspoons

Chicken with a sweet chilli sauce

sandwich: Four teaspoons

Baked beans on one slice of

toast: Five and a half teaspoons

Innocent smoothie: A huge eight teaspoons

Mars bar: More than 10 teaspoons

Snickers bar: More than nine

teaspoons

Can of Red Bull: Just under 10

teaspoons

Can of “full-fat” Coke: 10 tea-

spoons

Frappuccino: 20 teaspoons (nearly 3 days RDA of sugar in one drink)

Evening Meals

Most sauces are full of sugar, eg pasta sauces can contain up to 12 teaspoons

Take aways such as Chinese and Indian can contain up to 20 teaspoons

Fruit yogurt: Up to five teaspoons

Bowl of ice cream: Around seven

teaspoons

Two chocolate digestives: Two

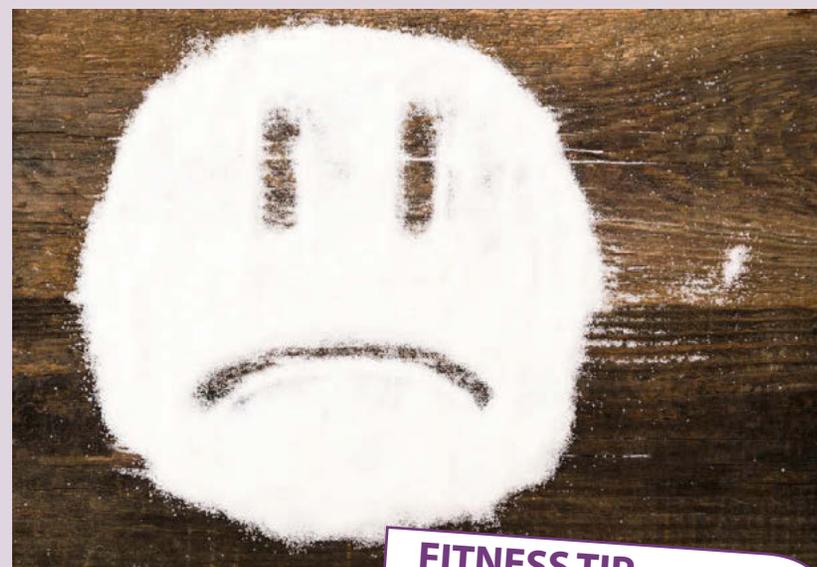
and a half teaspoons

Drinking chocolate or Horlicks:

Four to five teaspoons

As you can see from these few

examples, to exceed eight tea-



FITNESS TIP

Step back and look at your training regime. Have you updated it and set new targets? Is it varied enough to keep you motivated? It's important to always have short-term as well as long-term goals. Your training needs to work, if it doesn't, change it!

Avoid looking at things you can't change and focus on the things you can

Motivational quote of the day

spoons per day can be easily passed with a can of Coke. If you add how much sugar you average per day then work it out over a week, month, year and for some decades – this will give you one huge reason why obesity is increasing by the day.