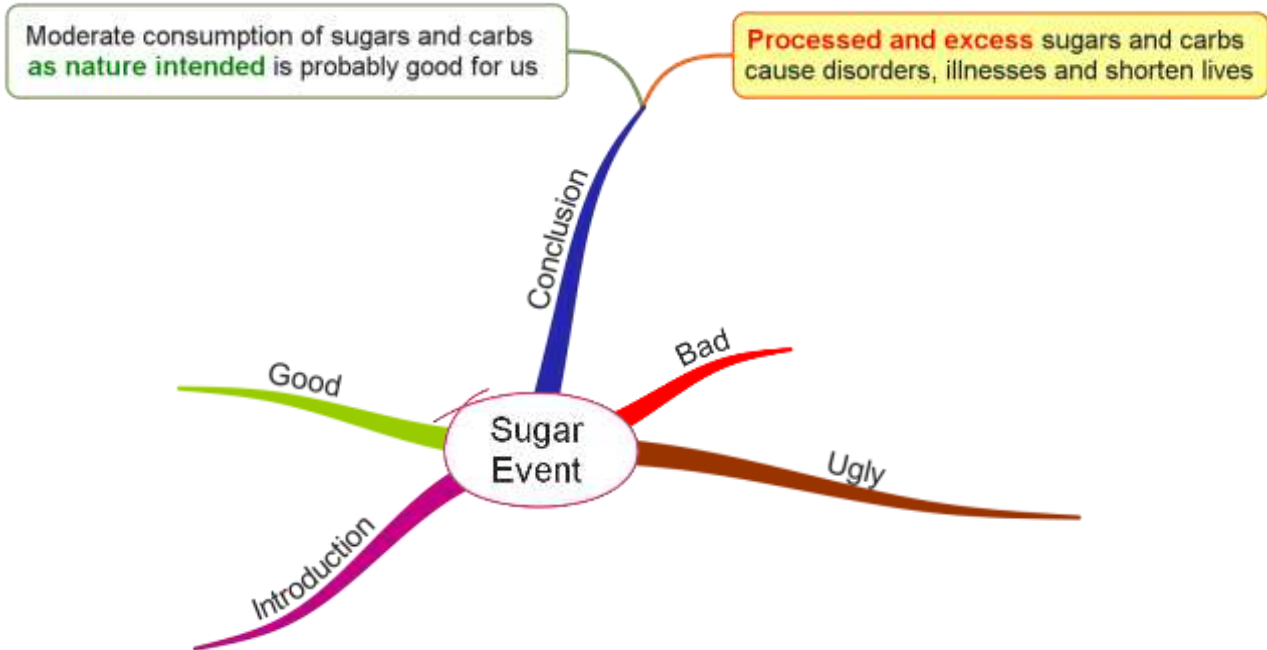


Sugar Presentation at Folks and Fables  
10am on 3<sup>rd</sup> July 2017  
Aim, Objectives and Outline

**Aim:** How we can consume less of the most damaging sources of sugars

**Objectives and Outline:**

Previously (Bingham library April 2016): Roger explained that we all need just a tiny amount of sugar in our blood yet if, too often, we have any more than this tiny amount this leads to; chronic illnesses, emotional troubles, extra pain and earlier death.



This time:

1. A quick reminder of what is meant by sugars and carbohydrates
  - ✚ All carbohydrates are made by plants
  - ✚ Sugars are the simplest carbohydrates
  - ✚ More complex carbohydrates are made from sugars
2. Digestion of carbohydrates
  - ✚ Many starches can rapidly release their sugar into our blood
  - ✚ Microbes help us to more slowly digest:
    - i. 'resistant starches'
    - ii. 'soluble fibre'
  - ✚ 'Insoluble fibre' resists digestion and so does not release its sugar
3. How did most of the world come to be eating excess carbohydrates?
  - ✚ [Excellent 15 minute film helps to answer this](#)
4. How you might improve your emotional and physical health by:
  - ✚ Working out how much you are consuming of these types of carbohydrate and working on getting the proportions that best suit you and your gut
  - ✚ Eating to encourage the best possible range of gut microbes for digesting carbohydrates including sugars
5. How can you make changes for:
  - ✚ for yourself?
  - ✚ for your loved ones?