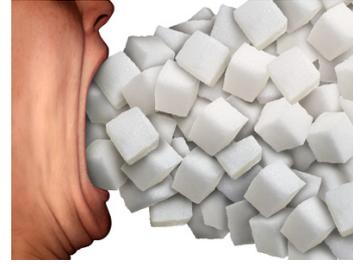


# Ask 'Doctor D' ....

## about sugar



*Ask 'Doctor D' is your opportunity to put questions people often want answers to, but don't like to ask, to the Doctors based at St. Andrews.*

### Calling all mums and dads

Your children might seem fine on the outside, but too much sugar can cause tooth decay and lead to the build up of harmful fat on the inside that you can't see. Fat around vital organs can cause serious disease in the future, e.g. weight gain, type 2 diabetes, heart disease, -some cancers.

### How much is too much?

The maximum daily added sugar recommendations are: **Age 4-6 = 5 cubes max** (or 19 grams) **Age 6-10 = 6 cubes max** (24g). **Age 11 + and adult = 7 cubes max** (30G).

### Check how much sugar there is in what they eat and drink?

#### Download the Sugar Smart app:

[www.nhs.uk/change4life-beta/campaigns/sugar-smart/home](http://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home) to help you find out how much sugar is in the everyday foods and drinks your family are consuming.

#### Finding sugar information on food labels.

Food labels often use **red**, **amber** and **green** colour coding to tell us how much fat, sugar and salt is in a portion of food or drink.

Also watch out for how many grams of sugar there are **per 100 grams**. Looking at sugar content per 100 grams helps you to compare across different products.

- **HIGH** = More than 22.5g of total sugars per 100g
- **LOW and Sugar Smart!** = Less than 5g of total sugars per 100g

### Lurking sugar – top tips

You'll be surprised at just how much **added** sugar is lurking in everyday food and drink, and it builds up quickly over the day. Try these simple and easy **sugar swap** ideas to reduce the amount of sugar you and your kids eat throughout the day.

- A **good breakfast** is an important part of the day. Get off to a great start, swap:

*from* **sugary cereal** *to* **plain cereal** e.g. plain porridge, plain whole-wheat biscuit cereals, or plain shredded whole-wheat

- **Sugary drinks** have no place in our children's daily diets, swap:

*from* **cola/ or juice drink** *to* **water, lower-fat milk, diet, sugar-free or no-added sugar drinks.**

- Kids are often **hungry after school**, but if sweets and cakes tempt them offer a healthier alternative, swap:

*from* **muffin or sweets,** *to* **fruit, cut-up veg, plain rice cakes, toast or bagel.**

- Cutting down on sugar doesn't mean no more **puds!** Try healthier desserts swaps:

*from* **chilled dessert, yoghurt, ice cream, sugary jelly, puddings,** *to* **lower-fat, lower-sugar yoghurts, fruit, tinned fruit or sugar-free jelly, tinned fruit (in juice)**

### Smaller portions

Fruit juice is very high in sugar, but it still counts towards your 5 A DAY, so limit the amount you and your children drink to **no more than 150ml**

### Cut back

There's no place for sugary drinks in a child's daily diet and we all need to cut back on sugary snacks.

### More info & sugar smart recipes

Take a look at: [www.nhs.uk/change4life-beta/campaigns/sugar-smart/home](http://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home)

### Other Doctor D advice leaflets

Go to **Forms and Leaflets** on our website - [www.standrewsmc-southborough.nhs.uk](http://www.standrewsmc-southborough.nhs.uk)