

## How to read food and drinks labels

When buying foods and drinks the best way to be Sugar Smart is to check the label. On the pack look for:

- The list of nutritional values (usually on the back)
- Per 100 gram(g) column
- 'Total sugar' or 'Carbohydrates of which sugars'

✓ Low sugar foods have less than 5g sugar per 100g

✗ High sugar foods have more than 22.5g\* sugar per 100g – best to avoid

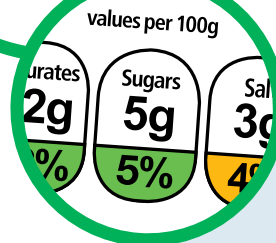
✓ Low sugar drinks have 2.5g sugar or less per 100ml

✗ High sugar drinks have 11.25g sugar or more per 100ml

- Some labels show a traffic light system of red, amber and green – go for green!

Nutrition	100g contains	Each pack contains
Energy	1018kJ 243kcal	2906kJ 693kcal
Fat	9.9g	28.3g
of which saturates	2.4g	6.8g
Carbohydrate	25.0g	71.3g
of which sugars	2.4g	6.8g
Fibre	2.0g	5.7g
Protein	12.5g	35.4g
Salt	1.1g	3.3g

Pack contains 1 serving



\*If the product does not contain any natural sugars, then we would advise using 15g per 100g as an upper limit.

# How to be Sugar Smart in Bath and North East Somerset

How to spot hidden sugars

How to understand food labels

How to eat in a healthier way

Find out which B&NES organisations are getting involved, and how, by visiting [www.sugarsmartuk.org](http://www.sugarsmartuk.org)  
[www.facebook.com/sugarsmartbanes](https://www.facebook.com/sugarsmartbanes)  
#sugarsmartbanes

Bath & North East Somerset Council

**SUGAR SMART**  
Bath & North East Somerset

## Why be Sugar Smart?

Reducing your sugar intake will help you:

- Maintain a healthy weight
- Reduce tooth decay
- Help to protect against type 2 diabetes
- Improve mood or behaviour
- Concentrate better

## Natural sugars

Some sugars are naturally occurring, including fructose which is found in fresh, frozen and dried\* fruit, and lactose which is found in milk and plain yoghurt. Fruit and milk are the healthiest options, containing vitamins and minerals and are a good source of fibre and calcium.

Fruit juice and smoothies are different from eating whole fruit. Blending or juicing fruit and vegetables releases the sugar from the fibre making it act like 'added sugar'. Therefore limit to 150ml per day and dilute 1 part juice to 4 parts water.

\*Dried fruit contains a high amount of concentrated sugar so to reduce the risk of tooth decay, it is best eaten as part of a meal and not a snack.

## Added sugars

Sugars that are added to food and drinks to sweeten them are called 'added sugars'. These provide 'empty' calories, pure energy with no additional nutritional value. These could be added by the manufacturer, a cook or by you at home.

There are many names for added sugar in processed food and drinks.

These can include:

- Sucrose (table sugar)
- Honey
- Agave nectar
- Maple syrup
- Coconut sugar
- Invert sugar
- Glucose
- Maltose
- Corn syrup
- Dextrose
- Molasses
- Fruit juice concentrate

## Sweeteners

Sweeteners such as aspartame, sorbitol and stevia are often used as a substitute for sugar. They don't add calories, but they do add sweetness to foods. However sweeteners do not help to get rid of cravings for sweet foods and can reinforce habits for eating sweet food and drinks.

**Sweeteners are not recommended for children under 5 years**


Your taste buds will soon adapt if you cut back on sweet – tasting foods and your cravings for sweet food and drinks will lessen.



