

Sugars CHECKLIST



Tick the box to help you keep your sugar intake in check.

I have reduced the amount of sugar I add to my coffee/tea/cereal.



I read and compare ingredient lists and nutrition labels before purchasing a product.



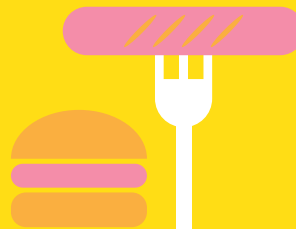
I replace high-sugar products with low-sugar products.



I choose sugar-free drinks.



I am aware salty/savoury snacks and processed foods can contain lots of sugar.



I ask for no sugar to be added to my smoothies, teas, coffee drinks and natural fruit juices.



I cook as much as possible, avoiding instant mixes and sauce products.



I choose fresh, natural juices rather than bottled or canned juices and concentrates.



I am aware of how much sugar is in the snacks I eat.



I prefer to eat fruit whole or in pieces instead of drinking fruit juice.

