



Event Details

Event:	HWB161715 - Sugar - How Much is Too Much
Subject:	
Event Overview:	Sugar intake is a hot topic at the moment but understanding how much sugar you can eat or even how to identify how much sugar a food contains can be difficult. This seminar will help you identify where your sugar intake may be higher than you think and how to take steps to reduce this.
Event Objectives:	To help participants understand how much sugar they should be eating, how to identify foods that are higher in sugar and what to substitute them with. It will also cover tips on making healthier food swaps and how to reduce a sugar habit
Event Content:	<ul style="list-style-type: none">* How much sugar do we need?* Health consequences of a high sugar diet* How to read food labels* Some surprising culprits* Sugar substitutes the good, bad and ugly* Healthier food swaps* Practical steps to reduce your sugar intake
Notes:	
UCD Instructor:	
Instructor (External):	Heather Leeson, Glenville Nutrition
Building:	Ardmore House
Room:	Boardroom 2
When:	13.00 on 25-Jan-17 for 1 hours