



THE 56 NAMES OF SUGAR

juice

sugar

Raw Cane Fructose

Lactose Carob

Glucose

Corn

syrup

Very Dextran High Dextrose

Muscovado Treacle

Dextrose Icing Ethyl Maltose Free Invert

Malt granulated Panocha Maltose Mannitol Honey

solids Bar Demerara Maltodextrin Sucrose

Dehydrated Powdered Turbinado

Glucose Brown Fruit malt

Confectioner's Beet Diastatic Bittered Caramel maltol

Refiner's Barley Rice Yellow

Sugar Molasses



SLADILA

(Sweeteners)



Kalcij
Vitamin D

SMANJENI
UDIO
ŠEĆERA

Nestlé Whole Grain Guaranteed
LOW SUGAR
Oat
Cheerio
tasty &...

Ricola
Original Herb
sugar free
Swiss

Mlijeka
STEVIA
BEZ
DODATNOG
ŠEĆERA
EMULZORNE
VARIJETAETIKE
BOGATA
VITAMINIMA

SMUCKER'S
LOW SUGAR
No Artificial Sweetener
Strawberry
Preserves

Mentol
SUGARFREE
STEVIA
BEZ ŠEĆERA

Nestlé
WHOLE GRAIN
Fitness
30%
LESS
SUGARS

Sugar Free
OREO

Wrigley's
Orbit
Professional
SUGARFREE CHEWING GUM

WOW, u novije vrijeme svi su proizvođači bez šećera ili smanjenog udjela šećera?

FRANCK
CAFÉ
*MANJE ŠEĆERA
BOGAT VLAKNIMA

CEDEVITA
okus NARANČA
35%
manje šećera
u napitku**

SUGAR FREE
CHILI
NEW

GI
CONTROL
crni ribiz
jabuka
PRIRODNI ŠEĆER IZ VOĆA

Freska
Control
-30%
ŠEĆERA
Jagoda
BEZ LAKTOZE

zero SUGAR
Coca-Cola

Werther's
Original
Sugar Free
Caramel
NET WT. 2.75 OZ. (77.9g)

FRESH
DOSE OF
9 VITAMINS
1x =

Čak se organiziraju i međunarodni kongresi na temu smanjenja udjela šećera!

Zašto svi pričaju o potrebi smanjenja udjela šećera u prehrambenim proizvodima?

Zašto se traže zamjene za saharozu?

MANJE ŠEĆERA?

Koja su to PRIRODNA SLADILA?

BEZ DODANOG ŠEĆERA?



World Cancer Research Fund International

Sugar Reduction Summit: Sugar, sweetness & obesity

Why is global sugar consumption a problem?

- Consumption patterns exceed WHO sugar guideline
- Consumption is growing
- Excessive consumption is one factor promoting overweight and obesity

SUGAR

INCREASES ENERGY DENSITY OF FOOD AND DRINK

CONTRIBUTES TO WEIGHT GAIN

LEADS TO BEING OVERWEIGHT OR OBESE

INCREASES CANCER RISK

www.wcrf.org



Puno je razloga zašto se traže zamjenska sladila,
a među najvažnijima su:



PRETILOST

- Povezana s pojavom kardiovaskularnih bolesti



DIJABETES

- Mogućnost kontroliranja razine glukoze u krvi



ODRŽAVANJE ORALNOG ZDRAVLJA

- Velika konzumacija konditorskih proizvoda

THE SUGAR REDUCTION SUMMIT

PROGRESS, INDUSTRY AND PUBLIC HEALTH

London – Thursday 9th November 2017

SUGAR

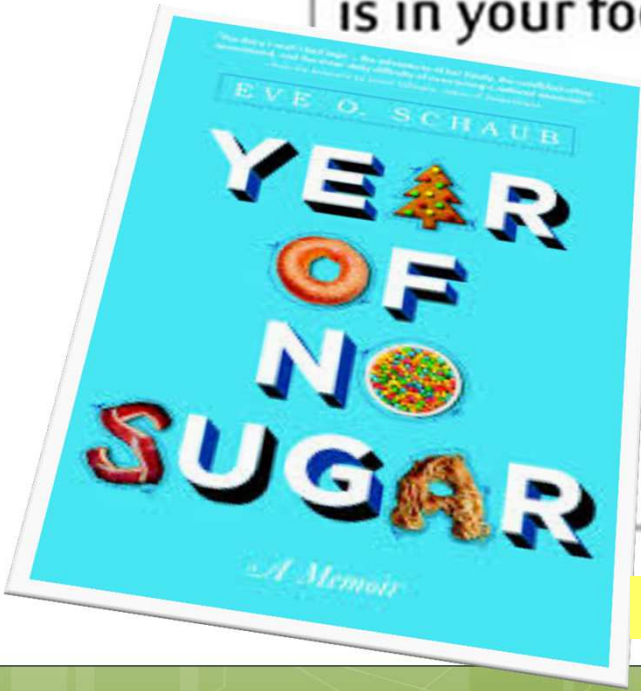
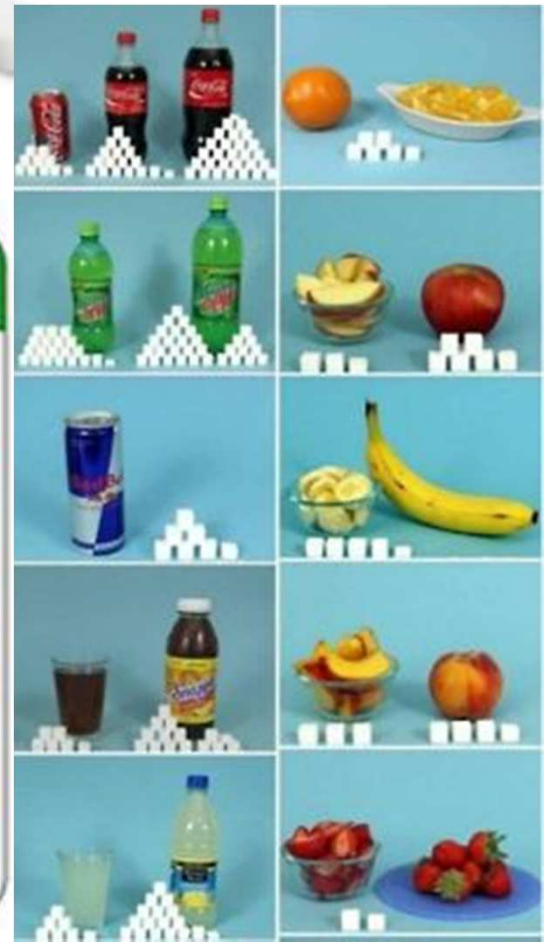
On March 4th, the World Health Organisation issued new recommendations for

