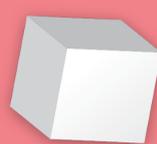


Sweet Enough? BE SUGAR SMART

Do you know how much sugar you are consuming every day?



4g
of Sugar



=



The World Health Organisation recommends you should have no more than 10-14 teaspoons of sugar a day.

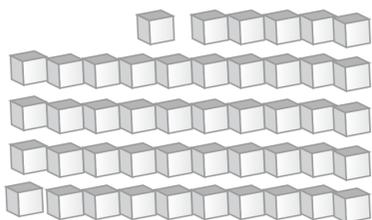
Remember, this doesn't just mean spoons of sugar which you add to foods and drinks – it also includes the sugars found in many processed foods you buy.

At the Cinema



Medium fizzy drink + Medium Sweet Popcorn + Share size packet of sweets

=46 Teaspoons of Sugar

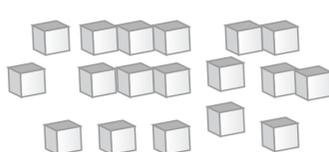


At the Supermarket



Jar of Sweet & Sour Sauce (4 Servings)

=18 Teaspoons of Sugar

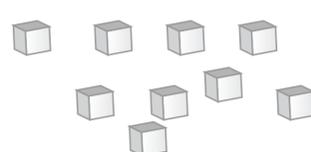


At the Coffee Shop



Small flavoured latte and sultana scone

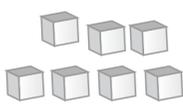
=9 Teaspoons of Sugar



Smart Swaps



Sweet Popcorn
= 28g Sugar



Plain Popcorn
= 0g Sugar



Chocolate Bar
= 31g Sugar



Diet yoghurt
= 6.6g Sugar



Small flavoured latte
= 16g Sugar



Black coffee - no sugar
= 0g Sugar



Cinema smart tips

Having a meal before going to the cinema can help ensure hunger doesn't steer you towards less healthy treats to hand

Choose water or a diet drink instead of a standard sugary fizzy drink

A sharing bag of sweets can have up to 27 teaspoons of sugar, so be sure to share or avoid altogether

Try not to be fooled by 'value' or 'combo' offers – often the total sugar content is high

Supermarket smart tips

Don't shop on an empty stomach, you are more likely to choose foods that are higher in sugar.

Write a shopping list and don't stray from your list. Some people find smartphone apps helpful for planning their shopping. Try the [Pepperplate](#) or [Mealboard](#) apps.

Look at the nutritional information on foods you purchase regularly. Are they high in free sugars?

If you don't need to go into a particular aisle, avoid it. This way you are less likely to be distracted by special offers and less healthy food choices.

Coffee shop smart tips

Choose smaller serving sizes – a standard size serving is approx. 200ml.

Go for unflavoured coffees – the added flavourings such as vanilla or toffee shots are syrup based and therefore are high in free sugars and calories.

Consider sharing a scone with a friend as these can contain lots of added sugars and calories especially if served with jam and cream.

Avoid adding sugar or cream to your hot drinks to reduce your calorie and free sugar intake.