



# 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.

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

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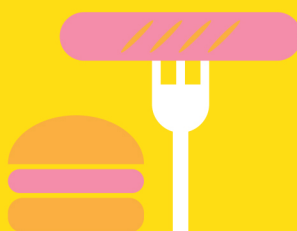
I replace products with high sugar content with products with lower sugar content.

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I choose sugar-free alternative drinks.

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

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

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I cook from scratch as much as possible, avoiding sauce products and instant mixes such as pancake or oatmeal.

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

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I am aware of how much free sugars my sugary snacks contain.

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

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