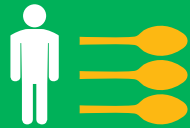
Sweetener

## Recommended maximum daily amounts of added sugar

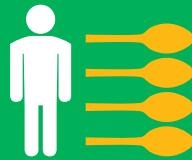
 1 rounded teaspoon of sugar = 4 grams

 1 cube of sugar = 4 grams

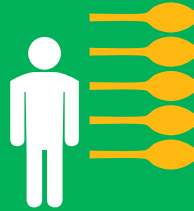
The recommended maximum daily amounts of added sugar are:



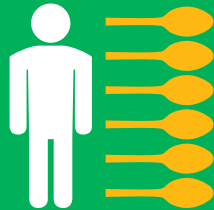
**1 – 2 years**  
3 teaspoons\*  
(11 grams)



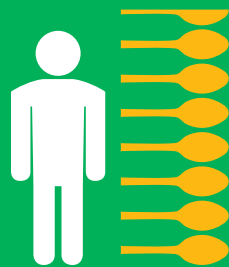
**3 – 4 years**  
4 teaspoons\*  
(15 grams)



**4 – 6 years**  
5 teaspoons\*  
(19 grams)



**7 – 10 years**  
6 teaspoons  
(24 grams)



**11+ years**  
7.5 teaspoons  
(30 grams)

\*Number of teaspoons is approximate

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

\*\*Public Health England (2016) National Diet and Nutrition Survey

## Sugar is hidden in lots of foods and drinks

It is clear which foods contain sugar as they taste sweet, for example:



But some are harder to spot as they taste savoury, but can contain high amounts of added sugar, for example:



Fizzy drinks, hot drinks and juice drinks often contain high amounts of added sugar, for example:



\*Number of teaspoons is approximate

## Cut down on your sugar intake

One of the easiest ways to reduce the amount of sugar is to have smaller portions, or have sweet foods less often:

- Reduce the sugar you add to hot drinks by ½ teaspoon at a time
- Dilute juice 1 part juice to 4 parts water
- Reduce portion sizes by sharing with friends/family/colleagues
- Set yourself sugar free days each week



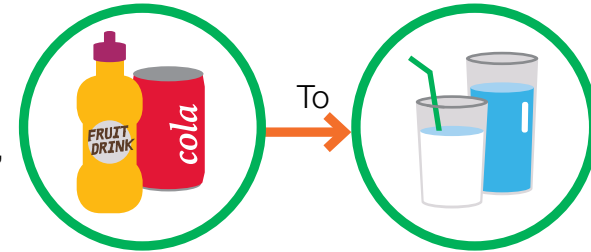
Download the Change 4 Life "Be Food Smart" app to find out how much sugar, saturated fat and salt is in your food and drink.



## Sugar Swaps

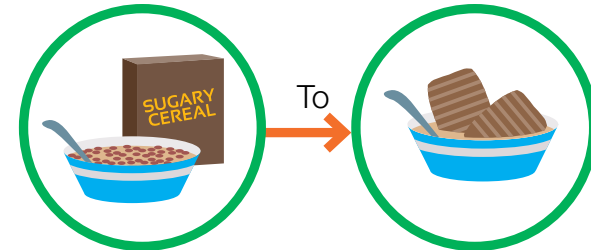
Swap from high to low sugar options

Sugary drinks  
(fizzy drinks,  
juice drinks)



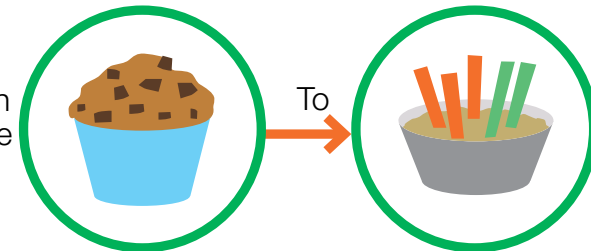
Water, semi-skimmed milk, or unsweetened herbal teas

Sugary Cereal



Lower sugar breakfast cereal (such as porridge, or whole-wheat cereals and sweeten with fruit for example a banana)

High sugar snacks such as chocolate and cakes



Fruit & vegetable sticks or nuts