



Statistics show that children are having over 2 times more sugar than is recommended, with half of it coming from snacks and sugary drinks.

When we talk about added sugar, we mean sugar that has been added to food and drink to sweeten it.

This may be added by the manufacturer, when cooking at home, or by the chef or cook if you're eating out.

It's not just the white sugar you might think of on a teaspoon either: it includes fruit juice, honey, syrups and nectars too.

Too much sugar is bad for children's health as it can lead to the build-up of harmful fat on the inside that we cannot see.

This fat can cause weight gain and serious diseases like type 2 diabetes, heart disease and some cancers.

Having too much sugar can also lead to painful tooth decay – every 10 minutes, a child in England has a tooth removed in hospital.

Tips on reducing sugar at home

DIY snacks: Ask your kids to help prepare healthier snacks from a selection of fruit, low-sugar cereal and unsalted nuts. It's a fun thing to do together, and they're more likely to eat it if they've made it.

Go bananas! Try adding a sliced banana to wholewheat cereal biscuits or low-fat, lower-sugar yoghurt. You can also use it as a healthy topping for toast – a great way to get 1 of your 5 A Day.

Drink smart A quarter of the sugar kids have every day comes from sugary drinks. Swap soft drinks, juice and flavoured milks for water, lower-fat milks and diet, sugar-free, or no added sugar drinks.

Liven up your yoghurt Low-fat, lower-sugar yoghurt topped with chopped fruit or berries makes a great dessert, and saves loads of sugar over typical yoghurts, ice cream or other sugary puddings. Counting towards your 5 A Day is another bonus

Check out [Reducing sugar - Food facts - Healthier Families - NHS](#) for more great ways to reduce your sugar intake!

Parents and carers, if you would like further help or support for your child or teenager send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

