

ULTIMATE SUGAR GUIDE



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The Children's Naturopath

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Children's Health Masterclass

Every mother's desire is for their child to be the healthiest and happiest version of themselves possible. Our Masterclass will help you achieve this goal by providing a treasure trove of valuable information founded on naturopathic principles coupled with the latest scientific research.

In the comfort of your own home, learn how to heal the gut wall. This will benefit your child if they are suffering from an illness you are having trouble managing or you wish to defend your child from developing a condition in the first place. Armed with this information you will feel empowered to confidently nurture and restore your child's health so they can enjoy the good health they deserve. To learn more visit our website www.thechildrensnaturopath.com

Masterclass at a Glance – Learn how to:

- ✓ Understand the underlying cause of poor immunity, eczema, asthma, poor focus and concentration, behavioural problems, ADHD, food allergies, food intolerances, constipation, diarrhoea plus many others
- ✓ Safeguard your child's immunity
- ✓ Support optimal brain function
- ✓ Know which influences support and nurture your child's health
- ✓ Avoid substances that undermine your child's health
- ✓ Healthy Eating Plan – takes away all the guess work and provides you with the serving sizes for the main food groups to suit your child's age group.
- ✓ Natural medicine to the rescue – learn which are the best supplements to underpin your child's health
- ✓ Masterclass Workbook
 - Class notes - Plus our top gut healing recipes
- ✓ Plus much more...

Introduction

The amount of sugar consumed, especially by our children is at its highest levels in history. This can mostly be attributed to the enormous increase in processed food and sugary drinks lining supermarket shelves. Sugar is included as an ingredient in most pre-packaged, processed and junk food and it's insidious. As a result, as our children's sugar consumption has increased, so have their rates of common childhood illnesses, including obesity with 1 in 4 children now classified as overweight or obese.

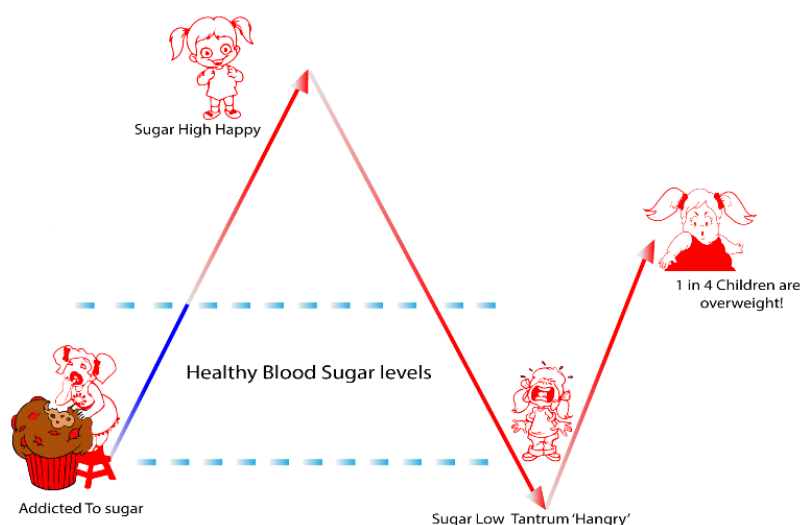
If you notice that your child's temperament changes throughout the day, beginning with their adorable 'normal' behavior which can change in a heartbeat to hyperactive, obnoxiousness or hysterical sobbing. The amount of hidden sugar they are consuming may be the cause. For example, a popular breakfast cereal plus a glass of store bought fruit juice could contain as much as 15 teaspoons of sugar, and that's just for breakfast!



The Ups and Downs of Sugar

When sugars are quickly absorbed into the bloodstream they produce an unnaturally rapid increase in blood sugar levels. High levels of sugar are extremely harmful and the body goes to great lengths to keep blood sugar within a normal range. In response to the sugar crisis a hormone called insulin is released into the bloodstream to mop up and remove the excessive amounts of sugar. The end result is insulin is very effective at removing sugar which results in low blood sugar levels and an energy slump, a condition called hypoglycemia. At this stage your child will be feeling unwell, tired, grizzly, crying or throwing a tantrum and they will need to quickly normalise their blood sugar levels which means they have another sugar craving.

In response to their demands and often unwittingly, 10 to 15 teaspoons of sugar can be reintroduced back into their blood stream. For example, a small box (30gm) of sultana's has 7 teaspoons of sugar, plus a little tetra pack of organic apple juice could add another 5 teaspoons! And as the sugar roller coaster continues, it's very damaging to all aspects of their health.



How to Read Nutritional Labels for Total Sugar content

Remember, when reading the nutritional panels on packaged food.
4 grams of sugar = 1 teaspoon.

You may think you are buying 'healthy' food when you see catch phrases on packaged food such as: low fat, low calorie, all natural, energy boosting, sugar-free, good source of fibre, multi-grain, antioxidants, no trans-fats or sports drink. However, be aware when reading these cleverly marketed slogans because the information is often misleading.

