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# PREVENTIA

NCDs prevention and health promotion  
through training, networking and  
awareness-raising across the EU

## Sugar consumption

School training

Name of the school, country

Date

Delivered by: name of the educator

Project #:101128898

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*“NCDs prevention and health promotion through training, networking and awareness-raising across the EU”*

- Project funded by the **European Union**.
- Trainings delivered in schools in **Italy, Croatia, Lithuania and Greece**.
- The project’s aim is to **improve health literacy of younger generations** on non-communicable diseases (NCDs) prevention through training on the importance of **healthy eating habits**.



# Non-communicable diseases (NCDs)

- Non-communicable diseases (NCDs), also known as chronic diseases, are **not transmissible** from one person to another.
- They are of a **long duration**, generally slow progression, and occur from a combination of **genetic, physiological, environmental and behaviours factors**.
- They are the result of **unhealthy lifestyles**, e.g., tobacco use, physical inactivity, unhealthy diets, and use of alcohol, leading to metabolic and physiological changes.



Cardiovascular  
Diseases



Chronic Respiratory  
Diseases



Diabetes



Cancer

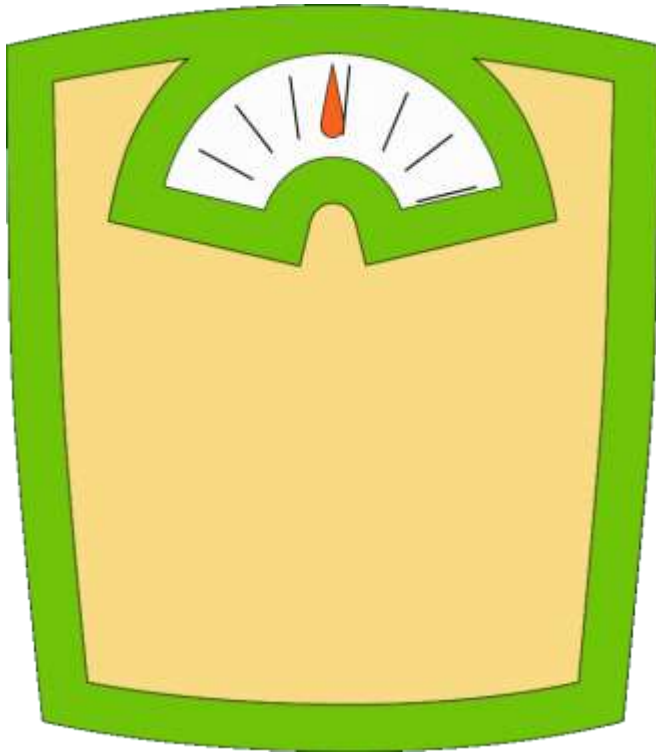


# Key facts: NCDs at the global level

- NCDs are responsible for a significant number of **premature deaths** at the global level:
- NCDs **kill 41 million people each year**, equivalent to 74% of all deaths globally.
- **Cardiovascular diseases** account for most NCD deaths (17.9 million people annually), followed by **cancers** (9.3 million), **chronic respiratory diseases** (4.1 million), and **diabetes** (2.0 million).
- Each year, **17 million people die** from a NCD before age 70.



# Key facts: NCDs effects on children and adolescents



NCDs have an impact on children and adolescents as well:

- **1 in 5 deaths** among adolescents are caused by NCDs.
- **70% of the premature deaths** that occur among adults stem from health-related **behaviors that originate in childhood and adolescence.**
- **3 in every 4 adolescents are not getting enough exercise** and **42 million children** are considered **obese.**



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# Risk factors for NCDs

NCDs are driven primarily by **physical inactivity, unhealthy diets, tobacco use and harmful use of alcohol.**



An **unhealthy diet** is one of the **major risk factors** for a range of NCDs.



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# Healthy diets



The word diet comes from the from the Greek word *díaita*, which means **lifestyle**. A diet is not a restriction, but a **healthy and sustainable** way of living we should all adopt.

