

we're having too much sugar throughout the day.

here's how you can help your family cut down.

## your at-a-glance guide to sugar swaps

Swaps	Things to swap from:	Things to swap to:
Breakfast swap	- Sugary cereals	Plain porridge Plain wholewheat biscuits Plain shredded whole grain
Drinks swap	<ul><li>Fizzy drinks</li><li>Sugary drinks</li><li>Sugary squash</li></ul>	<ul> <li>Water</li> <li>No-added-sugar drinks</li> <li>Sugar-free drinks</li> <li>Lower-fat milks</li> <li>Diet drinks</li> </ul>
After school snack swap	<ul> <li>Muffins</li> <li>Cakes</li> <li>Croissants or pastries</li> <li>Biscuits</li> <li>Chocolate bars</li> <li>Cereal bars</li> <li>Sugary breakfast cereal</li> <li>Puddings</li> <li>Sweets</li> </ul>	Fruit, fresh and tinned (in juice not syrup)  Cut up vegetables such as carrot or cucumber sticks  Plain rice cakes  Toast or bagel with spread such as low fat spreads and reduced fat hummus  Wholewheat biscuits and shredded whole grain cereals  Plain unsalted nuts  Fresh or tinned fruit salad (not in syrup)  Fruited teacake
Pudding swap	<ul> <li>Chilled desserts</li> <li>Cakes</li> <li>Ice cream</li> <li>Puddings</li> <li>Yoghurt</li> </ul>	<ul> <li>Fruit, fresh and tinned (in juice not syrup)</li> <li>Fresh or tinned fruit salad (not in syrup)</li> <li>Sugar-free jelly</li> <li>Low-fat, lower-sugar yoghurt</li> </ul>

quick. i need a sugar swap!

