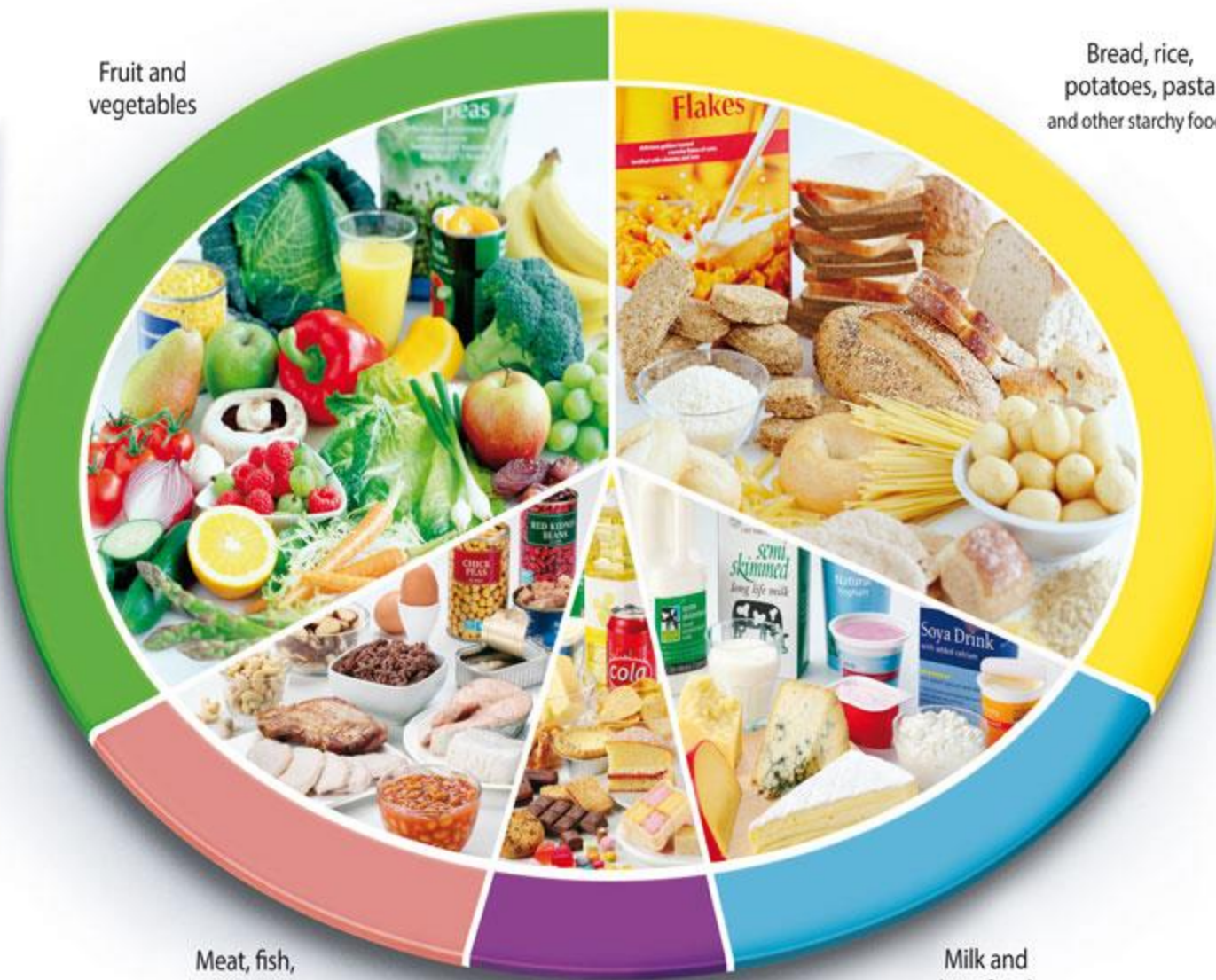






Fruit and
vegetables



Bread, rice,
potatoes, pasta
and other starchy foods

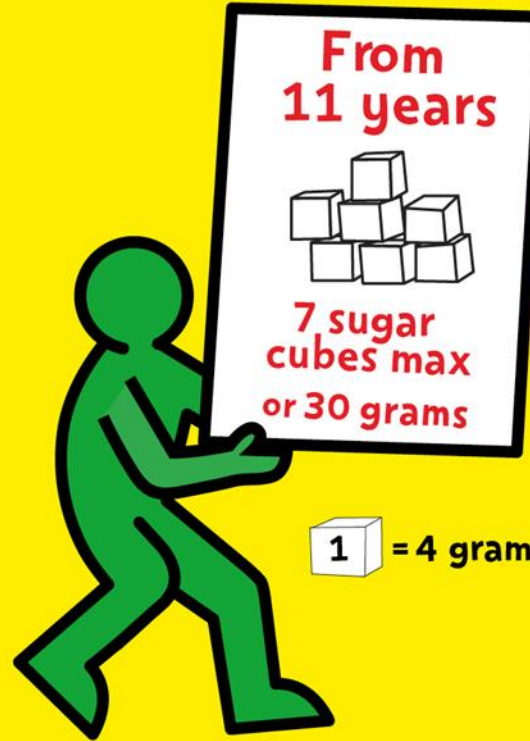
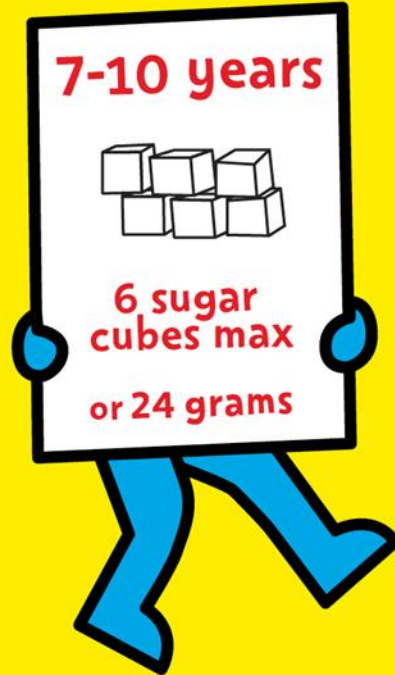


Meat, fish,
eggs, beans
and other non-dairy
sources of protein

Foods and drinks
high in fat and/or sugar

Milk and
dairy foods