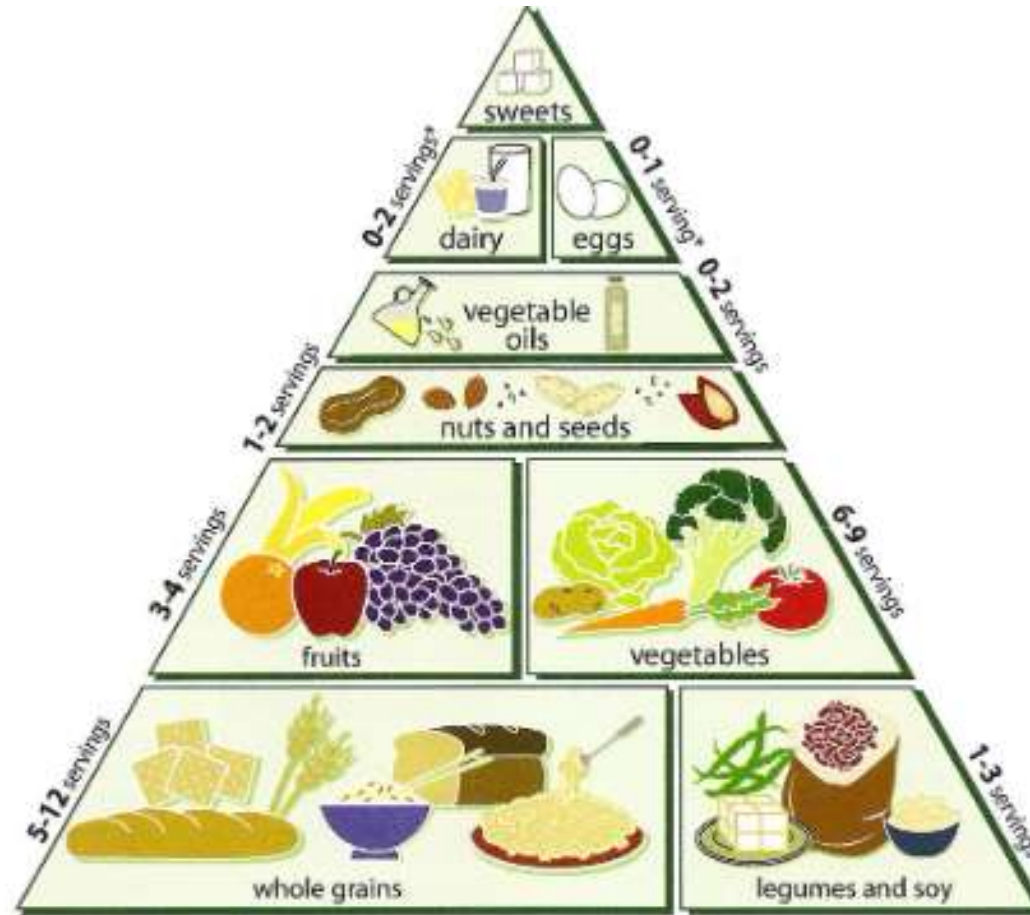
A healthy diet is:

- High in **fruit, vegetables, legumes, whole grains, nuts.**
- Low in **salt, free sugars and fats.**



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# The food pyramid



Did you know? **5 portions of fruit and vegetables per day** reduce the risk of NCDs!



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# Physical activity

Regular physical activity is **good for our body and our mind:**

- It helps preventing and managing **NCDs.**
- Reducing **depression and anxiety.**
  - Ensuring a **healthy grow.**

Make sure you:

- **Walk or cycle** as much as you can.
- Practice **sports** regularly.
- **Play outside** with your friends.



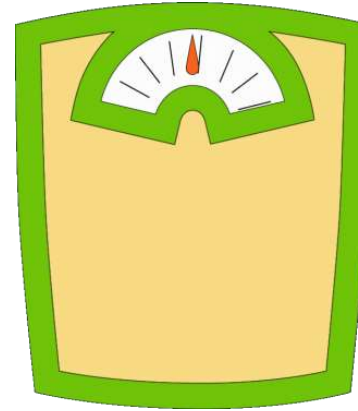
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**SUGAR**

# Excessive sugar consumption and NCDs

A high consumption of **foods high in sugar** is associated with various health risks: **dental caries, overweight, obesity** and may lead to **diabetes** and **cardiovascular diseases**.



