

What everyone should know

On average, the population eats 50kg of sugar each and every year. Many people eat far too much refined sugar - that is white, brown or raw sugar, honey, sucrose, glucose, molasses and syrup. Most of this sugar (70%) is contained in foods like soft drinks, confectionery, breakfast cereals, "health" bars, biscuits, beer and wine. It is the addiction to sugar that affects our weight, energy levels, mood, ability to deal with stress and overall health.

What is blood sugar level?

Carbohydrates in our diet are broken down and digested in the digestive tract into simple sugars, namely glucose.

Glucose is fuel used for energy by our brain and our body. The glucose is absorbed into the blood stream from the digestive tract, and it is the amount of glucose in the blood at any one time that is referred to as "blood sugar level".

Carbohydrates can be complex - such as whole grains, oatmeal and vegetables, or simple - such as beer, sugar, white flour, pasta, biscuits, sweets etc. It is the speed at which they are broken down and absorbed into the blood stream that affects our blood sugar level.

What happens to Glucose in the blood?

Your body aims to keep your blood sugar level as even as possible at all times. After a meal the blood glucose level goes up significantly, and this stimulates the pancreas to release insulin. Insulin is a hormone that allows the glucose to move from the blood into the body cells to be used for energy. This results in a decrease in blood sugar level and signals the body to eat again to increase the level.

What is poor blood sugar balance?

It's the sugar blues! You know that late morning or afternoon feeling of tiredness, irritability and difficulty in concentrating?

It's due to a roller coaster effect of your blood sugar level rising too steeply and then dropping too low, and it's caused by eating a diet high in refined carbohydrates, chocolate, tea, coffee, and sugars.

Symptoms include:

- Mood Swings
- Tiredness
- Cravings
- Irritability
- Confusion
- Anxiety
- Worrying
- Allergies
- Insomnia
- Excess Thirst
- Excess Sweating
- Tendency towards depression
- Headaches
- Water Retention and Bloating
- Lack of concentration
- Forgetfulness