

# SUGAR SMART

Bath & North East Somerset



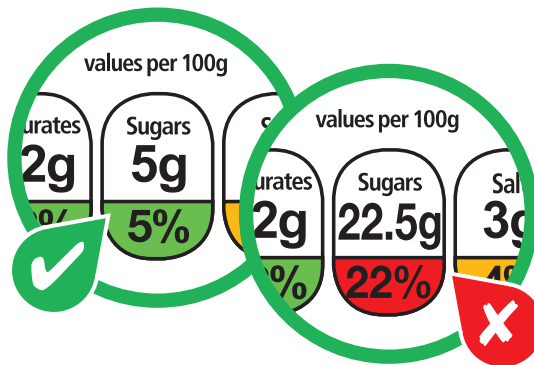
In **Bath and North East Somerset** we are eating **up to 3x more sugar** than we should and it's affecting our health

## 3 things to do today



### Swap one sweet snack

Choose fresh fruit, plain yoghurt, nuts or vegetable sticks



### Read the labels

Choose products with less than 5 grams of sugar per 100 grams



### Think before you drink

Choose plain milk, water and unsweetened herbal teas. Dilute fresh fruit juice – *limit to 150ml a day & keep to meal times*

What's in your food?

Download the Change 4 Life "Be Food Smart" app to find out how much sugar, salt and saturated fat is in your food and drink!



[www.bathnes.gov.uk/sugarsmart](http://www.bathnes.gov.uk/sugarsmart)

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Bath & North East Somerset Council