## Healthy Diet VS Unhealthy Diet

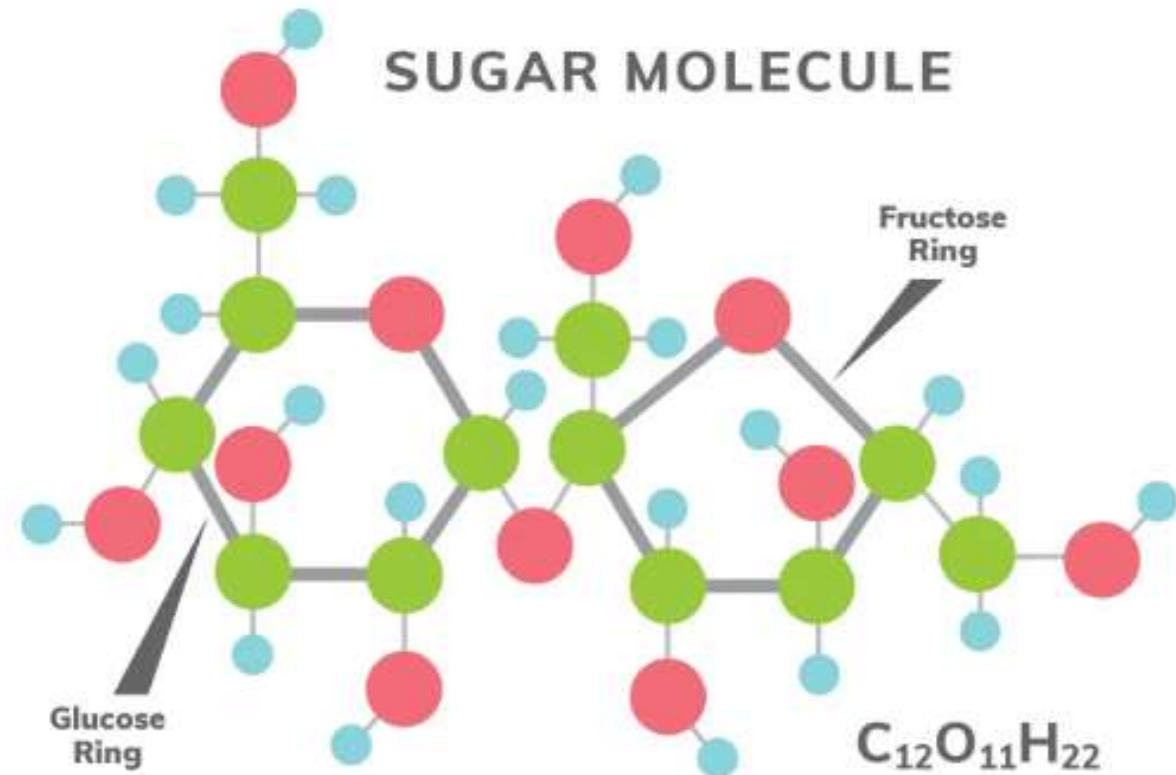


# What is sugar?

Sugar is a sweet substance that **originates from plants** like **sugar cane** and **sugar beets**.

It is one giant molecule of carbohydrate with a scientific name called **sucrose**, made of two smaller carbohydrates, named **fructose** and **glucose**.

Sugar can be disguised under fancy names, such as **lactose**, **maltose**, **dextrose**, **starch**, etc.



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## 2 types of sugar

**Intrinsic  
sugars**  
*(slow sugars)*

Sugars **naturally  
present** in food  
(e.g. dairy  
products, fruit  
and vegetables).

**Free sugars**  
*(fast sugars)*

Sugars **added** to  
food as well as  
sugar in **honey,  
syrup and fruit  
juice.**



  
**An excessive consumption of free sugars is dangerous for our health!**



■ Total of sugar    ■ Free sugar

Cola 330ml



36g  
36g

Diet cola 330ml



0g  
0g

Fruits yoghurt 125g



15.9g\*  
11.25g

Plain yoghurt and fresh strawberries 125g



11.6g  
0g

Orange juice 150ml



12.9g  
12.9g

Fresh fruit salad 140g



19.6g  
0g

\* Naturally includes milk and fruit sugars in addition to free sugars

Source: Public Health England

# Recommended daily intake of sugar

We are allowed to have some free sugars on a daily basis, but **we shouldn't exaggerate!**

The World Health Organization recommends to have a maximum of:

For children **between 4 and 6 years old:**  
19 grams of free sugars a day or **5 sugar cubes.**

