

Minimising Sugar Consumption

What Counts as Sugar?

- Honey
- White and brown sugars
- Glucose, high fructose corn syrup
- Fruit juices and smoothies
- Agave nectar
- Coconut and other fruit syrups
- Treacle
- Molasses

The sugar in milk, plain yoghurts, whole fresh fruits, frozen fruits, fruits canned in juice and dried fruit does not count.

How Can We Help Keep Sugar Intake Down?

Breakfast Time

- We provide no and low sugar cereal options.
- We add fresh and dried fruit to cereals to provide sweetness without adding sugar.
- We provide natural plain bio yoghurts.
- We dilute 150ml fruit juice with 50 per cent water to make a longer drink – a 150ml serving of undiluted fruit juice provides 12g of added sugar but does count towards one of your five fruits and vegetables for the day.

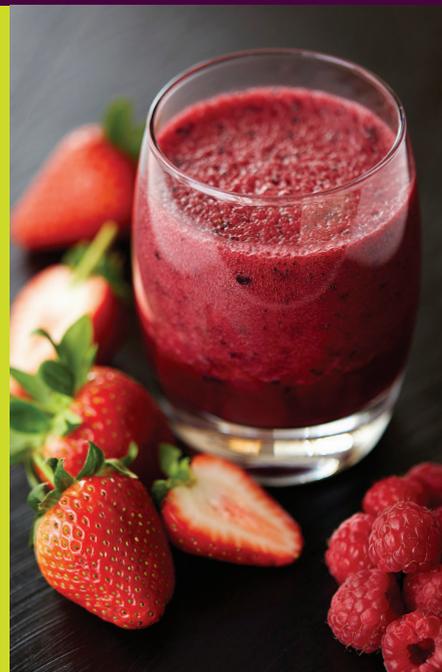
At the Counter

- We encourage a balanced approach to meals and snacks by offering freshly prepared foods cooked from scratch.
- We only offer water or low fat milk to drink.

Cooking Process

- We sweeten puddings and desserts using fruit.
- We do not sprinkle sugar on food.
- We create fruit sauces and coulis from fresh, seasonal fruit.

There is no place for sugary drinks in a child's diet.



Beat the

SUGAR

Beet

Reducing and replacing sugar



The Facts

What We Know

- Children are having nearly three times more sugar than the maximum daily amount.
- There are surprising amounts of sugar in everyday food and drink that we need to be aware of.
- Too much sugar can lead to the build up of harmful fat on the inside that we can't see. This fat around vital organs can cause serious diseases in the future like, heart disease, type 2 diabetes and some cancers. Too much sugar can also lead to tooth decay.