Learning the ground rules to understand the information on nutritional panels is the only way to decipher what is in the product and this can also be confusing. But it is the best approach to compare similar brands alternatives to select the healthiest choice for your child. The only way to match up the cross-section of competing food varieties is to compare the information in the right hand column, e.g. "Per 100gm/100ml serve".

Carbohydrates

This heading represents the entire amount of carbohydrates in the product, good and bad.

Sugar is the amount of simple sugars present in the food such as fructose, sucrose, high fructose corn syrup, lactose and glucose. Generally speaking, the higher the percentage of sugar to total carbohydrates, the less healthy the food will be. Aim for less than 10mg of sugar per 100mg serving. And remember the easy sugar equation 4 grams of sugar equals 1 teaspoon.

That said, as you know, all sugars aren't equal so you need to work out the source of sugar e.g. if it's from a natural healthy source such as a piece of fresh fruit, then a higher figure may be permissible.

Nutritional Information		
Servings per container: 10		
Serving size: 200ml		
Av. Quantity	Per Serving	Per 100 ml
Energy	400kj	200kj
Protein	0.2gm	0.1g
Fat, total	0 gm	0 gm
- Saturated	0 gm	0 gm
- Monounsaturated	0 gm	0 gm
Carbohydrates	28 gm	14 gm
- Sugars	20 gm	10 gm
Dietary Fibre	0.4 mg	0.2 mg
Sodium	8 mg	4 mg
Vitamin C	60 mg	30 mg
Ingredients: Reconstituted orange juice (98%), Folic acid, Vitamin C, Flavour		

How much sugar is in this orange juice? This label says there is 20gms of sugar per serving. Using our sugar equation; 4gms of sugar equals 1 teaspoon, this means there are 5 teaspoons of sugar per 200ml serve. More if you serve a larger glass.

Fiona's Tip: Don't get too overwhelmed and frustrated reading nutritional labels when there are different serving sizes between brands. To work out which brand is best for your child, simply read the 100ml / 100gm column to compare the sugar content. All labels carry this information.

Check the Ingredient List

The ingredient list will shed more light on what food groups are in the product. Ingredients are listed in order of quantity so the first one listed is the main ingredient by volume. However, don't be fooled, sometimes ingredients are listed under different names. For example, sugars can be listed as sucrose (table sugar), lactose (dairy sugar), and fructose (fruit sugar), just to name a few. When the food manufacturer divides the sugar into different names, they can be dropped down the list and won't appear in the first three ingredients.

Fiona's Tip: When working out the nutritional value, if the first 3 ingredients are flour, sugar and fat, then this product will more than likely be low in nutrients and high in sugar and not a good choice for everyday eating.

Remove 20 Teaspoons of Sugar from Snacks

Dried Fruit & Fruit Straps = 7 Teaspoons

A 40gm box of sultanas contains 7 teaspoons of sugar! It's common to see kids eating from small boxes of dried fruit, which unfortunately is being marketed as a healthy snack. The truth is dried fruit typically has added sugar (fructose) as well as added chemicals to enhance the colour lost in processing.

Fruit straps and leathers are also high in sugar. But are they a healthy snack? It's confusing when you read '100% fruit', 'no added sugar', 'no artificial flavours' and 'low GI'. The fact is that one fruit strap contains multiple pieces of fruit. Far more than your child would ever eat as fresh fruit. They have a very high fructose content which ultimately ends up as tummy fat. This makes them a poor substitute for the real thing – fresh fruit.

Fiona's Tip: Stick to fresh fruit. Your child will feel full for longer and a piece of fresh fruit contains nutrients and fibre to feed their friendly bacteria and support overall health and wellbeing.

Remove 20 Teaspoons of Sugar from Snacks

Muesli Bar = 8 Teaspoons of Sugar

Muesli bars are often considered a convenient, healthy snack that's easy to pack into a lunchbox and in some cases this is true. However despite the marketing claims on the packaging many contain as much sugar as a candy bar. They can also be highly processed and loaded with artificial colours, flavours, vegetable oils and preservatives.

Healthy muesli bars are made from a selection of ingredients such as oats, dried fruit, honey, coconut, chocolate chips, nuts and seeds. But the sugar content and nutritional value can vary greatly depending on the brand and the ratio of ingredients used.

The sugar content of muesli bars can bounce between 3 to 8 teaspoons of sugar. Often the fruity ones are the worst offenders. But also watch out for the sugar-free types because they could use artificial sweeteners which have also been linked to health problems.

Fiona's Tip: When selecting a muesli bar, it's important to check the ingredient label carefully and choose products made mostly from real foods, such as whole-grains, coconut, seeds and nuts. Remember the sugar equation too, 4 grams of sugar = 1 teaspoon.

Remove 20 Teaspoons of Sugar from Snacks

Muffins = 5+ Teaspoons of Sugar

Thanks to misleading marketing it's easy to think muffins can be a healthy choice for your child, especially when they are filled with dried fruit and bran. Store bought muffins are often high in sugar and full of chemical nasties such as artificial colours, flavours, emulsifiers and preservatives, all of which are damaging to gut health.

