

SUGAR SMART

SUGAR SMART September

The SUGAR SMART team often hears from individuals concerned about how much sugar they or their families consume. However it can be so hard to cut down on added sugar, as it is often hidden in foods without us realising, and sugary products are marketed and promoted to us in a way that makes them look attractive and a healthy option.

If you are concerned about this too, then, join us for SUGAR SMART September! We are encouraging people to be smart about their food and drinks choices and try to reduce the amount of added sugar consumed during September.

“Added” sugar is any sugar that is added to foods at home or by the producer, plus sugar naturally present in honey, syrups, and fruit juices. It does not include sugar naturally present in milk, plain yoghurt or whole fruit and vegetables.

Included below are some suggestions on what your SUGAR SMART September might look like, some guidance and tips to help you through the month and a chart you can print out to monitor your progress with your family, friends or colleagues.

Join us on social media for support and to share how you are getting on!
Like the Facebook page [@SugarSmartSeptember](#)

For more information contact us at Sugarsmart@bathnes.gov.uk



SUGAR SMART

SUGAR SMART September options:

Below are some options that you may wish to use to help you reduce your sugar intake:

1. Super Seven Option

Eat within or less than the maximum recommended teaspoons of added sugar per day. For age 11+ years this is a maximum of 7.5 teaspoons (30g) of added sugar per day. (Recommendations for younger ages can be found over the page).

2. Healthy Balance Option

Completely avoid added sugar during weekdays, with moderate amounts of added sugar only during weekends.

3. Easing In Option

Cut out added sugar during working hours – particularly suited to those workers who are tempted daily by biscuits during meetings, or the office snack table!

4. No Spoons Option

Completely cut out **added sugar** from your diet for the whole of September!

Guidelines

SUGAR SMART September involves **cutting down or avoiding** “added sugar”, including:

- All processed sugar that is added to prepared foods e.g. cereals, soups, sauces, biscuits, chocolate, ready meals, cereal bars
- Honey and syrups
- Table sugar such as added to tea or coffee
- Added sugar within alcohol

In SUGAR SMART September you **can** eat/drink natural sugar:

- Sugars found naturally in carbohydrates, including fruit, vegetables and starchy carbohydrates such as wholegrain bread or pasta
- Sugars found naturally in dairy products such as within milk and plain yoghurt

The free Change4Life Food Scanner App shows quickly and easily how much sugar, sat fat and salt is inside food and drink – just by scanning the barcode. Download from:

<https://www.nhs.uk/Tools/Pages/food-scanner-app.aspx>



SUGAR SMART

Tips for Being Sugar Smart

Know your labels:

- If a product has more than 22.5g of sugar per 100g, it is high in sugar. Sugar Smart products have less than 5g of sugar per 100g.
- Check the ingredients list for added sugar – the nearer the top of the list it is, the more the product contains. There are lots of names for added sugar you may find in ingredients lists: sucrose, glucose, fructose, maltose, fruit juice, molasses, hydrolysed starch, invert sugar, corn syrup, honey.
- Watch out for breakfast cereals as they are often high in sugar. Try low sugar versions such as plain porridge, no added sugar muesli or shredded wholegrain pillows. If you want to sweeten it, add fruit. .
- Watch out for “fruit juice drinks” and smoothies that contain added sugar. Water and milk are Sugar Smart options.
- Be aware of “low fat” products, as these may contain large amounts of added sugar.

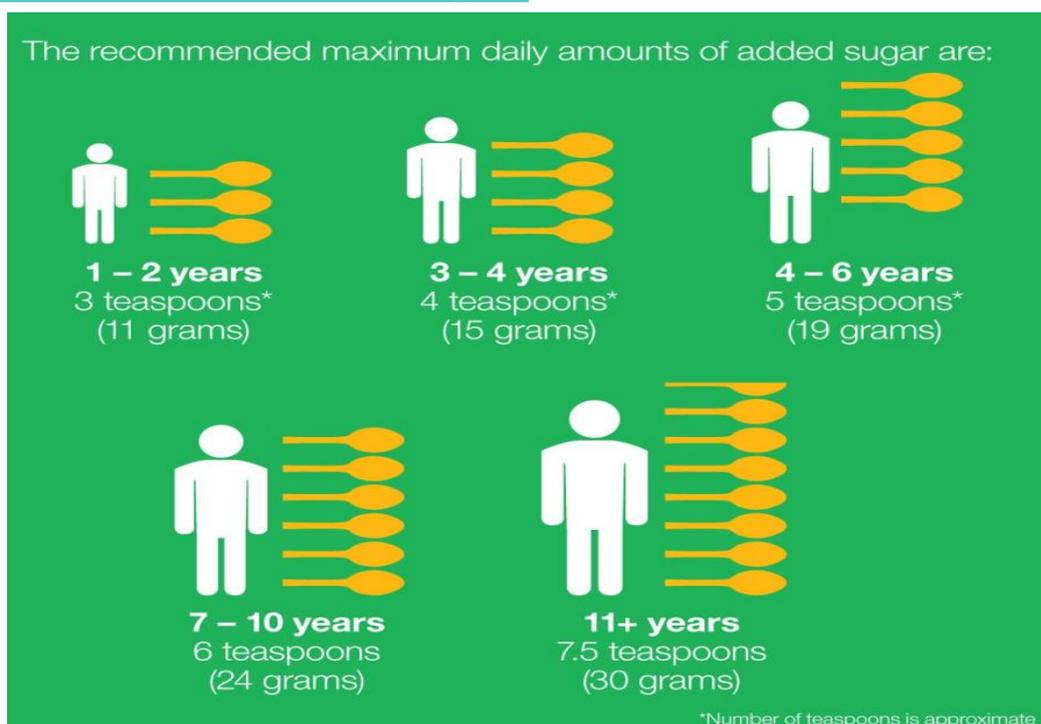
Check out:

[Change4Life resources](#) - For more information on sugar swaps and facts

[SUGAR SMART B&NES campaign](#) - Find out more about our campaign and details of how to further get involved

[Pledge to become SUGAR SMART](#) – join the thousands of organisations, workplaces and individuals across the country who have made pledges

How much is too much added sugar?



SUGAR SMART

Name								
Option								
01/09/2018								
02/09/2018								
03/09/2018								
04/09/2018								
05/09/2018								
06/09/2018								
07/09/2018								
08/09/2018								
09/09/2018								
10/09/2018								
11/09/2018								
12/09/2018								
13/09/2018								
14/09/2018								
15/09/2018								
16/09/2018								
17/09/2018								
18/09/2018								
19/09/2018								
20/09/2018								
21/09/2018								
22/09/2018								
23/09/2018								
24/09/2018								
25/09/2018								
26/09/2018								
27/09/2018								
28/09/2018								
29/09/2018								
30/09/2018								

Use this chart to help track your progress with family, friends or colleagues.

Pop in the names of those taking part and add in the SUGAR SMART September option number that each person is undertaking:

1. Super Seven Option
2. Healthy Balance Option
3. Easing In Option or
4. No Spoons Option

Track your progress by or against each day in September!