For children **between 7 and 10 years old:** 24 grams or **6 sugar cubes.**

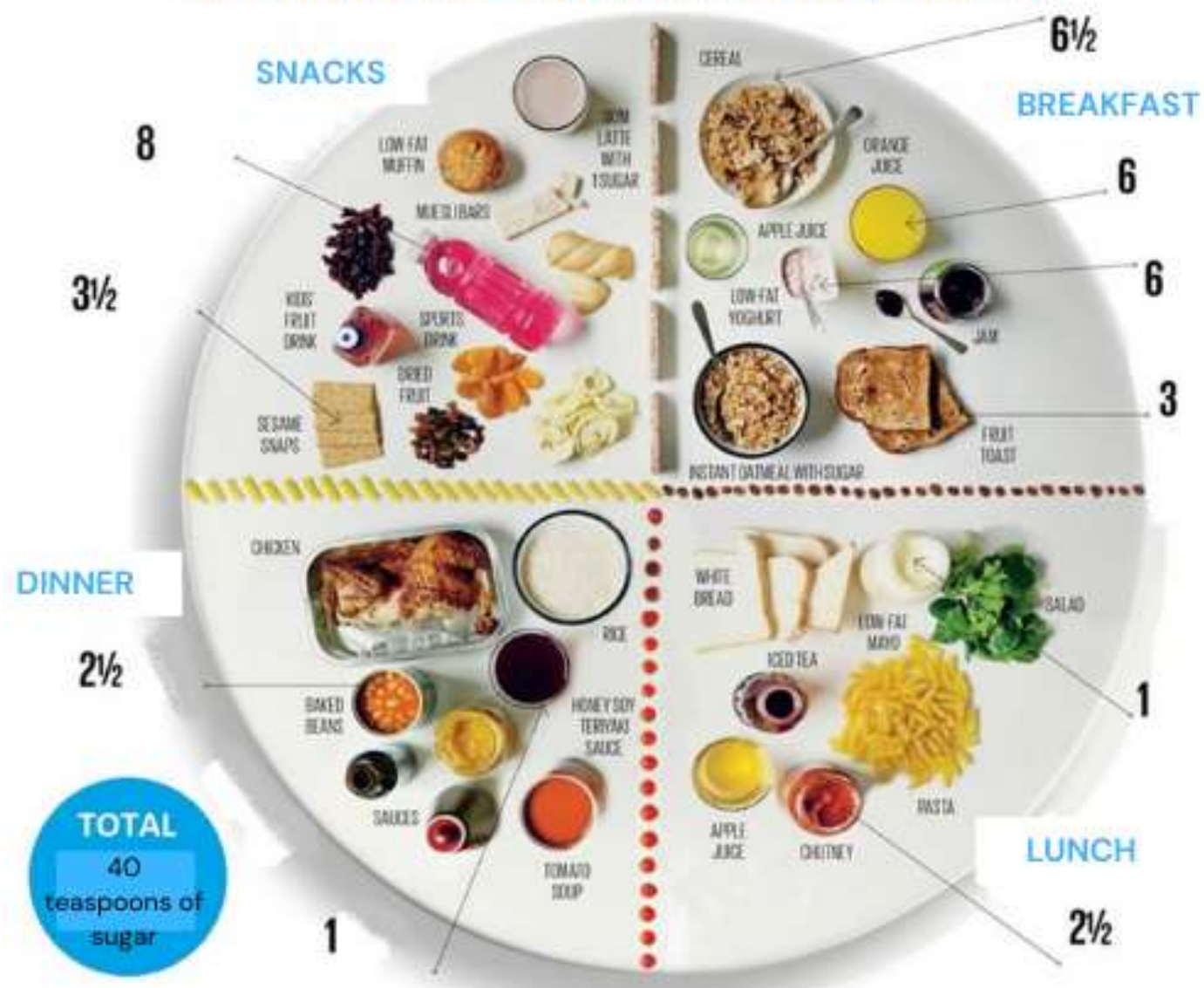
For **adults:** 30 grams or **7 sugar cubes.**



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## NUMBER OF TEASPOONS OF SUGAR FOR A TYPICAL DAY



## Where can we find sugar?

Recommendation:  
5-6 cubes of sugar per  
day.

But sugar is added to  
many foods we normally  
consume, **not just in  
sweets!**



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# Quiz time!

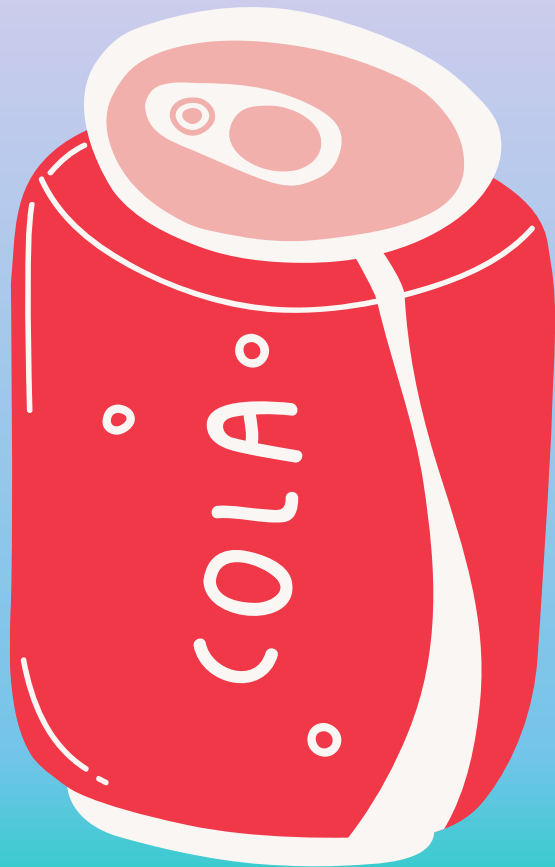


In your opinion, how much sugar is present in the following foods?



