

Foods surprisingly higher in free sugars and examples of sugar friendly swaps

Many cereals, including those aimed at children.



Swap to



Wholegrain, high fibre cereals such as porridge, wheat biscuits, Shredded Wheat or Ready Brek

Flavoured or low fat yoghurts



Plain yoghurt adding your own fruit.

Juice and smoothies



Water with added fruit or sugar free squash

Condiments such as ketchup and BBQ sauce



Reduced sugar or no added sugar versions

Sugar Off The Good Food Guide

K Morrison



Sugar Off The Good Food Guide:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Sugar Off The Good Food Guide** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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