Maximum daily sugar limits



 = 4 grams of sugar

What's your sugar limit?

Too much sugar can be harmful to us.

It can make our teeth decay and it can make us gain weight.

Here are some ideas of how you can make some healthier choices.
Swap a sugary cereal for one with no added sugar.



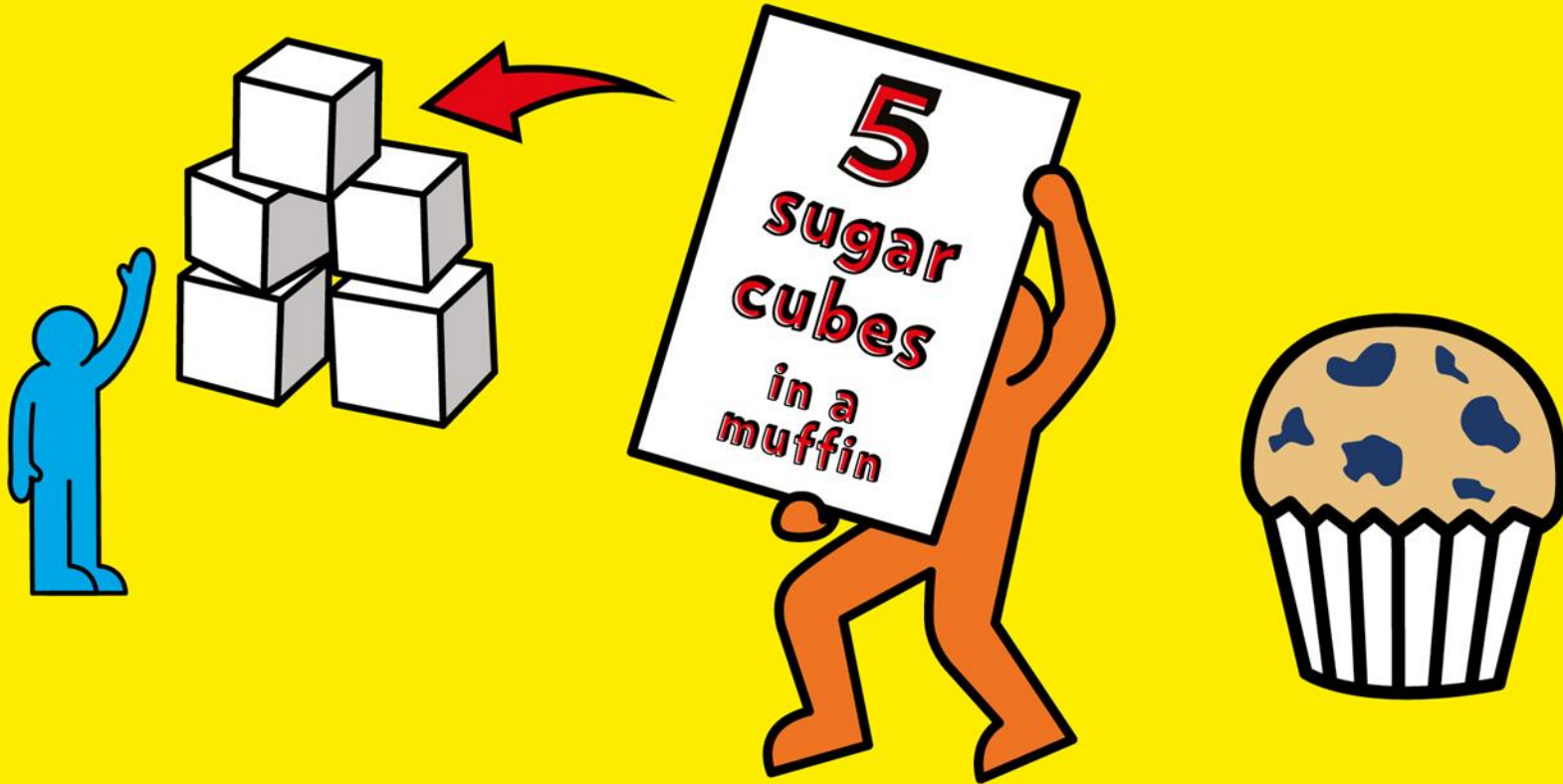
What should Sophie choose?