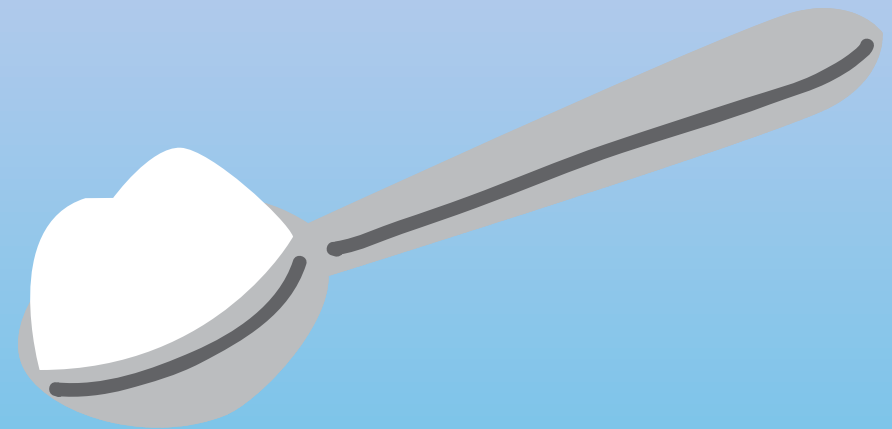
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# Can of cola



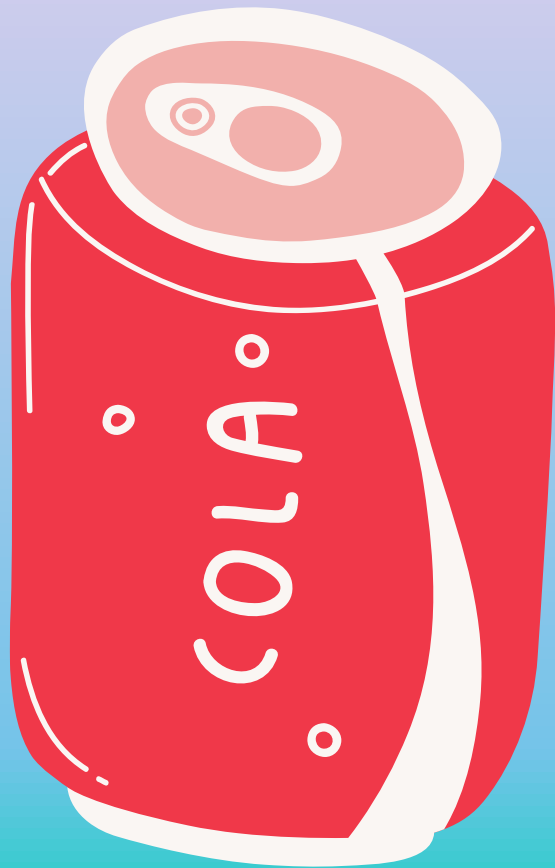
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?



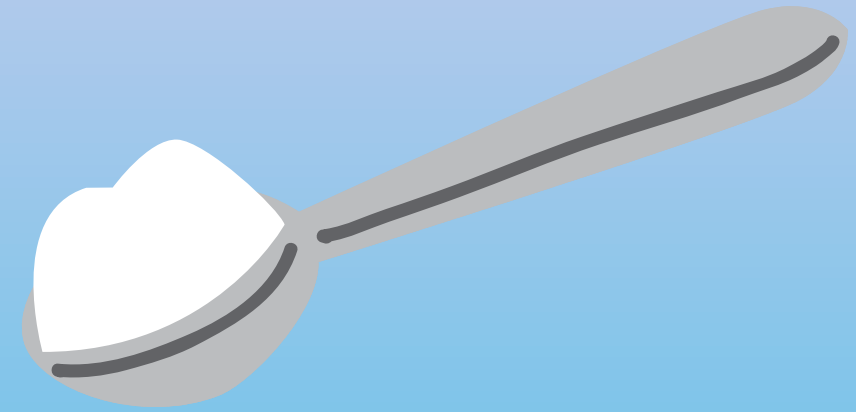
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## Can of cola



