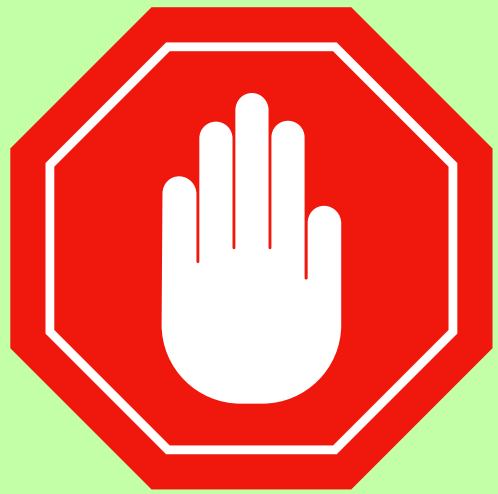


Sugar swaps



Think

Cereals such as coco pops or cheerios
Sugary spreads (Jam, chocolate spread)
Flavoured yogurts
Dried, blended or cooked fruit
Cereal bars
Sweets and chocolate
Ice cream
Cakes
Pickles / pickled onions

Juice
Squash (regardless if sugar free)
Milk shakes
Smoothies
Water with lemon or lime slices

Go



Porridge or Weetabix
Butter, pure nut spreads, or a
cheese spread
Natural yogurt with fresh fruit
Raw fruit and vegetables
Nuts and seeds
Crackers, rice cakes or breadsticks
Bread or crumpets
Cheese
Home made soups

Water
Milk
Savoury Smoothies (made with veg)
Tea or coffee (without sugar)

Daily sugar recommendations

2-3 years old
13grams / 3 sugar cubes
3-4 years old
16grams / 4 sugar cubes
4-6 years old
19grams / 5 sugar cubes
7-10 years old
24grams / 6 sugar cubes
11+
30 grams / 7 sugar cubes



You can still have sweet and acidic foods and drinks, be aware of your daily sugar recommendations and keep these foods and drinks to meal times only.