

Be **sugar** smart

Did you know that most South African children are having more sugar than they should?



Too much sugar in your diet can increase your chances of obesity and tooth decay



Aim to have less than 5 teaspoons of sugar every day, including the sugar found in food



Be aware of how much sugar is in your food, especially sweetened drinks



Energy drinks and cold drinks can have as much as 15 teaspoons of added sugar per 500ml



Aim to halve your sugar intake



Choose water, milk and sugar-free drinks



Instead of sugar frosted cereals, have porridge or less sweet wholegrain cereals



Nuts, dried fruit, fresh fruit and crackers with cheese are better choices than sweets and chocolates



Have ice cream, cakes, muffins and donuts as an occasional treat

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Got a nutrition query?

contact our inhouse nutritionist

healthhotline@pnp.co.za or 0800 11 22 88

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