



Child Health Improvement Programme

Sugar Swaps & Fizzy Drinks

session objectives

In this session we will be covering the following:

- 1) The impact of sugar on our health
- 2) The recommendations of sugar consumption
- 3) How to cut back on sugar – Sugar Swaps
- 4) Fizzy drinks
- 5) Home Tasks

the impact of sugar on our health

Most children in the UK eat too much sugar. This is in the form of sweets, cakes and biscuits, and sugary drinks. The kind of sugar we eat too much of is known as the collective term "free sugars". Free sugars are any sugars 'added' to food or drinks, or found naturally in honey, syrups and unsweetened fruit juices.

Many foods and drinks that contain added sugars can be high in energy (measured in either kilojoules/kJ or calories/kcal) and often have few other nutrients. Eating these foods too often can mean you eat more calories than you need, which can lead to weight gain and obesity. For a healthy, balanced diet, we should eat these types of foods occasionally, in small amounts. (Please refer back to the Eatwell guide and portion guidance if you need to)

Sugar and tooth decay

Sugary foods and drinks can also cause tooth decay, especially if you eat them between meals. The longer the sugary food is in contact with teeth, the more damage it can cause.

Smoothies/Juices

The sugars found naturally in whole fruit are less likely to cause tooth decay, because the sugars are contained within the structure of the fruit. But when fruit is juiced or blended, the sugars are released. Once released, these sugars can damage teeth, especially if fruit juice is drunk frequently. When fruit is dried, some sugars can be released, and dried fruit has a tendency to stick to teeth.

Limit fruit juice to a small (150ml) glass a day from juice, smoothies or both. Remember to keep it to mealtimes, as it can cause tooth decay. Try to swap dried fruit for fresh fruit. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal, such as dessert, and not as a between-meal snack. (NHS choices website)



activity 1

How many sugar cubes do you think there are in the following drinks:



Answers to the activity are shown on the last page.

recommendations of sugar consumption

Children aged four to six should have no more than 19g a day (five sugar cubes), and no more than 24g (six sugar cubes) for children aged seven to ten years old. (NHS choices website)

Change 4 Life Sugar Smart App



The Change4Life Sugar Smart app is designed to show quickly and easily how much sugar is in the food and drink you're having. Just scan the barcode and see how much sugar it contains.

- See how much sugar is in a product
- Keep track of the last 10 products you've scanned

Have a go yourself by downloading the app to your phone.

activity 2

Come up with sensible solutions about how you can cut back the amount of sugar your family consumes.

Ways to cut back on Sugar:

- 1)
- 2)
- 3)
- 4)
- 5)

how to cut back on sugar - sugar swaps

For a healthy, balanced diet, cut down on foods and drinks containing added sugars.

These tips can help you to cut down:

- Opt for water, lower fat milks, or sugar free, diet and no added sugar drinks
- If you prefer fizzy drinks, try diluting fruit juice with sparkling water
- Swap cakes or biscuits for a currant bun, scone or some malt loaf with low-fat spread
- If you take sugar in hot drinks or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether
- Rather than spreading jam, marmalade, syrup, treacle or honey on your toast, try a lower-fat spread, sliced banana or lower-fat cream cheese instead
- Check food labels and opt for the low-sugar version
- Choose tins of fruit in juice rather than syrup
- Choose low sugar breakfast cereals (NHS choices website)

home tasks

Your home tasks for this week are:

- **Parent's task - set a SMART goal to make sugar swaps in your child's diet**
- **Set a SMART goal to reduce the consumption of sugary drinks**
- **Children's task - write down your sugar swaps in your programme diary**
- **Use the Change4Life Sugar app at home**

activity 1 answers

How many sugar cubes in the following drinks:

Drink

| | |
|-------------------------|---------------------------------|
| Diet Coke | 0 |
| Fruit Shoot (Low Sugar) | $\frac{1}{2}$ |
| Volvic Strawberry Water | $6\frac{1}{2}$ |
| Frijj Milk Shake | $15\frac{1}{2}$ |
| Tropicana Orange Juice | $7\frac{1}{2}$ (natural sugars) |
| Lucozade Sport | $4\frac{3}{4}$ |
| Coca Cola | 11 |
| Lucozade Original | $8\frac{3}{4}$ |
| Capri – Sun | 4 |
| Evian Water | 0 |