

SUGAR

How much is too much?

The maximum daily amounts of added sugar are:

4-6 years



7-10 years

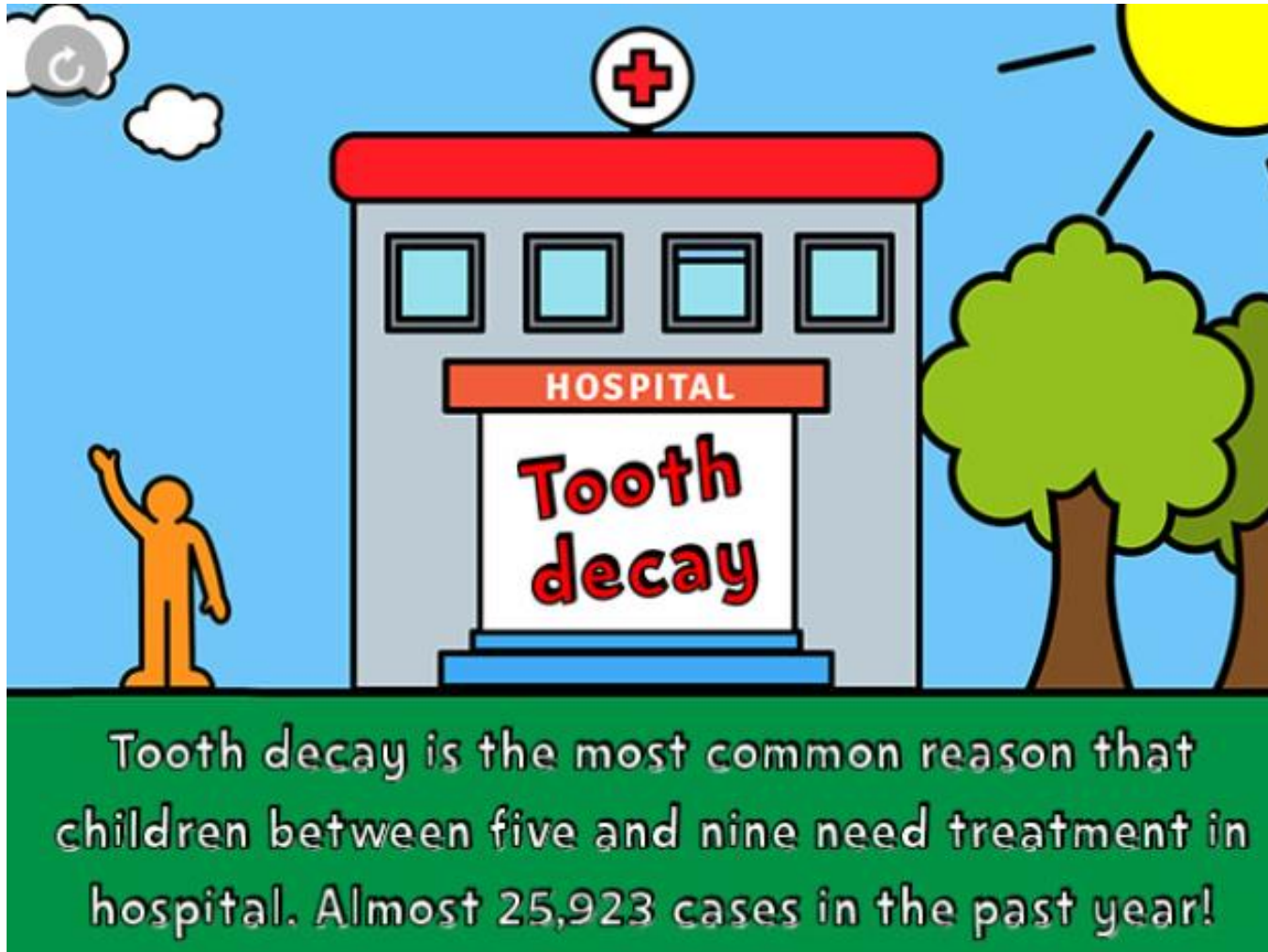


11+ years



1 cube = 4grams of sugar

What is the most common reason children between the ages of 5 and 9 are admitted to hospital?



Fizzy drinks (per can)



9 cubes
of sugar

Oops! Just one can of cola has **9 cubes of sugar** – that's more than anyone should have in a day!