reducing sugar consumption

Check how much fat, sugar and salt is in your food

Food Shopping Card

	Sugars	Fat	Saturates	Salt
What is HIGH per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is MEDIUM per100g	Between 5g and 15g	Between 3g and 10g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is LOW per100g	5g and below	3g and below	1.5g and below	0.3g and below



STOGA JE VAŽNO POZNAVATI I DRUGA SLADILA OSIM SAHAROZE!

Izbor je velik!

INTENZIVNA SLADILA



Neotam, sukraloza,
neohesperidin,
dihidrohalkon

Aspartam, saharin,
acesulfam K, ciklamati,
alitam



PRIRODNA SLADILA

Saharoza, glukoza, fruktoza, FOS...

STEVIJA, MED

JAVOROV SIRUP,
RIZIN SLAD, AGAVIN
SIRUP

MELASA, SUHO
VOĆE

POLIOLI, SLADIĆ...



ŠEĆER

SLADIĆ (Glycyrrhiza glabra) JE JEDNA OD NAJSTARIJIH LJEKOVITIH BILJAKA ČIJI SE KORIJEN KORISTI ZA ZASLAĐIVANJE I LIJEČENJE, 50 PUTA JE SLAĐA OD ŠEĆERA

Med ima dokazana antibakterijska, antivirusna i antifungalna svojstva

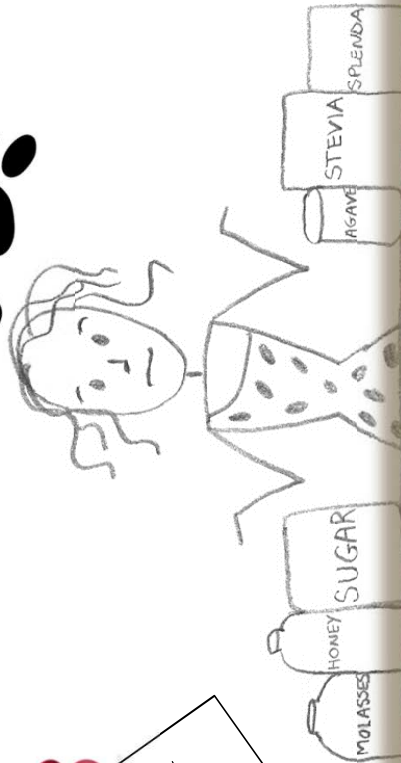
POLIOLI IMAJU LAKSATIVNI UČINAK!

Neotam je čak 8 000 puta slađi od saharoze

Stevija nema energijsku vrijednost i 300 do 400 puta je slađa od konzumnog šećera

Umjesto bijelog ili smeđeg šećera može se upotrijebiti i voćni pire od datulja, banana i jabuka ili 100 %-tni voćni sok.

Bijeli sirupi sadrže vitamine, minerale i antioksidanse!



Nadam se da smo vas uspješili zaintrigirati da upišete predmet Sladila na kojem ćete saznati puno zanimljivih i nadasve praktičnih činjenica koje će vam omogućiti kreativnost u jelovniku, kuhinji, proizvodnom pogonu...bez previše muke oko zbrajanja kalorija i zdravstvenih problema!

U tome će nam pomoći:

PREDAVANJA:

- 1. Podjela sladila, relativna slatkoća, ugljikohidratna sladila
- 2. Ugljikohidratna sladila
 - 2.1. Monosaharidna sladila
 - 2.2. Disaharidna sladila
 - 2.3. Oligosaharidna sladila i sladila na bazi škroba
- 3. Šećerni alkoholi (polioli)
- 4. Neugljikohidratna sladila (umjetna, intenzivna, nenutritivna)
- 5. Prirodna sladila (šećerni sirupi, med, sladić, melasa, yacon, locuma)

VJEŽBE:

- Senzorska analiza čajeva i kakovih napitaka pripremljenih s različitim vrstama sladila
- Posjet rasadniku stevije
- **Pismeni ispit po završetku predmeta neće biti ni najmanji problem !!!**



VIDIMO SE NA 1. SLATKOM PREDAVANJU
23. travnja 2018. g. u 9:00h u PREDAVAONI 4!



Sugar swaps

- Beat cravings with fat and protein**: Illustration of a person sitting at a table with a sad face, and another person running happily. A box of "Sugar Flakes" is shown being thrown into a trash bin.
- Swap sugary drinks for fizzy water**: Illustration of a person drinking from a bottle of fizzy water, with a can of soda and a bottle of water nearby.
- Try sugar substitutes**: Illustration of a cup of coffee with a packet of "sweeteners" and a cupcake with "stevia" written on it.
- Look out for hidden sugars**: Illustration of a person holding a magnifying glass over a bottle of soda with a "mustache" icon on the label.

