

# SUGAR...too much is BAD!

Public Health England have shared some shocking statistics

- The average 10 year olds has consumed 22 stone of sugar (that is the expected amount for an 18 year old.)
- One third of the children in England are obese or overweight at the age of 10.
- Here in Skelton, that statistic is even higher! Leaving these children at risk of tooth decay, heart attacks, strokes and type 2 diabetes later in life.

What can we do to keep our children healthy?

- SWAP sugary drinks (coke contains 9 cubes!) for low sugar/ low fat milk/ water
- SWAP split pot yoghurts to fromage frais/ low sugar/ plain yoghurt
- SWAP frosted, chocolate & honey crunch cereal to shredded wholegrain, porridge or low sugar muesli
- SWAP puddings from cake bars, muffins, pastries to sugar free jelly, fresh fruit or low sugar custard or rice pudding
- Download the sugar smart app that scans barcodes, telling about sugar content



**LOW SUGAR**

change  
4 life

Eat well Move more Live longer

Daily recommended sugar limits

4 – 6 year olds

**5 sugar cubes or 19g**

7 – 10 year olds

**6 sugar cubes or 24g**

11 year olds

**7 sugar cubes or 30g**