



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

If you are looking to lose body fat and improve your quality and longevity of life, cutting your refined sugar and alcohol consumption is the number one place to start.

### FITNESS TIP

Be aware of alcohol consumption after exercise as it severely impacts your recovery and causes inflammation. Those less serious about training, make sure you rehydrate properly after workouts to promote recovery.

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

**T**WO glasses of some wines can contain more sugar than your recommended daily allowance.

Alcohol is exempt from food and drink labelling rules, which therefore means we have no idea how many calories or how much sugar we are consuming.

This has all been revealed in an independent study in which 30 bottles of red, rose, white, sparkling and fruit wines sold in the UK were tested for sugar and calorie content.

Unlike food and non-alcoholic drinks, alcoholic drinks are only required to display the volume, strength in ABV, and common allergens.

Health warnings and information on nutritional values, including calories and sugar content, ingredients, are not required. Instead, the

*Be strong – you never know who you are inspiring*

**Motivational quote of the day**

UK government relies on voluntary action from the alcohol industry. None of the 30 wines studied listed sugar content on their labels.

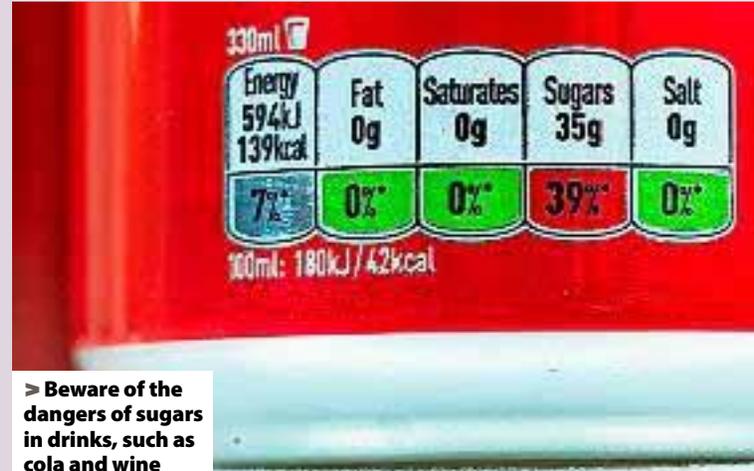
The wines with the most sugar were the lower-strength products. Many people who choose lower-strength bottles as a healthier option are unknowingly consuming more sugar.

The study also concluded that two medium-sized glasses of the most calorie-dense wines contained more calories than a McDonald's hamburger. These wines were also higher-strength bottles.

However, only 20% of the drinks examined displayed calorie content. Surely the calories and sugar content has to be more transparent – is this yet another failure of the government to take the obesity crisis head on?

The stress on the NHS even before Covid hit was huge and the knock-on effect of the pandemic has only added to this.

The short and long-term effect of consuming too much sugar goes way beyond weight gain. It contributes to tooth decay, heart disease,



type 2 diabetes and increased cancer risk to name a few.

Per the NHS, an adult should have no more than 30 grams of free sugars per day (roughly equivalent to seven sugar cubes). For a child aged seven to 10 years of age, it is 24g and for children between four and six, it is 19g.

A regular can of Coca Cola contains 40 grams, which easily sur-

passes the daily allowance for an adult and a child.

It is easy to consume more than your daily allowance and gain weight, which could lead to ill health.

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