

Make a swap when you next shop



There can be a lot of sugar in our everyday food and drink, and too much sugar can lead to serious health problems such as type 2 diabetes, heart disease and painful tooth decay.

The good news is that it's really easy to help your family cut down on sugar. All you have to do is make a swap when you next shop.

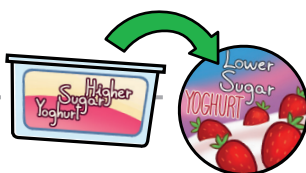
Sugar swaps

These simple everyday swaps can make a real difference.



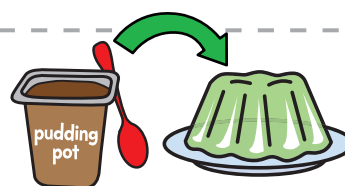
Swap higher-sugar cereals to porridge, low-sugar cereals such as wheat biscuits or shredded wholegrain cereals

Swap sugary drinks to water, lower-fat milks, sugar-free drinks or no-added-sugar drinks



Swap split-pot yoghurt for lower-sugar yoghurt or plain natural yoghurt with fruit

Swap pudding pots for sugar-free jelly, lower-sugar yoghurt, fresh or tinned fruit (in juice), lower-sugar rice pudding or lower-sugar custard



Help your family make healthier choices.



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