

How long to work off the sugar and fat in our food?

When you're busy it can be easy to reach for packaged foods and drinks. But you may be surprised to learn just how much sugar or fats are in your favourite foods.

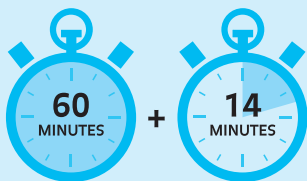
Here's a general guide to the sugar or fat in common foods – and how much exercise we need to do to work it off.



SUGAR

- Low sugar breakfast cereal and yoghurt have less than 15g sugar per 100g
- Avoid drinks with more than 2.5g carbohydrate per 100g
- Choose other foods with less than 10g sugar per 100g

Fizzy Drink per 355mls



walking required to burn off the energy



Flavoured Milk per 250mls



walking required to burn off the energy



Diet Fizzy per 355mls



walking required to burn off the energy



Fruit Juice per 250mls



walking required to burn off the energy



Sports Drink per 750mls



walking required to burn off the energy



Sachet Drink per 1 litre



walking required to burn off the energy



Energy Drink per 255mls



walking required to burn off the energy



Bottled Water



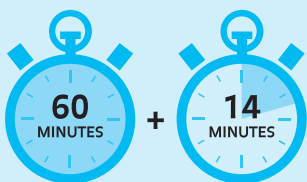
walking required to burn off the energy



FAT

- Choose foods with less than 2g saturated fat per 100g
- Low fat yoghurt has less than 2g total fat per 100g
- Low fat milk has less than 1g total fat per 100g
- As a general guide, choose other foods with less than 10g total fat per 100g

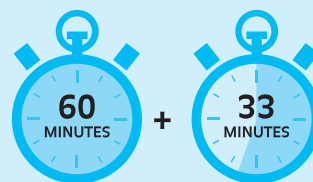
Coconut Cream per 1 cup



walking required to burn off the energy



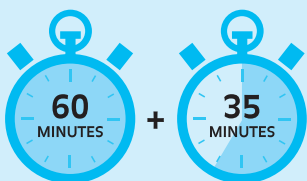
Fried Rice per 2 cups



walking required to burn off the energy



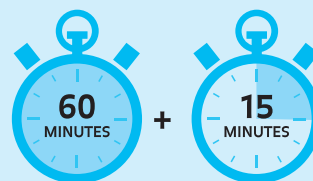
Hamburger per burger



walking required to burn off the energy



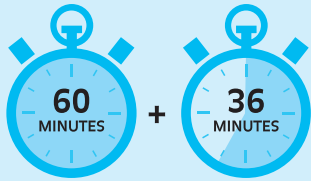
Hot Chips per medium fries



walking required to burn off the energy



Fried Chicken per 3 wings



walking required to burn off the energy



Fried Fish per 2 pieces



walking required to burn off the energy



Corned Beef per 340g can



walking required to burn off the energy



Sausage Roll per 1 medium



walking required to burn off the energy



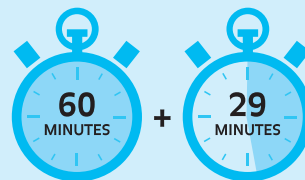
Potato Chips per 150g bag



walking required to burn off the energy



Meat Pie per 170g pie



walking required to burn off the energy



Data courtesy of Diabetes Project Trust

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.