



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are looking for a caffeine fix, stick with black coffee. Milk, cream, chocolate, syrup and alternative milks will all add unnecessary calories.

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

IF you ordered a drink knowing it contained 23 teaspoons of sugar - around four days' worth of your children's recommended daily sugar allowance and three of an adult's - you would probably not buy it!

Alarming, some of our most popular and best-known coffee shops' festive drinks contain just that and are packed with more than 750 calories.

Let me put that into perspective:

4 grams of sugar = 1 teaspoon.

The venti (a pint) Starbucks Signature Caramel Hot Chocolate made with oat milk and topped with whipped cream contains 93.7grams of sugar, equating to 23 teaspoons of sugar and 758 calories.

You can look at it another way, this is equivalent to drinking three cans of coke.

How much sugar should we eat?

Adults should have no more than 30g (around 7 teaspoons) of free sugars - sugars added to food or drinks - per day.

Children aged seven to 10

should have no more than 24g (6 teaspoons) per day.

Children aged four to six should have no more than 19g (5 teaspoons) per day.

There's no guideline limit for children under the age of four, but it's recommended they avoid sugar-sweetened drinks and food with sugar added to it.

Some of the coffee chains included in this latest study say they offer a variety of low-sugar options to customers, as well as these more indulgent drinks.

This is all well and good and I'm sure most people would know that some drinks will be more sugary and calorific than others, but three days' worth of sugar in one drink, they should

not even be on sale.

The analysis also revealed that even without the added sugar from syrups, many hot drinks that use milk-alternatives have huge amounts of sugar.

For example, a Starbucks Oat Milk Venti Latte has over seven teaspoons of sugar and 350 calories, while the same drink with almond milk has under three teaspoons of sugar, and 121 calories.

Another example was the Starbucks Gingerbread Latte made with the popular oat milk instead of almond milk, the sugar content went up by 4.5 teaspoons (18g).

The huge amount of publicity about sugar and obesity, not just this year but for the last decade, the sugar tax, the push to help the next generation as one in three children leave primary school overweight or obese, shows a total disregard for our health from some of the biggest high street coffee shops,



> Do you know how many sugars are in your festive treat?

FITNESS TIP

For many, December may be one of those times you find yourself out of sync with your training. Try to hold on to your routines and consistency the best you can, then January will feel a whole lot easier

and this has to be addressed.

Try to be more aware of what you are ordering in coffee shops especially over Xmas.

Clearly many of the top brands are not transparent as to how damaging some of their drinks are for your health.

*You will never
have this day
again so make
it count*

**Motivational quote
of the day**