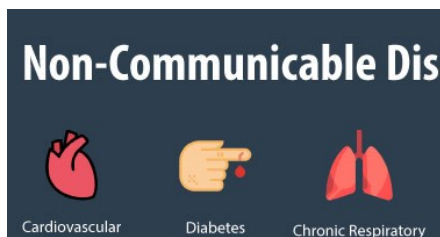


### How much sugar can I use?

The WHO recommends that we do not use more than 6 teaspoons of added sugar daily. A 300ml sugar containing cool drink could have up to 7 teaspoons of added sugar.

Excessive intake of sugar can drive cardiovascular disease onset by promoting high blood pressure, diabetes, inflammation and increased cholesterol levels.

Natural occurring sugars in food does not promote the onset of chronic disease; added sugars are the culprit of many diseases. Added sugars are the sugars and syrups added to foods and beverages in processing or preparation, not the naturally occurring sugars in fruits or milk.



Since 2011 non-communicable (chronic) diseases have a bigger effect on world health than infectious diseases such as flu, HIV/AIDS, TB, etc. These chronic diseases take longer to develop, and could often be discouraged by simple healthy lifestyle changes.

Most of the chronic diseases are related to our body weight. The average person will pick up 2.3kg after a daily intake of 125ml (half a glass) of sugar sweetened cool drink over the course of a year. Studies show a direct link between metabolic syndrome, diabetes, high blood pressure and higher cholesterol levels and an intake of between 3-5 glasses of sugar containing drinks per week.

For more info on the above topic, please contact us via email [dietpro@imagnet.co.za](mailto:dietpro@imagnet.co.za)  
Or phone one of our dietitians via cell no. 084 588 9949