

Sugar shock! Stop and think ...



175g of low calorie fruit flavoured jelly



51g bar of chocolate coated caramel and nougat bar



50g serving of chocolate puffed rice cereal (not incl. milk)



125g of low fat fruit flavoured yogurt



100g of raisins



100g liquorice allsorts



100g milk chocolate



Protect against tooth decay
Swap sugary foods for low sugar alternatives

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Did you know that there are 15 calories in a teaspoon of sugar? To burn off the calories in one teaspoon of sugar, it would take 4 minutes of walking!