Why do we need to be sugar smart?

- Sparkly Teeth
- Healthy Weight
- More Energy
How many teaspoons of sugar a day can we have as part of a healthy diet?
What is free or added sugar?
How many teaspoons of sugar in a can of Coke?
How many teaspoons of sugar in a can of Coke?
How many teaspoons of sugar in a Volvic Touch of Lemon and Lime?
How many teaspoons of sugar in a Volvic Touch of Lemon and Lime?
Sugar

Which has more sugar?

or

A sugar glazed doughnut
Which has more sugar?

5 teaspoons of sugar
Bruno’s Top Tips!

Sugar swaps
Smaller portions
Cut back
Sugar Smart Challenge:
Can you drink only water and milk each day, with no more than one other drink, such as fruit juice, with a main meal over each day?

<table>
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<tr>
<th>Example</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>How many glasses of water or milk?</td>
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<tr>
<td>Did you have no more than one other drink with a main meal over each day?</td>
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<tr>
<td>Yes</td>
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</tbody>
</table>

You can undertake your challenge alone or as a family.

Log your results online to be entered into the prize draw: www.surveymonkey.co.uk/r/BH_SugarSmartChallenge

Deadline: Friday 25 March 2016

For more information and links, follow:

@AITC_Schools

Brighton & Hove City Council
PRIZES AVAILABLE:

- Brighton & Hove Albion FC – match day tickets at the American Express Community Stadium.
- Jamie’s Italian - family meal.
- Tortilla - burrito vouchers.
- Pho - family meal.
- Boulder Brighton Climbing Centre - introduction sessions.
- Love2Shop – vouchers.
- Dukes @ Komedia.
- Brighton Dome tickets for a family show.
- Goodie bags!

Thank you to our partners for their support.
Sugar

let’s get sugar smart

To find out how much sugar is lurking in your family’s food and drink, download the Sugar Smart app today.

Search Change4Life

Brighton & Hove City Council

Albion in the Community
Giving people a chance
Sugar Smart Challenge Partners:

Brighton & Hove

Albion in the Community

NHS Dental Helpline

Looking for an NHS dentist in Brighton & Hove, East Sussex or West Sussex?

Or looking for emergency dental treatment and don’t have a dentist?

Call the NHS Dental Helpline for details of dentists accepting NHS patients in your area:

0300 123 1663

The Dental Helpline is provided by Kent Community Health NHS Foundation Trust on behalf of NHS England - South (South East)