=

9

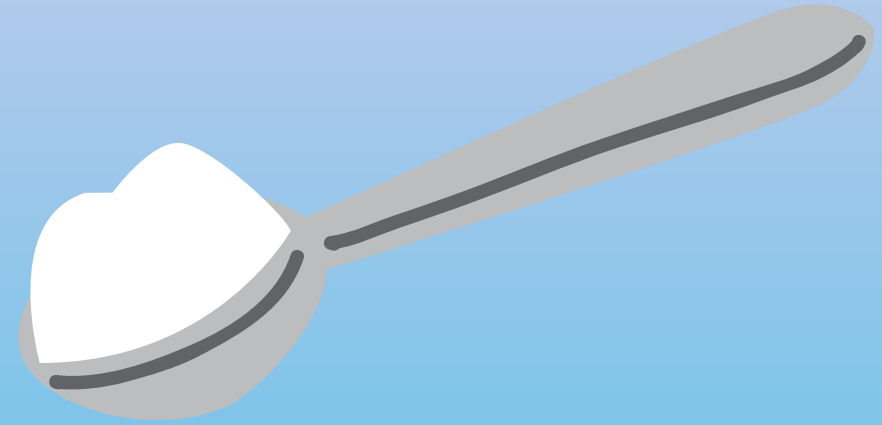


# Starbucks hot chocolate



=

?

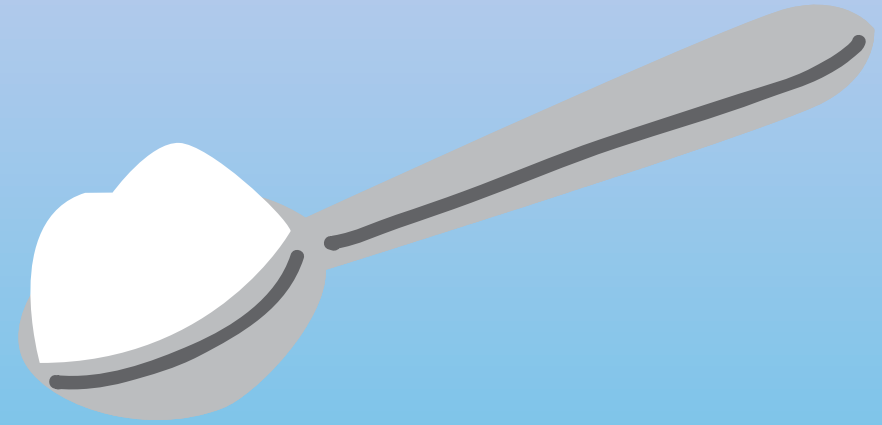


# Starbucks hot chocolate



=

15

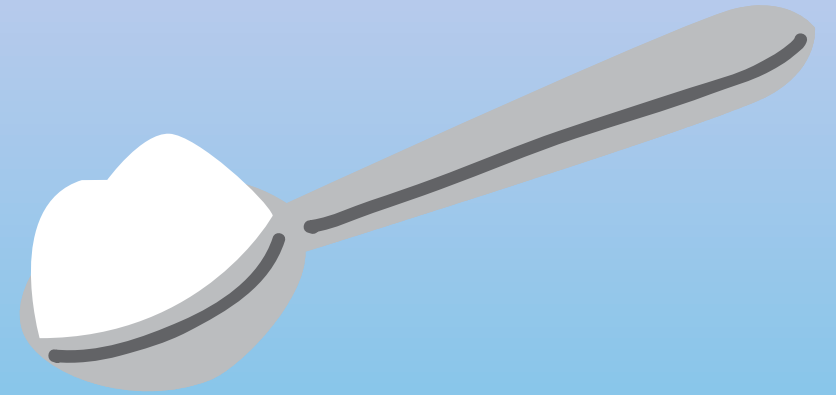


# Strawberry yogurt



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?



