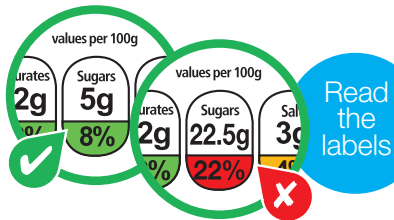


SUGAR SMART

Bath & North East Somerset

In Bath and North East Somerset, we are eating up to **3x** more sugar than we should and it's affecting our health

Three things to do today



www.bathnes.gov.uk/sugarsmart

  #sugarsmartBANES


Bath & North East
Somerset Council

SUGAR SMART

Bath & North East Somerset

Sugar is often added to food and drinks to sweeten it. It is in lots of everyday food items and often we don't know where the sugar is hiding:

 1 rounded teaspoon of sugar = 4 grams

 1 cube of sugar = 4 grams

Baked
beans



x5*

(415g can)

Pasta
sauces



x8*

(500g jar)

Yoghurt



x5*

(150g pot)

Juice
drink



x5*

(200ml pouch)

Cereal
bar



x3*

(per bar)

*Number of teaspoons is approximate

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