

What are sugars?

Sugars are found naturally in foods, they make things taste sweet. Our body uses the energy to help us move and run around.



Added sugar

When we talk about added sugar, we mean sugar that has been added to food and drink to sweeten it. It could be added by the food manufacturer, by a cook or chef, or by you at home. It doesn't just mean the sugar you add to your tea – it also includes honey, syrups and fruit juice nectars.

These can also be known as hidden sugars:
9 tsp in a can of coke, 5tsp in a can of baked beans, 7tsp in a yogurt

The majority of children eat 3 times the amount of sugar that they should. They are getting their sugar from:



Fizzy drinks
Juice drinks



Buns
Cakes
Pastries
Biscuits



Breakfast cereals
Yoghurts



Sweets
Chocolate
Ice cream

Alternatives:
Water, diet versions of fizzy drinks. Low or no sugar drinks

Alternatives:
Swap for rice cakes, toast, bagels

Alternatives:
Choose the low sugar versions or porridge

Alternatives:
We all need treat, limit these and also eat more fruit

Health Problems with eating too much sugar:

Too much sugar can lead to the build up of harmful fat on the inside that we can't see. This fat around vital organs can cause weight gain and serious diseases in the future like heart disease, type 2 diabetes and some cancers. Having too much sugar can also cause tooth decay.

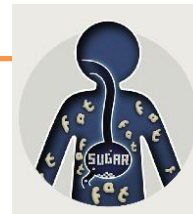
Tooth decay



Overweight/obesity



Diabetes



How much is too much?

The maximum daily amounts of added sugar are:

4-6 years



7-10 years



11+ years



Try this at home:

Sugar smart shopper



Use the [Food Scanner app](#) to see how much sugar is in your favourite food or drink – look for products that are low in sugar!

More advice: www.nhs.uk/change4life