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Be aware - some treats you have with a cuppa will put you way over your daily limit

» MARIA CROCE

IT'S tempting to order a slice of cake when you're out for a coffee - but new research has revealed the shocking levels of sugar in some cafe treats.

A single Pret A Manger's Lemon Drizzle slice contains 18 teaspoons of sugar.

That's more than six Krispy Kreme doughnuts and THREE TIMES a child's entire daily recommended maximum sugar intake.

It's also more than twice the 7.5 teaspoon maximum recommended daily sugar intake for adults.

Action on Sugar are calling on cafe chains and manufacturers to reduce their sugar content in products.

Their research found the worst offenders are cakes with fruit - such as lemon and blueberry, and even carrot, with 10 or more teaspoons of sugar per serving.

Supermarkets appear to be leading the way by offering lower calories and less sugar in their cakes compared to cafes.

But many cafe treats are packed with calories. Starbucks' Christmas Carrot Cake has 15 teaspoons of sugar (616kcal) per serving - more sugar than five Krispy Kremes.

Pret A Manger's Double Berry Muffins are each loaded with 10 teaspoons of sugar (512kcal).

You might assume a doughnut would be worse but a basic 52g Krispy Kreme is 200 calories and contains 2.5 teaspoons of sugar.

Sugar content varied widely among the same type of cake across cafes and supermarkets, making it even harder for customers.

A Caffé Nero Lemon Poppyseed Muffin has eight teaspoons of sugar, (461kcal) - three tsp less per serving than the same choice at Starbucks.

Nutritionist Kawther Hashem, a researcher at Action on Sugar, said: "It's ludicrous that popular coffee shops are serving slices of cake containing over 600 calories and 18 teaspoons of sugar. To burn off this many calories, you'd need to walk for over two hours."

The cafe chains say nutritional information is on their websites. They insist they are committed to reducing their use of sugar and some already offer alternatives with lower calories and less sugar.

But Lorraine Tulloch of

The coffee shop cakes with more sugar than 6 Krispy Kreme doughnuts



		Serving	Calories	Sugar (tsp)	
LEMON	Pret A Manger	Lemon Drizzle Slice	172g	698	18
	Starbucks	Lemon Poppyseed Muffin	131g	470	11
	Caffé Nero	Lemon Poppyseed Muffin	120g	461	8
CARROT	Starbucks	Christmas Carrot Cake	146g	616	15
	Costa	Layered Carrot Cake	153g	593	14
	Caffé Nero	Carrot Cake	145g	366	11
BLUEBERRY	Pret A Manger	Double Berry Muffin	145g	512	10
	Starbucks	Blueberry Muffin	122g	472	7
	Costa	Blueberry Muffin	125g	452	8
CHOCOLATE	Pret A Manger	Triple Chocolate Cake	139g	430	13
	Caffé Nero	Festive Chocolate Fudge Cake	128g	427	14
	McCafe	Chocolate Muffin	NP	NP	9

* As reported on pack or calculated from per 100g and per serving nutrition info.
**As recommended on pack or as sold. Serving/portion size varies as given on pack or as sold. (NP) Not provided. Maximum recommended for adults is 7.5 tsp of sugar per day

three times more free sugars than recommended.

"Two in three people in Scotland are now overweight or obese.

"We need to ensure that cafes and restaurants are part of the reformulation work currently being taken forward across the UK.

"We need to see reformulation of all the food that is high in sugar, fat or salt. Making portion sizes smaller is another great way that could help promote healthy weight."

Heather Peace of Food Standards Scotland said: "One of the big challenges is that the nature of the food and drink consumed out of home in Scotland is skewed towards less healthy choices.

"It is vital that businesses play their part to provide healthier options through reformulation, reductions in portion size and by encouraging individuals to choose healthier options when eating out.

"Everybody, including individuals, government and industry, needs to take responsibility."

SICKLY Lemon cake and doughnut

Obesity Action Scotland is unimpressed.

She said: "Everyone knows that cakes are sugary, yet the news from Action on Sugar still shocks. How can you fit 18 teaspoons of sugar into a single slice of cake?"

"Most of us have no idea how much sugar is hidden in food. "On average, Scots eat almost

