

# how to cut **down** on **SUGAR**

to give your oral health a

# BOOST!

## Did you know...?

# 415,000

people in the UK miss at least one day of work a year due to **oral health problems!**

One in five say they would be prepared to call in sick at work

**due to toothache!**



# £80.20

is the average cost of **missing a day's work** in the UK

Statistics courtesy of British Society of Dental Hygiene and Therapy

## So, what can we do to improve our oral health?

As part of a healthy diet, it is recommended that we eat fewer foods and drinks which have high levels of **added sugars** which can lead to **tooth decay** and can also contribute to you becoming overweight.

## How much is too much?

The **maximum** daily amounts of added sugar\* are:

**4-6**  
years

**7-10**  
years

**11+**  
years



\*1 cube = 4 grams of sugar

## What is added sugar?

Added sugar refers to **any sugar** which is added to **sweeten food and drinks** and includes:

**Any sugar you add to your own food and drink**

**Honey**

**Syrups**

**Fruit juice nectars**



## Don't worry about the sugar in:

**Plain milk**

**Plain yogurt**

**Whole fruit and veg**



## Some surprisingly sugary foods

# BBO SAUCE

**9** grams per ounce



# Salad dressing

**8** grams per two tablespoons



**Bread** **3** grams per slice



**PASTA SAUCES** **15** grams per half cup



## Craving something sweet?

Then why not try swapping:

**Ice Cream**

**Sugar-free yoghurts**



**Iced Cupcakes**

**Bagel with cream cheese**



Other swaps include:

**Puddings** for **fresh fruit**, **chocolate** for **sugar-free jelly**

**sugary breakfast cereal** for **plain shredded wholegrain**

## Scan your own shopping basket and discover the hidden sugars within!

change **4** life

Eat well Move more Live longer

**Change4Life** have developed their handy sugar smart app which makes it even easier for you to discover how much added sugar is hidden in your shopping basket!

