

Are you sugar savvy?

Reasons to cut down on your sugar

- Promote weight loss
- Protect your teeth
- Prevent diabetes
- Clearer skin
- Balance your mood



of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Did you know...

- One hot cross bun can contain 12-16g of sugar!
- 100g grapes, although healthier still contain 16g of sugar – equivalent of 3-4 sugar cubes. Strawberries have a lower sugar content, whilst pears are higher. Choose wisely.
- Lower fat versions of products often have higher sugar content to enhance taste. Weigh up the pros and cons.
- Often branded items have higher sugar content than the equivalent supermarket brands – so check the labels!
- The general recommendation is that ...

... 4-6 year olds should have no more than 5 sugar cubes a day.

... 7 cubes or 30 g for those 11 and over.



What is your sugar intake?

Visit the Change for Life website for more information and practical ideas.

<https://www.nhs.uk/change4life/food-facts/sugar>

I'm certainly more sugar savvy now! Are you? - Sarah