

# 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 can mean excess energy which in turn can lead to stored fat in the body and diseases like heart disease and type 2 diabetes.

Try to swap food and drink with added sugar for stuff that has no added sugar or is sugar free.

Around a quarter of the added sugar in kids' diets comes from sugary drinks. So swapping to water, lower fat milk (semi-skimmed, 1% fat or skimmed), diet, sugar free, or no added sugar drinks really makes a difference.

For lots more hints, tips and recipes search [Change4Life](#).



# sugar swaps

Here are some easy swaps to help your kids eat less sugar:

## 1. Drink swap

Swap sugary drinks to water, lower-fat milk, diet, sugar free, or no added sugar drinks. Remember even unsweetened fruit juice is sugary, so try not to let your kids drink more than 150ml a day.

## 2. Snack swap

Swap sugary snacks such as sweets, biscuits, chocolate, cakes and pastries for snacks without sugar such as fruit, unsalted nuts, rice cakes or toast.

## 3. Breakfast swap

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

## 4. Pudding swap

Swap sugary puds for low fat plain yoghurt or fruit.

## 5. Food label swap

When shopping, compare food labels and switch to the one that's marked no added sugar or sugar free. Some packaging has a colour coded nutrition label on the front of the pack. Go for more 'greens' and 'ambers' and fewer 'reds' in your shopping basket.

See how many Sugar Swaps your kids can do this week!

# watch the sugar

You might be surprised to see how much sugar is in your food



A can of sugary fizzy drink contains around 6 teaspoons of sugar



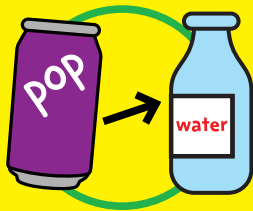
A doughnut contains nearly 3 teaspoons of sugar



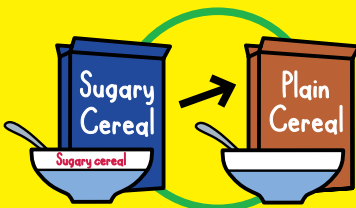
A handful of sugar-coated jelly sweets contains 4 teaspoons of sugar

## sugar swaps

See what your family could save over 4 weeks



Swapping to sugar free drinks can cut your family's sugar intake by up to three-quarters of a 1kg bag of sugar over 4 weeks\*



Swapping to plain cereals can cut your family's sugar intake by a quarter of a 1kg bag of sugar over 4 weeks\*

\* Saving based on average purchases by a sample of families over 4 weeks

For lots more hints, tips and recipe ideas search [Change4Life](#)