

Aim to choose products with **no more** than 10g per 100g of sugar

**DID YOU KNOW?**  
1 cup of orange juice can contain natural sugar from over 3 oranges



Fruit Juice  
350ML



EQUALS

20  
MINS



Touch rugby

Sports Drink  
750ML



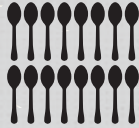
EQUALS

26  
MINS



Skipping

Fizzy Drink  
600ML



EQUALS

47  
MINS



Dancing

Remember water, and low fat milk are the best choice for hydrating

Energy Drink  
500ML



EQUALS

30  
MINS



Jogging



# Be Sugar Smart

No added sugar means no sugar added. It does not mean there is no sugar naturally occurring.



## The lowdown on Sugars

Many foods have sugars – either natural or added. Some food labels show added sugar, but not all do.

If the Nutrition Information Panel shows the product has a lot of sugar, take a look at the ingredients list to see where the sugars come from. Food containing ingredients like fruit and dairy can be high in natural sugars but often also contain important nutrients like fibre and calcium.

## Too much sugar may increase our risk of developing:



Tooth decay & Gum disease



Acne



Insulin resistance & diabetes



Heart disease

## Getting Sugar Smart

The World Health Organisation says we should have less than 12 teaspoons and ideally no more than 6 teaspoons of added sugar a day from food and drink.

It's easy to over-consume sugar when it's hidden in food & drinks.

