

Simple ways to help your kids eat less sugar!



Around a quarter of the added sugar in kids' diets comes from sugary drinks. So swapping to water, lower fat milk, diet, sugar free, or no added sugar drinks really makes a difference. Remember even unsweetened fruit juice is sugary, so try not to let your kids drink more than 150ml a day.



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



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



Swap sugary puds for low fat plain yoghurt or fruit



When shopping, compare food labels and switch to the ones 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.

