https://www.nhs.uk/healthier-families/food-facts/sugar/

Sugar

Kids are having over 2 times more sugar than is recommended, with half of it coming from snacks and sugary drinks.

It can often be really difficult to know what a healthier choice might bebut we're here with all the info, tips and advice you need to help your family be healthier and happier.

Foods to watch out for

There can be a lot of sugar in everyday food and drinks. Do you know how much sugar is in these family favourites?



Juice drinks They don't have salt or fat, but I juice pouch has 2 cubes of sugar.



Yoghurts Believe it or not, a pot of sugary yoghurt

contains up to 6 cubes of sugar!



We tend to think of these as a healthier

option, but a single bar has **3 cubes** of suaa



Chocolate bars Yikes! A single chocolate bar has a

whopping 6 cubes of sugar. That's the entire day's allowance for a 10-year-old!

How to cut down on sugar

Even if you know what to look out for when it comes to sugary food, it can often be really difficult to know what to do instead.

Here are some simple tips and tricks to point you in the right direction, both at home or when shopping.

Reduce sugar at home



Juice and smoothies

Fruit juice only counts as 1 of your 5 A Day, no matter how much or how many different types you have. So limit it to no more than 150ml a day – and keep it to mealtimes, as juice can cause tooth decay.



DIY snacks

Ask your kids to help prepare healthier snacks from a selection of fruit, low-sugar cereal and unsalted nuts. It's a fun thing to do together, and they're more likely to eat it if they've made it. See homemade snack ideas

Other foods to watch out for

Download the free **NHS Food Scanner**

Along with these items, kids in general are also getting a lot of sugar from:

• fizzy drinks

Fond

scanner

you shop.

app

It's as easy as scan, swipe, swap!

App Store

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time

buns

- cakes

- breakfast cereals



Shop smart!





Check the label

Scan and know

Make a Good choice

Many products have traffic light labels on the front of packs, which can be a really useful guide. Pick items with more greens and ambers, and cut down on ones with any reds.

Look out for the "Good choice" badge in store and when shopping online to quickly find better options.



Use the free NHS Food Scanner app to see how much sugar is in your favourite food or drink, and get suggestions for healthier swaps!



Bigger is not better

The big bottles of fizzy drinks and juice may seem like a good deal, but you're just getting more sugar! Go for water, lower-fat milks, sugar-free or no added sugar drinks instead.

Leave it on the shelf

It's the simplest trick in the book. If you do not have sugary sweets and treats in the house, you will not be able to eat them!



The effects of too much sugar

Too much sugar is bad for children's health as it can lead to the build-up of harmful fat on the inside that we cannot see.

This fat can cause weight gain and serious diseases like type 2 diabetes, heart disease and some cancers.

Having too much sugar can also lead to painful tooth decay - every 10 minutes, a child in England has a tooth removed in hospital.



Go bananas!

Try adding a sliced banana to wholewheat cereal biscuits or low-fat, lower-sugar yoghurt. You can also use it as a healthy topping for toast - a great way to get 1 of your 5 A Day.

Drink smart

A guarter of the sugar kids have every day comes from sugary drinks. Swap soft drinks, juice and flavoured milks for water, lower-fat milks and diet, sugar-free, or no added sugar drinks. More healthier food swaps

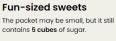
Liven up your yoghurt



Low-fat, lower-sugar yoghurt topped with chopped fruit or berries makes a great dessert, and saves loads of sugar over typical yoghurts, ice cream or other sugary puddings. Counting towards your 5 A Day is another bonus!











- biscuits



There are up to **5 cubes** of sugar in an

https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/

Lower-sugar fromage frais or plain

A slice of malt loaf or a fruited teacake

Fresh or tinned fruit (in juice, not syrup)

Plain popcorn, plain rice cakes or raisins

✓ No-added-sugar juice drinks, or water

vegetable soup or harvest vegetable

with berries and chopped fruit

Homemade spiced chicken and

✓ Our delicious beefed up sarnies

natural yoghurt

Sugar-free ielly

soup



Healthier food swaps

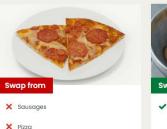
These simple food swap ideas can help cut down on sugar, salt and fat in your and your family's diet, plus discover easy ways to make a swap when you next shop.

Even just 1 or 2 everyday swaps can really make a difference and go a long way to making each day healthier - but the more you make, the better!

Dinner swaps

Salt and saturated fat can really add up at dinnertime without us noticing - there can be a surprising amount of both in everyday foods.

Give some of these dinner swaps a go, or browse our dinner recipes for loads of tasty, healthier meal ideas.





- Low-fat mince try our <u>spaghetti</u> bolognese or meatballs and sauce recipes
- ✓ Our <u>cheats' pizza calzone</u>

 Different herbs, spices and seasoning, like paprika, oregano or lemon juice

 Reduced-salt and reduced-sugar versions of sauces

try some of these easy swaps, or see our breakfast recipes to help you start the day smart!

Breakfast swaps



Sugar and fat are the biggest things to watch out for at breakfast time -



 Wheat biscuit cereal Shredded wholegrain cereal X Honey crunch cereal ✓ No-added-sugar muesli X Croissants Porridae X Cereal bars ✓ Wholemeal toast Plain natural yoghurt topped with chopped fruit

Snack and pudding swaps

X Cake bars

X Doughnuts

× Muffins

X Crisps

X Salted peanuts

X Split-pot and higher-sugar yoghurts

X Chocolate pudding pots

Whether it's fighting the after-school tummy rumbles or rounding off dinner with a tasty pud, sugar is the main watch-out here.

But even if they don't taste of it, some of these snack foods can contain a lot more salt (and fat) than you might realise too!

Give these easy swaps a go, then head to our <u>healthier snacks</u> page for loads more ideas, suggestions and tips



- ✓ A slice of malt loaf or fruited teacake
- Fresh or tinned fruit (in juice, not syrup) or fruit salad
- ✓ A scotch pancake or crumpet
- ✓ Sugar-free jelly or lower-sugar custard
- Crackers topped with lower-fat cheese
- Bread or toast with lower-fat spread
- A bagel topped with sliced banana
- Plain popcorn or rice cakes
- Unsalted mixed nuts
- Chopped veg with lower-fat hummus
- Lower-sugar yoghurts or lower-sugar rice pudding

Drink swaps

A quarter of the sugar kids have every day comes from sugary drinks help them cut back by making these easy swaps, and remember to keep juice drinks to mealtimes only to help prevent tooth decay.

Lunchbox and lunchtime swaps

might realise.

loads more lunchbox inspiration

X Split pot yoghurts and pudding pots

X Cake bars and cereal bars

X Juice pouches and fizzy drinks

X Ham and cheese sandwiches

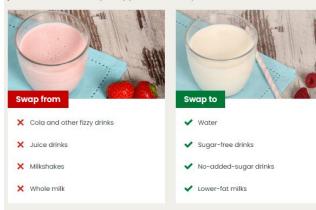
X Muffins and chocolate

X Crisps

X Tinned soup

When lunchtime rolls around, it's easy to eat more sugar or salt than we

Try some of our simple swaps, and remember to check out our page for





- X Salt and soy sauce
- X Ketchup
- X Brown sauce
- × Mustard

X Gravy

