

SEE HOW HIDDEN SUGARS CAN ADD UP TO HEALTH PROBLEMS

Some cereals contain up to 3.7 sugar cubes, which means your child could be having over half of their maximum daily allowance before school. Add this to drinks and snacks later in the day and their health could be at risk.

See how your child's sugar

adds up with our quick

and easy sugar check at savekidsfromsugar.co.uk

Liverpool

City Council

IN ONE DAY YOUR CHILD COULD BE HAVING:

500ml Bottle 13.75 Sugar Cubes 4.5^t Sugar Cubes

USE OUR ONLINE SUGAR CHECK AT SAVEKIDSFROMSUGAR.CO.UK TO SEE HOW MUCH YOUR CHILD IS HAVING



Too much sugar can cause: TOOTH DECAY

40g Serving*

Sugar Cubes

3.

Sugar is bad for teeth and can result in cavities, toothache and teeth being taken out in some cases.

CHILD OBESITY

The extra calories that sugar adds to your child's diet can lead to weight gain and obesity.

TYPE 2 DIABETES, HEART DISEASE & SOME CANCERS

Even if your child seems fine, too much sugar can lead to the build up of harmful fat in the body which can cause serious disease in the future.

Please turn over to see which popular breakfast cereals contain the most sugar and how to make healthier choices.

This information is brought to you by Public Health Liverpool

Reference to High, Medium and Low sugar content is based on the traffic light labelling system. This is calculated from the amount of sugar per 100g.

† Source: PHE, 'Sugar Reduction: achieving the 20%' report - March 2017



Sugar Cubes

SAVE KIDS FROM

SUGA

HIGH SUGAR

HIGH SUGAR	HIGH SUGAR	HIGH SUGAR	HIGH SU
40g Serving*	40g Serving*	40g Serving*	40g Serving*





2.7



HIGH SUGAR



















MEDIUM SUGAR



MEDIUM SUGAR

2.1 Sugar Cube

" (¥)

COLATE

GAR

uis ----- 😗 ------ 🔿









OAT SO SIMPLE



Nestle. -

Kelloggis

Rice









Og Serving*

1.8 ugar Cubes

10'5 - ---- O -----

Rice

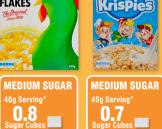












Haunia D D B Vitamira Ba



HEALTHIER OPTIONS













Add fruit to rolled oats

porridge for a little extra sweetness.



*40g Average = Small Bowl

be similar.

Sugar content correct as of 24/01/2019.