These highly processed ingredients can make up the base of the muffin so always check the label. You don't want to see sugar in the top three ingredients, this is never a good sign. As for the rest of the list, look for ingredients you can identify such as milks, eggs, butter and flour and not a heap of names that sound like a chemical experiment, you don't want items listed as numbers either.

Fiona's Tip: The bottom line is there are healthy muffins low in sugar, but you will most likely have to make these at home from scratch (not from a packet).

Once you find your recipe and make it a couple of times you will be able to whip it up in no time. Muffins freeze well too, so keep them in the freezer ready to enjoy.



Sugar Content Guide

Here's a quick guide to typical sugar quantities in well-known store-bought items. Please note the amount of sugar may vary from brand to brand.

	Serving Size	Teaspoons of Sugar/Serving
Bottled Drinks		
Coca Cola, Pepsi Cola, Red Bull	1 can	9
Mountain Dew	1 can	8 ½
Sports drinks	1 bottle	11 ½
Vanilla, strawberry, chocolate milk	250 ml/1 cup	6
Orange juice	350 ml/12 oz.	6
Apple juice	350 ml/12 oz.	7
Dried Fruit		
Dried mango	50 gm/2 oz.	9
Raisins	50 gm/2 oz.	8
Sultanas	50 gm/2 oz.	8
Pears	50 gm/2 oz.	6
Peaches, prunes, apricots	50 gm/2 oz.	5 ½
Fruit Pouches		
Apple, banana & mango	90 gm/3 oz.	3
Apple, banana & pear	90 gm/3 oz.	3
Fruit Cups		
Organic apple puree	100 gm/4 oz.	3
Organic apple & blackberry	100 gm/4 oz.	3 ½
Peaches in juice	170 gm/6 oz.	4 ½

Sugar Content Guide

Here's a quick guide to typical sugar quantities in well-known store-bought items. Please note the amount of sugar may vary from brand to brand.

2-Minute Noodles	Serving Size	Teaspoons of Sugar/Serving
Fried noodles	85 gm/3 oz.	14 ½
Spicy beef noodles	85 gm/3 oz.	8 ½
Chicken/beef noodles cups	60 gm/2 oz.	9 ½
Oriental noodles in a bowl	85 gm/3 oz.	13
Muesli Bars		
Fruit & nut bar	1 bar	4 ½
Nut bars almond & apricot bar	1 bar	5
Real fruit muesli bar	1 bar	4 ½
Muesli bar with yoghurt topping	1 bar	5
Biscuits		
Chocolate chip	1	2 ½
Chocolate cream	1	2 ½
Shortbread cream	1	2 ½
Shortbread fingers	1	2
Butternut snaps	2	4
Chocolate ripple	2	3
Tiny Teddies	13	4

Sugar Content Guide

Here's a quick guide to typical sugar quantities in well-known store-bought items. Please note the amount of sugar may vary from brand to brand.

	Serving Size	Teaspoons of Sugar/Serving
Muffins		
Blueberry muffin	1 standard	8 ½
Chocolate chip muffin	1 standard	1 ½
Oat bran muffin	1 standard	9 ½
Zucchini muffin	1 standard	5
Cake		
Madeira cake	100 gm/4 oz.	7 ½
Sponge cake	100 gm/4 oz.	8 ½
Frosted cake	100 gm/4 oz.	6
Chocolate cake	100 gm/4 oz.	10
Fruit scones	100 gm/4 oz.	5 ½
Iced cupcake	100 gm/4 oz.	6

Fiona's Tip: Kids snacking can get out of control and with all the options available it's really hard for them to avoid the temptations. Increasing your child's protein portions at meals times will help to keep them fuller for longer and reduce their sugar cravings.

Meet Fiona Stock

Fiona is a respected Naturopath and Nutritionist with 20+ years of extensive clinical experience. She has successfully treated thousands of clients for a wide-range of conditions focused on gut health utilising evidence-based naturopathic philosophy alongside integrative nutrition. After nearly two decades of owning and directing Melbourne's largest natural medicine clinic, she understood it was time to begin empowering families to transform their children's health through education.



For the past 3 years she has been wholeheartedly committed to researching and writing about the crisis facing children's health. During this time Fiona gained specialised training with the Medical Academy of Paediatric Special Needs (MAPS) and Gut and Psychology Syndrome (GAPS) and also became a Jamie Oliver Food Revolution Ambassador. She created a unique on-line learning program dedicated to teaching parents the underlying cause of their child's health condition. Upon reading the program her mentor, Dr Jeffrey Bland, author of *The Disease Delusion* and known worldwide as the "Father of Functional Medicine" recognised the value of her work and encouraged her to write a soon to be released book and get the information out into the public arena.

Rob Knight, Professor of Paediatrics at the University of California, a leading researcher and co-founder of the American Gut Project, mapping gut health across America has edited Fiona's work to date.

Her enthusiasm on the subject has led her to present talks on the critical importance of gut health and its relationship to optimal brain and immune functions. Fiona has always been fascinated in the concept of food is medicine and prior to becoming a naturopathic practitioner gained extensive experience in the food industry, running her wholefoods catering business and teaching people how to cook delicious healthy meals over a 10 year period.