



Re-think your drink



Teenage Obesity – A Global Concern

- ✓ Rates of teen obesity have increased drastically in recent decades
- ✓ Teens burn less calories during puberty
- ✓ Balanced diet and regular workouts can help fight teen obesity



Sugar

All sugar is processed from sugar cane or sugar beet producing sweet liquids, which are then refined into molasses and syrups, or dried into crystals.

The average person eats around **38kg** of sugar each year. Sugar has **no nutritional** benefits because there are no vitamins, minerals or proteins present.

Much of the sugar we consume is "hidden" - cannot actually be seen, but has been added during the manufacturing process of the food /drink item.

38kg sugar per year!



Hidden Sugar

Most factory-made ready meals, ketchup, yoghurt, bread and breakfast cereals contain "hidden" sugars, making it easy to over-consume sugar without realising it.



700g
bottle

23g sugar for
each 100g of
ketchup



85 g
yoghurt
pot

13g sugar for each
100g of strawberry
yoghurt



30g sugar for
each 100g of
coco pops

Hidden Sugar



15g sugar in this ready meal
3 teaspoons



6.3g sugar per slice - 2 in a pack =
2.5 teaspoons of sugar



44.7g sugar per 100g in these snack bars
2.5 teaspoons in each bar

Popular drinks

The following are all popular drinks consumed by teenagers. **First predict** how many **teaspoons** are in each and **second** say whether you think the drink contains caffeine.

(1 teaspoon = 5grams sugar)



500 ml



500 ml

Monster

High caffeine content (32mg/100ml)

Not recommended for children, pregnant or breastfeeding woman, or people sensitive to caffeine.

Sugar 11g per 100mls

**This can is 500mls so sugar content = 55g =
11 teaspoons of sugar**



Diet Coke

500ml bottle

Includes caffeine

0 teaspoons sugar



Lucozade

500ml bottle

Includes caffeine

5 teaspoons sugar



Tropicana

300ml bottle

No caffeine

5.5 teaspoons sugar



Oasis

500ml bottle

No caffeine

4 teaspoons sugar



Vitamin Water

500ml bottle

No caffeine

0 teaspoons sugar



Apple juice

330ml bottle

No caffeine

7 teaspoons sugar



Volvic lemon & lime

500ml bottle

No caffeine

5 teaspoons sugar



Lucozade Sport

500ml bottle

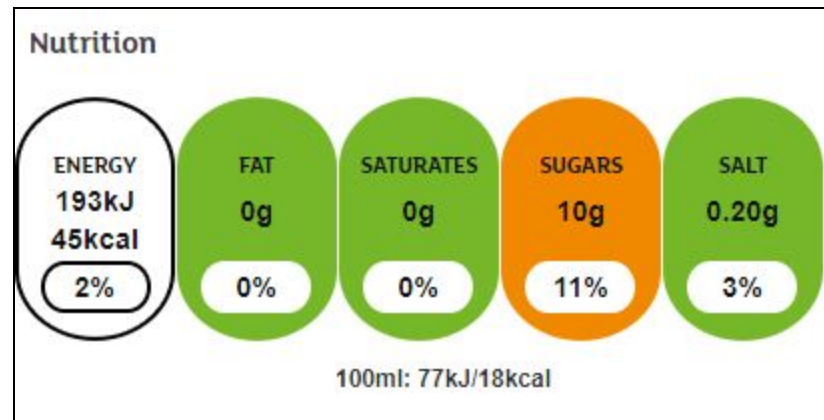
No caffeine

3.5 teaspoons sugar



Food Labels

Read labels carefully - look at the sugar content



Some labels are shown as traffic light symbols

For this drink the label is indicating it is neither too high or low in sugar (amber) - but it is a **third** of our daily allowance.

Summary

- How did you get on?
- How close were your **predictions** to the **actual** amounts of sugar / caffeine?

Recommended daily intake of sugar for 14 year olds is **SIX** teaspoons per day (almost 11kgs per year **NOT** 38kgs)

Now watch the short video

www.youtube.com/watch?v=iRExXJs8ZfE

Conclusion

Sugar rots our teeth
Sugar is a major factor in obesity

Both caffeine & sugar give us bursts of quick energy **BUT** then give us lows - tired / irritable

Both are addictive

Will you reconsider what you drink and eat now?