

# LET'S GO SUGAR SMART!

## SUGAR SMART

Newcastle

**FACT:** As a city and as a nation we consume too much sugar.

**40X**



SOME PEOPLE EAT AS MUCH AS  
**40 TEASPOONS OF SUGAR EVERY DAY**  
THAT IS MORE THAN 5X  
THE RECOMMENDED DAILY ALLOWANCE

Eating and drinking too much sugar has a **negative impact on our health.**

It effects our **weight...**  
the NHS in the UK spends at least  
£5.1 billion a year treating obesity  
and related complications, such as  
Type 2 Diabetes.

FOR THE FIRST TIME IN  
HUMAN HISTORY THE WORLD  
HAS **MORE PEOPLE** THAT ARE  
**OVERWEIGHT**  
THAN UNDERWEIGHT



It effects our **dental health...** dental decay is preventable but it is the most common reason for 5-9 year olds to be admitted to hospital in England.



**JOIN US...  
LET'S GO  
SUGAR SMART!**

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