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Health tip

Sugar – less is more

The body needs sugar to keep its metabolic processes running. Here are some interesting facts about this sweet supplier of energy.

► Many forms of sugar

Sugar is a carbohydrate. Monosaccharides (simple sugars) – glucose, fructose and sucrose – are found in fruit, honey or in the traditional sugar we use at home. They are readily available to the body and quickly put up blood sugar levels. Polysaccharides (multiple sugars) consist of more than one sugar molecule and are not easily absorbed by the body. They are found for example in vegetables and whole-grain products and keep blood sugar at a more constant level.

► Hidden away in many foods

Processed foods often contain significant quantities of sugar, e.g. cheese, sausage, muesli or yoghurt. But high levels of monosaccharides are frequently also concealed in frozen pizzas, ready sauces, potato salad, bread or drinks. It's therefore best to opt for natural, unprocessed foods or check the list of ingredients on the food packaging. Sugar hides behind names like dextrose, lactose, raffinose, fructose/glucose/caramel syrup, barley malt extract and whey powder.

► Risk from high consumption

Anyone eating large quantities of added sugar on a daily basis is increasing their risk of obesity, diabetes or caries. This is why it's worth exploring the question of sugar in your diet, paying attention to it when out shopping and reducing your consumption step by step.



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Tip:

The blood sugar level plays a key role in diabetes. If you're interested learning about diabetes, you can find interesting facts at:

www.Bosch-BKK.de/diabetes