1 cube = 4grams of sugar

Juice drinks (per pouch)



5 cubes
of sugar

Just one pouch has
5 cubes of sugar!

1 cube = 4grams of sugar

Ice cream (per ice cream)



Ice cream



6 cubes
of sugar

Yikes! Ice cream has a whopping **6 cubes** of sugar!

1 cube = 4grams of sugar

Which of these everyday items can be high in added sugar?



There is often added sugar in these items.
Download the Change4Life Food Scanner app to
find out what's really inside your food and drink.

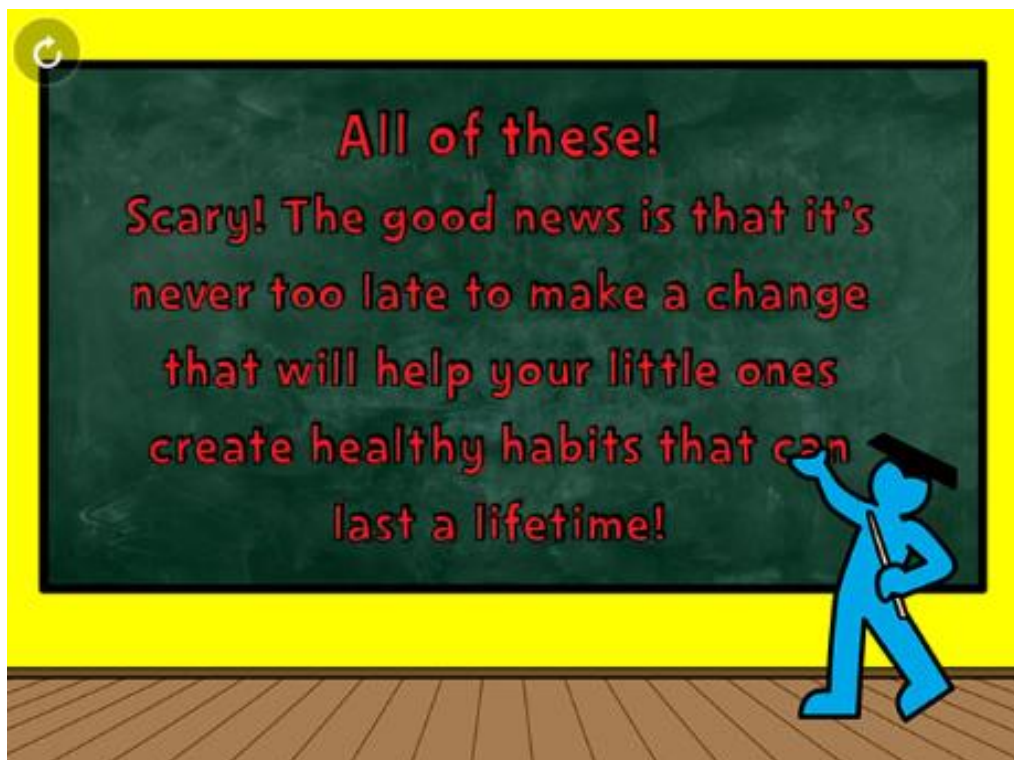


change 4 life
Food Scanner

Get the Food Scanner app

Brings food labels to life and find out what's really inside your food and drink.

Available on the App Store GET IT ON Google Play



Too much sugar can lead to harmful fat building up inside the body which can cause serious health problems.

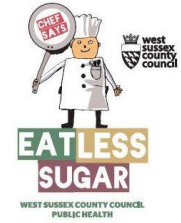
Some cancers

Type 2 Diabetes

Heart disease

All of these

What is the maximum number of 100 calorie (kcal) packaged snacks children could have a day?

A green silhouette of a person stands on the left side of a light blue background. A yellow speech bubble with a red outline and the number '2' inside is positioned above the person's head. To the right of the person, there is a block of text in red and black.

2

Fresh or tinned fruit and vegetables are always a healthier choice for a snack. If you want to give children a packaged snack, remember; look for 100 calorie snacks, two a day max!

- 1
- 2
- 3
- 4



Which of these is a healthier snack?

- Low fat, low sugar yoghurt
- Low fat hummus
- Fresh or tinned fruit
- All of these



Swap sugary and fizzy drinks for diet, no added sugar drinks, lower-fat milks or water