

## CUT BACK ON SUGAR

Eating too much sugar is unhealthy.  
Sugar added to foods should be less than 7 teaspoons a day.

*Pick one small thing*



Rethink your drink.  
Sweetened cold drinks can have  
7 teaspoons of sugar in one can



Some breakfast cereals have a lot  
of added sugar. Choose one with  
less than 20g of sugar per 100g



Add less sugar to your porridge  
and sweeten it with a sliced  
banana or raisins instead



Keep treats to special  
occasions, including sweets,  
chocolate, biscuits and cake



Fruit juice is high in sugar.  
Rather eat whole fruits and  
drink water



Rather than sweetened,  
flavoured yoghurt, choose plain  
yoghurt and add fresh fruit



*Small changes can make a big difference*