

Sugar provides 'empty' calories - it has no additional nutritional value. Reducing your sugar intake will help you:

Maintain a healthy weight. Help reduce weight



Reduce tooth decay



Help to protect against type 2 diabetes



Improve your mood, performance or behaviour. Help you concentrate better



What's the maximum daily amount of sugar recommended?

For children under 5yrs avoid sweet snack foods and only offer tap water or plain milk to drink

4-6yrs
5 sugar cubes max
or 19 grams

7-10yrs
6 sugar cubes max
or 24 grams

from 11yrs
7 sugar cubes max
or 30 grams

Sugar has many different names, such as sucrose, glucose, lactose and honey.



You can check labels yourself, anything that has 5g of sugars or less per 100g is a healthier choice.

Ingredients:

First on the list is the largest amount. Last on the list of ingredients is only a small amount

Nutrition Information:

Lists carbohydrate, of which are sugars

There are also many free apps out there for you to scan foods and drinks to show the sugar content.



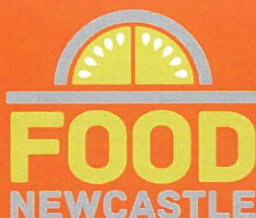
Some foods and drinks have traffic light systems on the labels.

HIGH
eat occasionally
More than 15g

MEDIUM
most of the time
5.1g - 15g

LOW
a healthier choice
5g or less

All measures
100g Sugars



e: info@foodnewcastle.org
w: www.foodnewcastle.org

SUGAR SMART

Newcastle