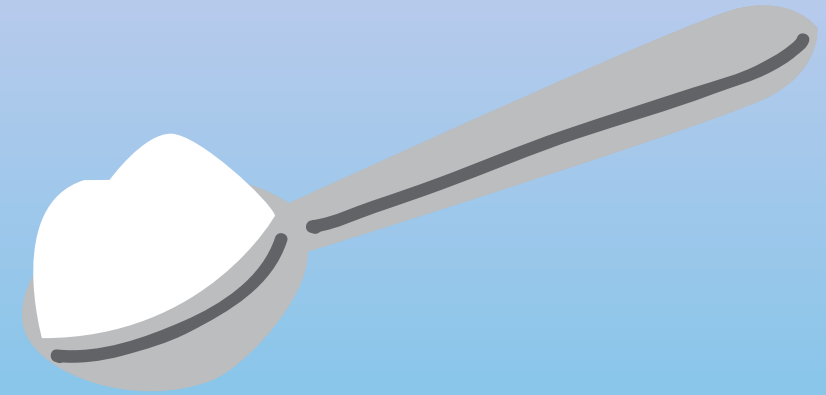
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# Strawberry yogurt



=

4.5



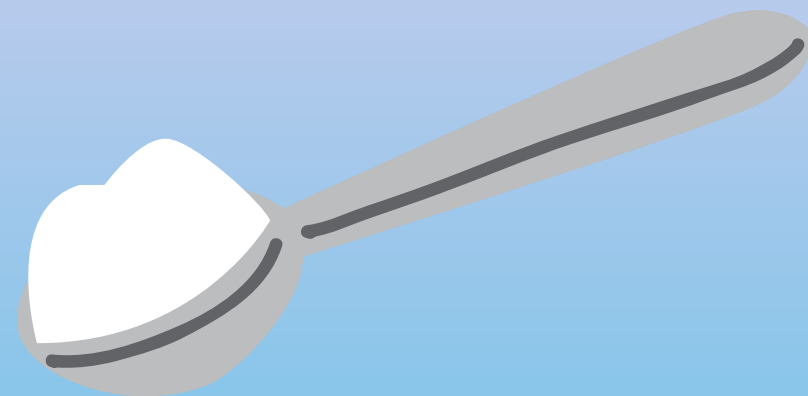
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# Orange juice



=

?

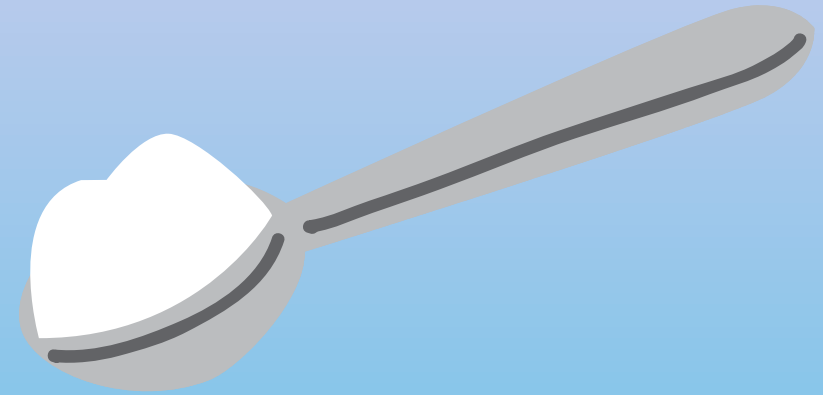


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# Orange juice



= 5

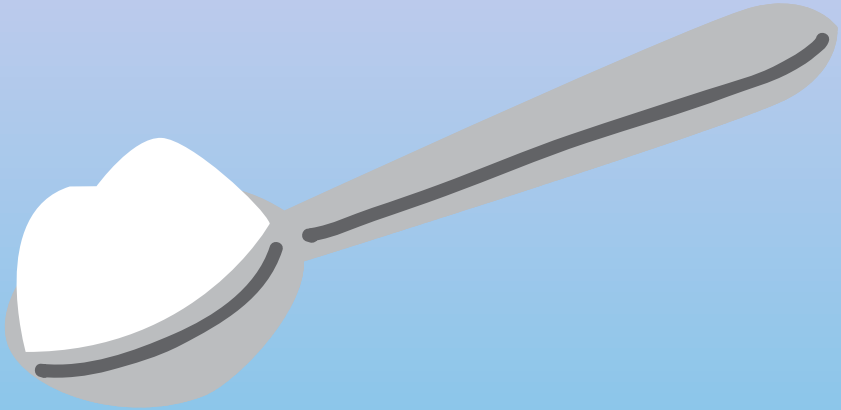


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# Two slices of bread with a chocolate spread



= ?



