



## Negative impacts of sugar

Sugar is one of the main causes of tooth decay

Excess sugar consumption may increase the risk of developing Type 2 Diabetes, heart disease and certain cancers

Too much sugar can contribute to excess calories, thus causing weightgain



## Top Tips

- \*Aim to drink around 2L or 8 cups of water per day
- \*This amount will increase during hotter weather, and also with more physical activity
- \*Instead of sugary, fizzy drinks and juice drinks, go for water or unsweetened fruit juice – remember to dilute fruit juices for children to further reduce the sugar
- \*Even unsweetened fruit juices and smoothies are sugary, so limit the amount you have to no more than 150ml a day.
- \*If you have sugar in hot drinks, gradually reduce the amount until you can cut it out altogether



NUTRITION INFORMATION		
Typical values	per 250ml serving	per 100ml
Energy, kJ / kcal	433 / 103	173 / 41
Protein, g	Trace	Trace
Carbohydrate, g	25.0	10.0
of which sugars, g	24.8	9.9
Fat, g	Nil	Nil
of which saturates, g	Nil	Nil
Fibre, g	Nil	Nil
Sodium, g	Trace	Trace
	% RDA	% RDA*
Vitamin C, mg	80 100	32 40

\*RDA = Recommended Daily Allowance.

Be careful with some labels as they may be misleading. This example is from a 500ml drink, where a serving size is half the bottle!

## Importance of water



## USEFUL RESOURCES/LINKS:

- For some more advice of sugar - <https://www.nhs.uk/common-health-questions/food-and-diet/how-much-sugar-is-good-for-me/>
- <https://www.nhs.uk/change4life/food-facts/sugar>
- <https://www.healthline.com/nutrition/too-much-sugar>