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# Sugar

**how does sugar in our diet affect our health? - nhs** - eating too much sugar can make you gain weight and can also cause tooth decay. the type of sugars most adults and children in the uk eat too much of are "free sugars". these are: any sugars added to food or drinks. these include sugars in biscuits, chocolate, flavoured yoghurts, breakfast **sugar food fact sheet v14 - british dietetic association** - sugar this food fact sheet will help you to understand how sugar may affect your health and wellbeing. is the amount of sugar some of us eat and drink, damaging to our **sugar list - nhs** **nhs borders dentists ot.nhs** - sugar list 1 heaped teaspoon of sugar = 5 grams approximately sweets per 100g per bar/bag etc teaspoons maltesers 37g standard bag 53.8g 19.9g 4 tsp **sugar reduction the evidence for action** - sugar reduction: the evidence for action 2 about public health england public health england exists to protect and improve the nation's health and wellbeing, **chapter 5. sugar - fao** - introduced a sugar tax on soft drinks in an attempt to reduce over-consumption of sugar. these taxes have prompted the food industry and manufacturers to adapt through product reformulation or the use of alternative sweeteners. **sugar lift etching - leicester print workshop** - leicester print workshop, 50 st stephens road, highfields, leicester, le2 1gg. t: 0116 255 3634 e: education@leicesterprintworkshop w: leicesterprintworkshop **the sugar association of london** - the sugar association of london panel of arbitrators (as at august 2017) members of the council and t. ballard esq. czarnikow group limited b. banks esq. olam international limited **sugar: world markets and trade** - the sugar: world markets and trade circular is based on reports from fas overseas posts since october 2018 and on available secondary information. the individual country reports can

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