Sugars Checklist

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

1. I have reduced the amount of sugar I add to my coffee/tea/cereal.
2. I read and compare ingredient lists and nutrition labels before purchasing a product.
3. I replace products with high sugar content with products with lower sugar content.
4. I choose sugar-free alternative drinks.
5. I am aware of how much free sugars my sugary snacks contain.
6. I prefer to eat fruit either whole or in pieces - instead of drinking fruit juice.
7. I choose fresh, natural juices rather than bottled or canned juices and concentrates.
8. I am aware salty/savoury snacks and processed foods can contain lots of sugar.
9. I cook from scratch as much as possible, avoiding sauce products and instant mixes such as pancake or oatmeal.
10. I ask for no sugar to be added to my smoothies, teas, coffee drinks and natural fruit juices.