



# KEY INFORMATION



## Portions

\*Research shows that people eat the portion presented and often don't compensate by eating less later in the day – so watching portion sizes is important.  
\*There is an increasing trend towards larger portion sizes.

### Top Tips:

- \*Smaller plate/bowl
- \*"20-minute rule"
- \*Slowing down whilst eating
- \*Be aware of distractions (TV, phone etc.)
- \*Ensure water/low sugar drinks are available

## Snacks

\*Any food can be a snack, often assumed to be chocolate, crisps etc. These foods often lack beneficial nutrients.  
\* On average, half the sugar kids eat and drink each year comes from snacks and sugary drinks between meals – that's 10kg of sugar each year!  
\*Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.

### Top Tips:

- \*We recommend 2 a day max
- \*Save money by preparing snacks yourself
- \*Opt for low sugar options and use the traffic light labels where possible

### Healthy Snack ideas:

- Veggie sticks & hummus
- Fruit (Fresh, tinned or dried)
- Low sugar yoghurt
- Rice Cakes
- Sugar-free jelly
- One crumpet
- Malt loaf slice
- Homemade cereal bars

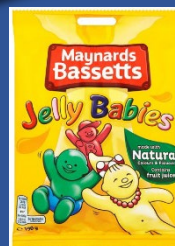
### Further Information

Recommended free sugar allowance per day:  
11 + & Adults - 30g (7 sugar cubes)  
Children aged 7 to 10 - 24g (6 sugar cubes)  
Children aged 4 to 6 - 19g (5 sugar cubes)

Calories per gram of:

Sugar = 4kcal

Fat = 9kcal



**190g Bag =  
140g of Sugar/  
35 tsp!!!!!!**

## USEFUL RESOURCES:

1. Change 4 life app
2. <https://www.nhs.uk/change4life> : a fantastic reference for all things healthy living
3. <https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/> : Outlines the affect of sugar on our health