

# Spying on Sugar

In school we have been spying on sugar exploring the sugar content of different food and drink products and learning why it is important not to eat too much sugar. Which Sugar Smart Promise will you make to ensure that you are cutting down on sugar?

Age	Daily sugar limit	Sugar cubes
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

