



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Write your food down and research how much sugar you consume per day/week – you may well get a shock.

### FITNESS TIP

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

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

**T**HE weight loss industry is still a huge multi-billion pound business with new so-called quick-fix diets appearing, it seems, 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 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 its highest levels 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 without 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 – four grams of sugar is equal to one teaspoon.

#### BREAKFAST

- One glass of fruit juice: Up to seven teaspoons;
- Bowl of Crunchy Nut Cornflakes: 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: Eight teaspoons;
- Mars bar: More than 10 teaspoons;
- Snickers bar: More than nine teaspoons;
- Handful of dried fruit: Up to six teaspoons;
- Can of Red Bull: Just under 10 teaspoons;

- Can of full-fat Coke: 10 teaspoons;
- Frappuccino: 20 teaspoons (nearly three days' worth of sugar in one drink).

#### EVENING MEALS

- Most sauces are full of sugar, for example, pasta sauces can contain up to 12 teaspoons;
- Takeaways 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 the recommended allowance can be easily passed with one can of Coke.

If you add how much sugar you average per day, then work it out over a week, month, year and ultimately for some decades, this will give you one huge reason why the obesity population of this country is increasing by the day.

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

**Motivational quote of the day**

