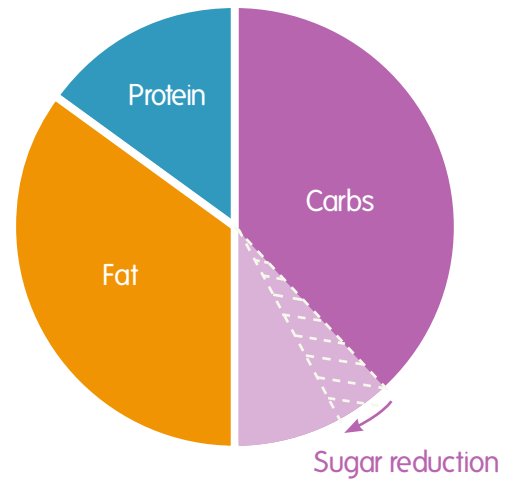


8 tips for reducing sugar in your diet



1. Switch to sweetener in tea and coffee.
2. Opt for no added sugar soft drinks or water.
3. Limit your intake of foods higher in added sugar such as sweets, chocolate and cakes.
4. Choose lower sugar cereals such as Weetabix, Shredded Wheat and porridge - add fresh fruit for sweetness.
5. Choose unsweetened yogurts and add fresh fruit for taste.
6. Check labels for sugar in savoury foods such as ready made meals, sauces and soups.
7. Sugar in your diet should mostly come from fruit, vegetables and milk products as these foods include fibre, vitamins and minerals too.
8. Limit portion sizes of dried fruit – it contains natural sugar, but as it is dried, it's a condensed source and could be damaging to teeth.

Note! If you find you go over your target, but can see that the majority of your sugar is coming from fruit, vegetables or milk products then don't worry. We're not concerned with the sugars from these natural sources - just the added sugars in processed foods.

Nutracheck recommends



Eat more



Fresh fruit



Porridge with fruit



Fresh vegetables



Low fat natural yogurt



Semi skimmed milk



Some sauces



Full sugar fizzy drinks



Ice cream



Chocolate



Sugary cereals



Sweets

Eat less