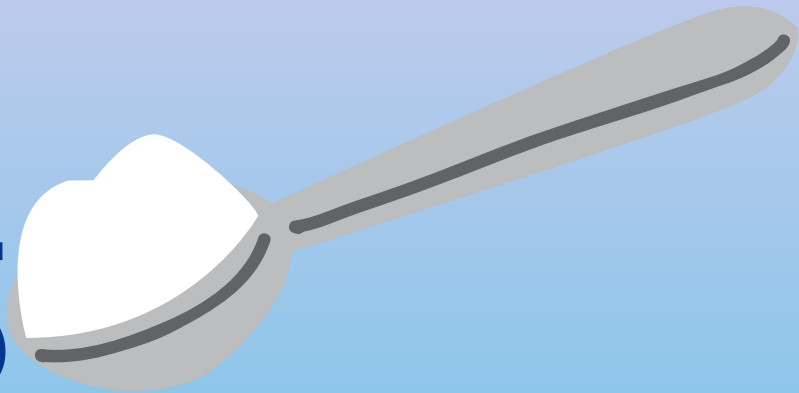
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Preventia  
Preventing diabetes, obesity, and cardiovascular diseases

# Two slices of bread with a chocolate spread



= 4.5



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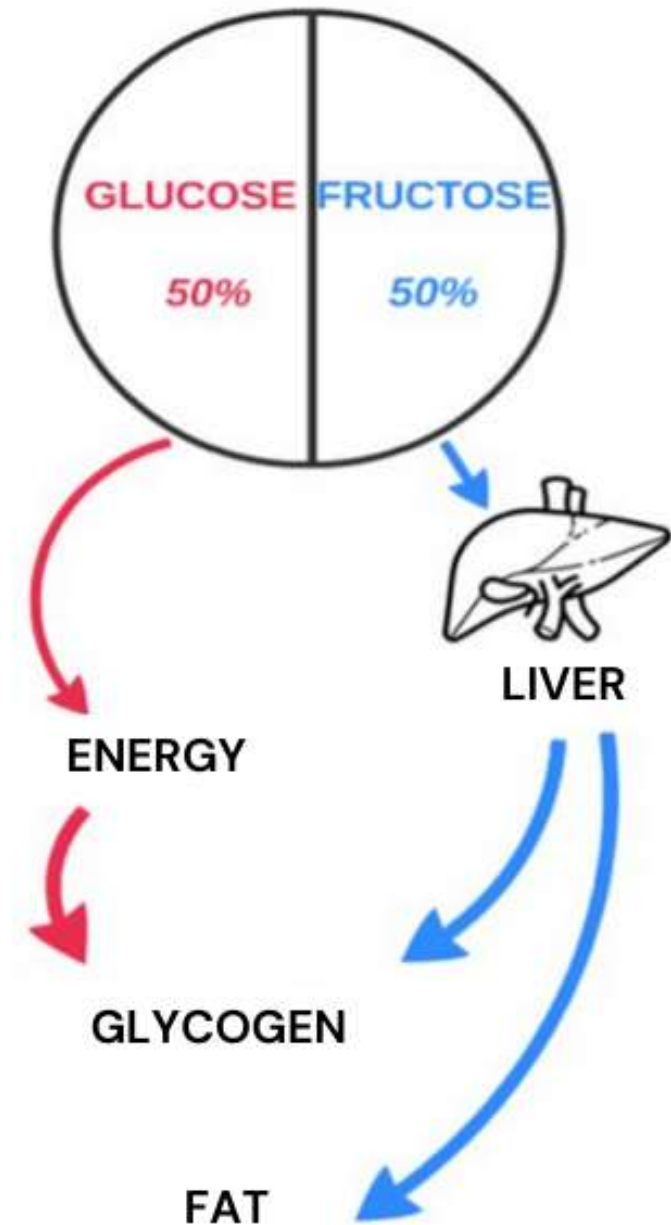
Preventia

Preventing diabetes, obesity, and cardiovascular diseases

# The journey of sugar to the liver

Sugar consists of 50% glucose and 50% fructose.

- **Glucose** is directly converted into **energy** or used for later as a spare battery.
- Excess **fructose** is converted into **fat**, which is **deposited in the liver**. This creates an increased risk for diabetes and hearth diseases.



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# Recommendations for reducing sugar intake

- **Look at the amount of sugar** in your favorite foods: learn how to **read the labels** to spot sugar and its synonyms.
- When you can, replace refined sugar with **natural sweeteners** (fruit, dates, dried fruit, honey, maple syrup).
- Instead of sweetened yoghurt, use **plain yogurt and add fresh fruit.**





# Recommendations for reducing sugar intake

- Be snack smart and **choose fruits, nuts, bread and hummus**. Be careful with “**healthy**” processed snack foods.
  - Try to buy as **little processed food as possible**.
  - **Avoid sauces or soups with added sugars**. Ask your parents to make your own at home, cooking together is a fun activity!
- Remember: **foods high in sugar should be eaten with moderation!**



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# End of part 1

Name of the trainer

Email address

Logo of the organisation



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