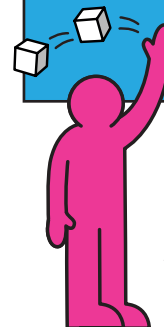


we're having too much sugar throughout the day.

here's how you can help your family cut down.

your at-a-glance guide to sugar swaps

Swaps	Things to swap from:	Things to swap to:
Breakfast swap	<ul style="list-style-type: none"> Sugary cereals 	<ul style="list-style-type: none"> Plain porridge Plain wholewheat biscuits Plain shredded whole grain
Drinks swap	<ul style="list-style-type: none"> Fizzy drinks Sugary drinks Sugary squash 	<ul style="list-style-type: none"> Water No-added-sugar drinks Sugar-free drinks Lower-fat milks Diet drinks
After school snack swap	<ul style="list-style-type: none"> Muffins Cakes Croissants or pastries Biscuits Chocolate bars Cereal bars Sugary breakfast cereal Puddings Sweets 	<ul style="list-style-type: none"> Fruit, fresh and tinned (in juice not syrup) Cut up vegetables such as carrot or cucumber sticks Plain rice cakes Toast or bagel with spread such as low fat spreads and reduced fat hummus Wholewheat biscuits and shredded whole grain cereals Plain unsalted nuts Fresh or tinned fruit salad (not in syrup) Fruited teacake
Pudding swap	<ul style="list-style-type: none"> Chilled desserts Cakes Ice cream Puddings Yoghurt 	<ul style="list-style-type: none"> Fruit, fresh and tinned (in juice not syrup) Fresh or tinned fruit salad (not in syrup) Sugar-free jelly Low-fat, lower-sugar yoghurt



quick. i need a sugar swap!

