

how to cut **down** on **SUGAR**

to give your oral health a **BOOST!**

Did you know...?

415,000

people in the UK miss at least one day of work a year due to **oral health problems!**

One in five say they would be prepared to call in sick at work **due to toothache!**

£80.20

is the average cost of **missing a day's work** in the UK

So, what can we do to improve our oral health?

As part of a healthy diet, it is recommended that we eat fewer foods and drinks which have high levels of **added sugars** which can lead to **tooth decay** and can also contribute to you becoming overweight.

How much is too much?

The **maximum** daily amounts of added sugar* are:

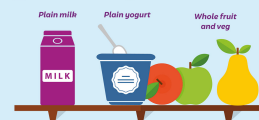


What is added sugar?

Added sugar refers to **any sugar** which is added to **sweeten food and drinks** and includes:



Don't worry about the sugar in:



Some surprisingly sugary foods

BBO SAUCE 9 grams per ounce

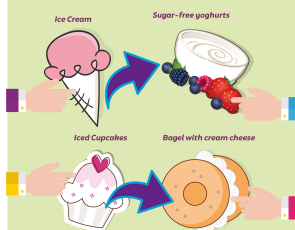
Salad dressing 8 grams per two tablespoons

Bread 3 grams per slice

PASTA SAUCES 15 grams per half cup

Craving something sweet?

Then why not try swapping:



Other swaps include:

Puddings for **fresh fruit, chocolate** for **sugar-free jelly**
sugary breakfast cereal for **plain shredded wholegrain**

Scan your own shopping basket and discover the hidden sugars within!

change 4 life
 Eat less. Move more. Live longer.

Change4Life have developed their handy sugar smart app which makes it even easier for you to discover how much added sugar is hidden in your shopping basket!

