

# let's get sugar smart



## We're all eating too much sugar

- While some kids look fine on the outside, too much sugar can lead to the build-up of harmful fat on the inside that we can't see
- This fat can cause serious diseases in the future such as type 2 diabetes
- Eating too much sugar can also cause tooth decay

Children are eating 3 times more sugar than the maximum recommended amount - the biggest source is sugary drinks

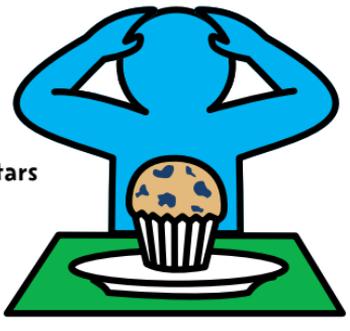


## Sugar's lurking everywhere

There are surprisingly large amounts of sugar lurking in everyday foods and drinks.

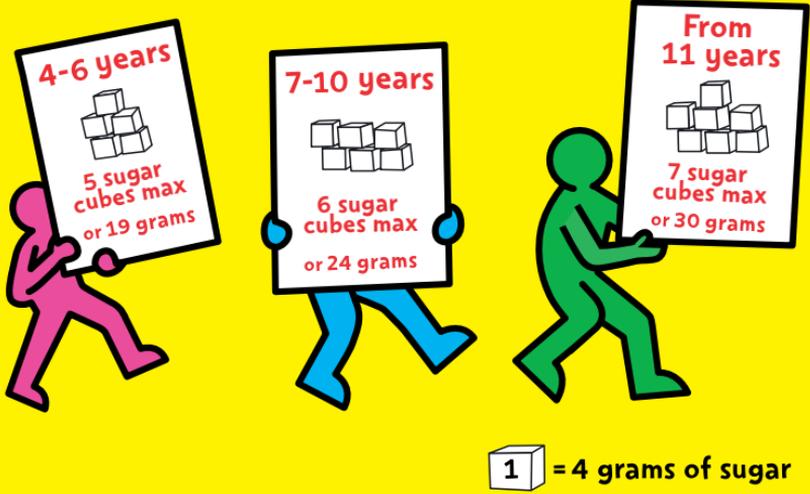
Watch out for all sugars

- added by manufacturers (such as fructose, sucrose, glucose and high fructose corn syrup)
- added at home (on cereal, hot drinks and whilst cooking)
- honey, syrups, fruit juice concentrates and nectars
- in fruit juices (they do count towards your 5 a day but limit the amount to 150ml per day)



You don't need to worry about the sugar in plain milk, plain yoghurts and whole fruit and veg as this isn't added sugar.

## What's the maximum daily amount of sugar we can have?

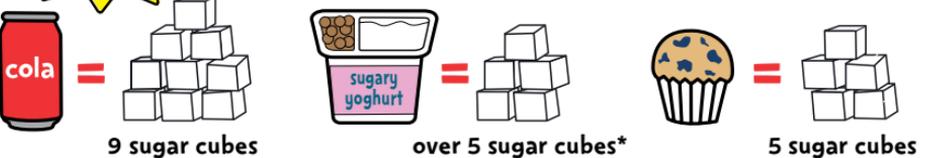


## It's all too easy to eat too much sugar

You might be surprised by how much there is in everyday foods and drinks:



Many foods and drinks can easily take your kids up to or over the maximum daily recommendations.



See the sugar inside, download the Change4Life Sugar Smart app

\*free and intrinsic sugar

## Find the sugar with our Sugar Smart app



1. Download the Change4Life Sugar Smart app for free from the App Store or Google Play
2. Scan the foods in your fridge, cupboard and when you shop
3. See for yourself the amount of total sugar in everyday food and drinks



## Carrot and Sultana Drop Scones

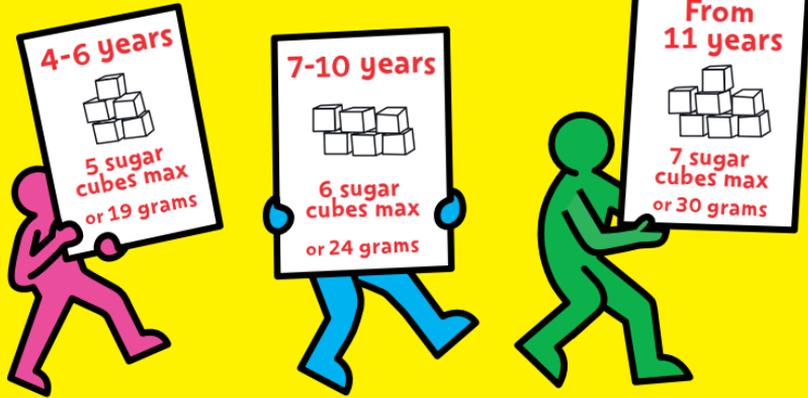


Makes: 8 - Total cooking time: 15 mins  
 100g wholemeal self-raising flour  
 1/4 tsp ground mixed spice  
 1 large egg  
 80g grated carrot  
 4 tbsp low fat, lower sugar plain yoghurt  
 100ml semi-skimmed milk  
 30g sultanas or raisins  
 1 tsp vegetable oil

1. Mix together the flour, mixed spice, egg, grated carrot, yoghurt and milk
2. Stir in the sultanas or raisins
3. Heat a frying pan over a medium heat. Add 2-3 drops of oil. Cook large spoonfuls of batter in batches, turning over after 1-2 minutes to cook the other side

Search Change4Life for more recipes and tips on how to take control of sugar

# What's the maximum daily amount of sugar we can have?



Search Change4Life for loads of tips on cutting down on sugar

1 = 4 grams of sugar

**swap**

**From**

More than the maximum daily amount

9 cubes in a 330ml can

**To**

Water, lower fat milks, diet, sugar free or no added sugar drinks

Sugary drinks have no place in a child's daily diet

**swap**

**From**

Sugary cereal

30 gram bowl

Over 2 cubes in a 30g bowl

Eating an even bigger bowl = more sugar

**To**

Plain cereal such as plain porridge, plain wholewheat biscuit cereal or plain shredded whole grain

**swap**

**From**

Chilled dessert

Over 4 cubes per serve\*

\*free and intrinsic sugar

**To**

low fat lower sugar yoghurt

Low fat, lower sugar yoghurt, fruit or sugar free jelly

**swap**

**From**

5 cubes

**To**

Fruit, cut-up veg, plain rice cakes, fruited teacake, toast or bagel

**swap**

**From**

Juice Drink

Sugary drinks have no place in a child's daily diet

Over 5 cubes in a 200ml serve

**To**

Water, lower fat milks, diet, sugar free or no added sugar drinks

Made a swap? Don't forget to use the stickers!

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