

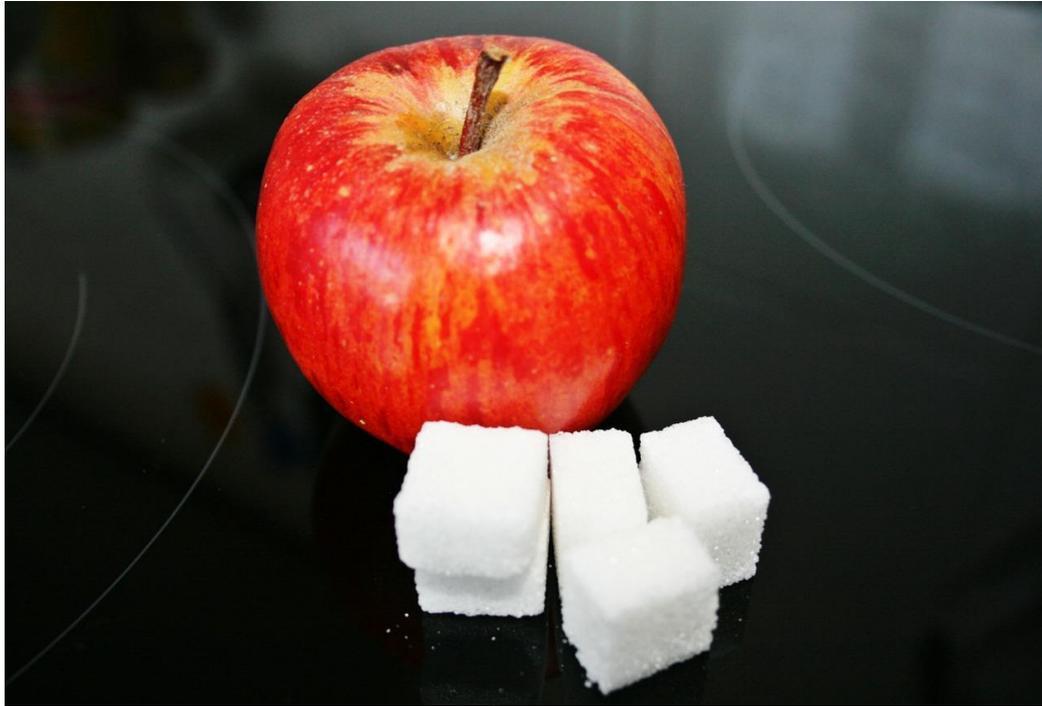
## Added Sugar. -A Silent Killer

Do you know how much sugar you consume daily? Do you know the amount of added sugar is found in your snacks and daily foods?

### Tips on how to minimize sugar intake.

1. Avoid soft drinks → drink water.
2. Limit use of sugar in coffee or tea, if possible take them without sugar.
3. Replace candy, sweet, cookies, snacks and cakes with fruit and vegetables.
4. Limit fruit juice
5. Choose fresh fruits instead of fruits canned in syrup.
6. Limit dried fruits
7. If you are overweight, obese, diabetic avoid added sugar as much as possible.





Did you know that Sugar (fructose, sucrose or lactose) – is present naturally in foods (e.g. in whole grain breads and cereals, fruits, vegetables and milk products – yoghurts)? Sugar (such as in carbohydrates) is a healthy part of a diet and it is important. Sugar is overconsumed because many food products contain a lot of sugar → juices, drinks, yoghurts, cookies, chocolates. Sugar is most highly concentrated in sugar beets and sugar cane. Sugar is simply separated from the beet or cane plant, and the result is 99.95% pure sucrose (sugar) to refined

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Did you know that eating too much sugar is linked to weight and various diseases like obesity, type II diabetes and heart diseases, certain cancers, tooth decay, liver diseases and a lot more?

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