

# sugar swaps

Simple ways to help kids eat less sugar



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# sugar swaps

**Here are some easy swaps that mean that kids can enjoy their food without taking in too much sugar:**

## **1. Drink swap**

Switch from sugary drinks to no added sugar drinks such as water, milk (ideally semi-skimmed – but remember children under 2 need full-fat dairy products), unsweetened fruit juice or even sugar free fizzy drinks. For under 5s, dilute fruit juice with 2 parts water to 1 of juice.

## **2. Snack swap**

Choose snacks without added sugar such as fruit, unsalted nuts, breadsticks, rice cakes or toast, instead of sweets, biscuits, chocolate, cakes and pastries.

## **3. Food label swap**

When shopping, compare food labels and switch to the one that's marked no added sugar or sugar free. Some packaging uses a traffic light system which makes it even easier to choose food that is lower in sugar. Go for more 'greens' and 'ambers' and fewer 'reds' in your shopping basket.

## **4. Breakfast swap**

Switch to cereals with no added sugar or sugar free, or other breakfast options like fruit or toast (but if you spread on jam or honey, make sure it's a thin layer!)

## **5. Dessert swap**

Switch from sugary desserts like chocolate, biscuits and cake, to less sugary desserts like lower fat yoghurt or fruit. Or compare the labels on two desserts and choose the one with no added sugar or sugar free.

**See how many Sugar Swaps you can make in a week.**

These swaps are suitable for children over the age of 2.