

# sugar swaps

Simple ways to help your kids eat less sugar



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# sugar swaps

We wouldn't let our kids eat sugar straight from the sugar bowl. But we tend not to think about the sugar lurking in the other things they eat and drink.




The problem is that excess sugar means excess energy, which in turn can lead to stored fat in the body and diseases like heart disease, some cancers and type 2 diabetes. Eating too much sugar can also cause tooth decay.

Around a quarter of the added sugar in kids' diets comes from sugary drinks.

Sugary drinks have no place in a child's daily diet. Swap to water, lower fat milks, sugar free, diet and no added sugar drinks instead.

## what's the maximum amount of sugar we can have?

A typical 8 year old shouldn't have more than 6 cubes of added sugar\* per day

Age	Recommended maximum added sugar intake	Sugar cubes <sup>†</sup>
4-6yrs	no more than 19g per day	5 cubes 
7-10yrs	no more than 24g per day	6 cubes 
From 11yrs	no more than 30g per day	7 cubes 

\*Added sugars: These are free sugars that have been added by a food manufacturer, cook or consumer to a food and include those sugars naturally found in unsweetened fruit juice, honey and syrups. It doesn't include sugars naturally found in milk, and milk products and intact fruit and veg. Watch out for some of the words on the label used by food manufacturers to describe free sugars: cane sugar, honey, brown sugar, high fructose corn syrup, fruit juice concentrate, corn syrup, fructose, sucrose, glucose, crystalline sucrose, nectars. <sup>†</sup>Based on a 4g sugar cube.

# watch the sugar

You might be surprised to see how much sugar is in your food and drink\*



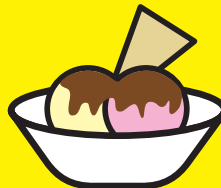
More than the maximum amount for an 8 year old



There are 7 cubes in 1 can of sugary fizzy drink



A muffin contains around 5 cubes of sugar

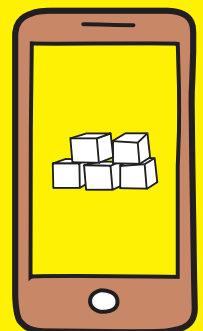
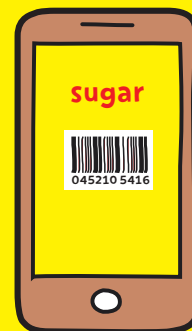


A bowl of ice cream contains around 8 cubes of sugar



\*Based on Kantar data 2014

The Change4Life Sugar Swaps app is designed to show quickly and easily how much total sugar is in the things you're having. Just scan the barcode and see how much total sugar it contains. Download for free from the App Store (Google Play coming soon). Let's start scanning!



## Love your labels

When shopping choose colour-coded front of pack nutrition labels that have more green on them than red.

Remember, eating wholegrain cereals and plenty of fruit and vegetables helps to ensure children are eating enough fibre. Fibre is an important part of a healthy balanced diet.

# sugar swaps



Here are some easy swaps to help you and your kids eat less sugar. Fruit and vegetables are a healthier choice because they contain fibre, vitamins and minerals. Remember, fresh, frozen, tinned, juiced and dried all count towards your 5-a-day. You don't need to worry about the sugar in whole fruit as this isn't added sugar, so it's ok to swap from sugary puddings and sugary snacks to fruit instead.

## 1. Drink swap

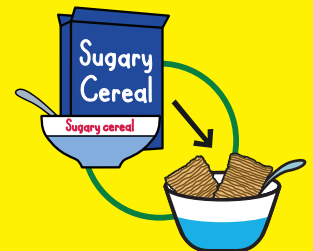
Swap sugary drinks such as fizzy pop, juice drinks, squashes, cordials or energy drinks to water, lower-fat milks, diet, sugar free or no added sugar drinks.



Fruit juice is sugary but it still counts towards your 5-a-day. So limit the amount you and your kids drink to no more than 150ml a day from juice, smoothies or both. Remember to keep it to mealtimes as it can cause tooth decay. Watch out for drinks that say 'juice drink' on pack. They're unlikely to count towards your 5-a-day and can be high in sugar.

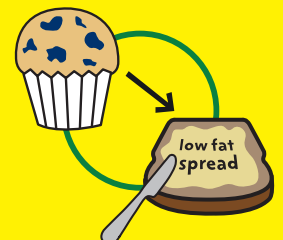
## 2. Breakfast swap

Swap sugary cereal to plain cereal such as plain porridge, plain whole-wheat biscuits or plain shredded whole grain.



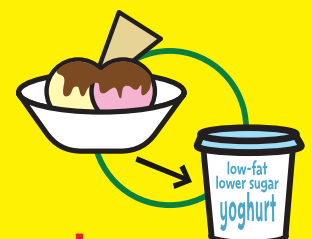
## 3. Snack swap

Swap sugary snacks such as sweets, biscuits, chocolate, cakes, muffins and pastries for a snack with less sugar such as fresh or tinned fruit (in juice not syrup), plain unsalted nuts, plain rice cakes or toast with low-fat spread.



## 4. Pudding swap

Swap sugary puds for low-fat, lower-sugar yoghurts fresh or tinned fruit (in juice, not syrup), fruit salad or sugar-free jelly.



See how many swaps you can make this week.  
For lots more hints and tips search 'Change4Life.'