



# SEE HOW HIDDEN SUGARS CAN ADD UP TO HEALTH PROBLEMS

SAVE KIDS FROM **SUGAR**



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.

IN ONE DAY YOUR CHILD COULD BE HAVING:



USE OUR ONLINE SUGAR CHECK AT [SAVEKIDSFROMSUGAR.CO.UK](http://SAVEKIDSFROMSUGAR.CO.UK) TO SEE HOW MUCH YOUR CHILD IS HAVING

Maximum Daily Allowance

4-6yrs

**5**  
Sugar Cubes

7-10yrs

**6**  
Sugar Cubes

11yrs+

**7**  
Sugar Cubes

1 Sugar Cube = 4g

Too much sugar can cause:

## TOOTH DECAY

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.

See how your child's sugar adds up with our quick and easy sugar check at [savekidsfromsugar.co.uk](http://savekidsfromsugar.co.uk)

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



Liverpool  
City Council

SAVE KIDS FROM **SUGAR**

# HIGH SUGAR

<b>HIGH SUGAR</b> 40g Serving* <b>3.7</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>3.5</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>3.1</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>2.9</b> Sugar Cubes

<b>HIGH SUGAR</b> 40g Serving* <b>2.8</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>2.7</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>2.7</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>2.5</b> Sugar Cubes

<b>HIGH SUGAR</b> 40g Serving* <b>2.5</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>2.5</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>2.5</b> Sugar Cubes	<b>HIGH SUGAR</b> 40g Serving* <b>2.4</b> Sugar Cubes

# MEDIUM SUGAR

<b>MEDIUM SUGAR</b> 40g Serving* <b>2.2</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>2.2</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>2.1</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>2.1</b> Sugar Cubes

<b>MEDIUM SUGAR</b> 40g Serving* <b>2.1</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>1.9</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>1.8</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>1.8</b> Sugar Cubes

<b>MEDIUM SUGAR</b> 40g Serving* <b>1.7</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>1.3</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>0.8</b> Sugar Cubes	<b>MEDIUM SUGAR</b> 40g Serving* <b>0.7</b> Sugar Cubes

# HEALTHIER OPTIONS



**LOW SUGAR**  
Less than  
**0.5**  
Sugar Cubes



## Look Out

Own brand cereals can be similar.



## Look Out

Own brand cereals can be similar.



## Tasty Tip

Add fruit to rolled oats porridge for a little extra sweetness.



Sugar content correct as of 24/01/2019.

\*40g Average = Small Bowl