

Beware those hidden sugars

What are hidden sugars? These are the sugars added to processed foods to enhance their flavor. They are often found in sauces, biscuits, low fat yoghurt, breakfast cereals, baked goods, fruit juices, and sports drinks. A long list and, by no means, complete!

So here's a challenge. Visit your local supermarket and try to do a 'normal' shop without purchasing a product with added sugar. This will appear on the back label under ingredients, and the earlier it is listed on the label the higher the proportion of sugar in the product. You will find, as I did, that even 'healthy' products such as low fat yoghurt are in fact full of sugar.

We have made a demon out of fat but ignored sugar at our peril. While there are 'good' fats, the omega-3 oils for instance, simple sugars are always empty calories. In Australia, added sugar will be cane sugar or sucrose. This consists of one glucose and one fructose molecule. Of the two, fructose causes the most concern. Our bodies would normally consume fructose in seasonal fruit, more a dietary treat than a dietary staple. As such, we have not evolved a mechanism for regulating fructose in the body.

Glucose on the other hand is a very important nutrient and is rigidly controlled within the body through the effect of insulin and the energy pathways. But fructose



bypasses all the control mechanisms set up to act on glucose, including the hormones which tell us we have eaten enough, and is converted in the liver directly into fat.

So what should we do? Awareness is the first step! Begin by reading the ingredient list and the nutritional content of food. Find out what's really in a product. Try to avoid those with added sugar, or at least those with sugar listed in the first three or four ingredients. And listen to your body. If you're eating all the right foods but still cannot 'shift' your weight, begin looking at hidden sugars. While there may not be many in any one type of food all the small amounts you consume can soon start adding up to a problem!

By Brien Cole.
Brien is a naturopath and nutritionist.
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A place to unwind

For its quiet ambience and great vegetarian/vegan food Aum Shanti Vegetarian Café and House of Art has rapidly become renowned as one of Frankston's most popular meeting places. Not only is the menu healthy and appealing, it also caters for a variety of dietary requirements, including gluten, dairy and egg free. Owner, Elke Newall, is passionate about educating her customers on the benefits of a healthy diet and is always introducing new tastes, including a growing selection of 'raw' food options.

Aum Shanti is also a treasure trove of beautiful and 'ethical' gifts from around the globe. With a large selection of ideas from jewelry to clothing, home wares, books and toys, Elke prides herself in supporting artisans from Bangladesh to Peru. She said, "Those looking for that special gift can also be part of my mission to make a difference, and by doing so they will 'give a gift' twice".

Aum Shanti House of Art has become a thriving place for monthly art exhibitions. Well regarded artists Cheryl Peterson and Sara Catena have both held very successful showings at the venue. With a portion of all sales going to various local charities this is yet

another way Elke demonstrates her passion to support the local and wider community.

As well as holding regular art exhibitions, Elke also supports local poets, authors and musicians by regularly hosting intimate and fun gatherings to promote these artists. And many customers take advantage of its wonderful ambience, and Elke's fabulous food, for their private gatherings and functions.

Be a part of this unique and flourishing cultural venue or just call in and enjoy a cup of your favourite brew while you unwind from the demands of day to day living! But you can be sure that one visit will not be enough to take in all of the beauty and atmosphere of this gorgeous little haven!

Aum Shanti is located at 439 Nepean Highway in the heart of Frankston (opposite McDonalds). Call Elke on 9783 2899 or follow Aum Shanti on Facebook to keep up to date with forthcoming events, grab a delicious new recipe, or be inspired by one of Elke's uplifting 'Thought for the Day' messages.

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aum shanti

Aum Shanti Vegetarian Café & Gallery is nestled right in the heart of Frankston CBD. Stepping in the door takes you on a journey that will delight all your senses

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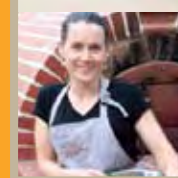
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