or



Could do better!



Good choice!



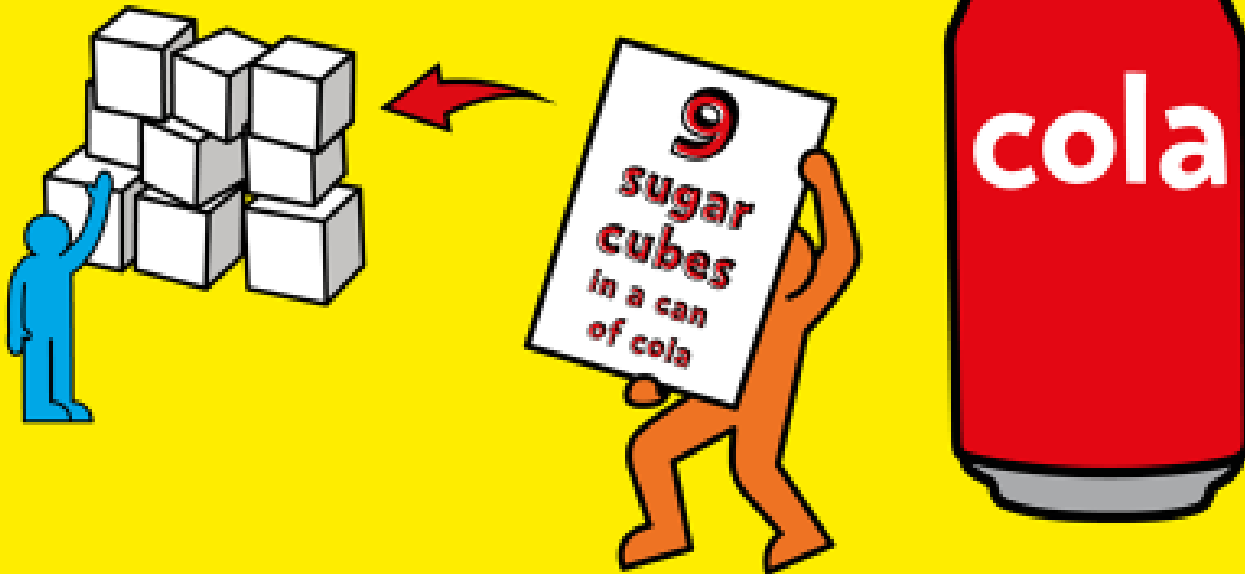
What should Sophie choose?



or



**Fizzy drinks are as sugary as
sweets and cakes!**



Good choice!



Can you think of some
ways you can be sugar
smart?