## LIVEWELL



## 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



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



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

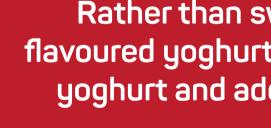


Some breakfast cereals have a lot of added sugar. Choose one with less than 20g of sugar per 100g



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







Small changes can make a big difference

