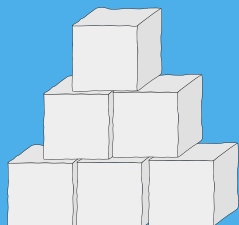


Healthier Alternatives for High Sugar Foods

High Sugar Foods

Healthier Alternatives



Sugar
Glucose
Fructose Syrup



Artificial Sweeteners:



Canderel

Sweetex
Splenda
Hermesetas



Squashes
Cordials
Cola Drinks
Fizzy Drinks



Sugar Free And Low Calorie Squashes

Diet And Zero Fizzy Drinks
Flavoured Sugar Free Water
Slim-line Drinks



Fruit Yogurts
Yogurt Corners
Fromage Frais



Natural/Greek Yogurts
(serving - 2/3tbsp)



Plain Yogurt With Natural Fruits



Jam
Honey
Syrup
Marmalade



Reduced Sugar Jams & Marmalades
Mashed Banana
Yeast Extract Spreads

Avoid Diabetic Labelled Foods



High Sugar Foods

Healthier Alternatives



**Tinned Fruit
In Syrup**



Sweet Puddings

**Sugar free milk puddings or
custard (home made with
semi-skimmed milk and
sweetener)**

**Fruit tinned in natural juice
and sugar free jelly.**



**Sugar/ Chocolate/
Honey Coated
Breakfast Cereal**

Frosted Corn Flakes

**Flavoured
Porridge Sachets**

Wheat Biscuits

Oat Bran

**Whole Rolled Porridge
Oats**



**Sweets And
Chocolate**

Chocolate Biscuits



Plain Biscuits

**Wholemeal
Crackers**

Crispbreads



**Rich Cakes, pastries,
waffles and pancakes**



**Small slice of current
loaf or malt loaf**



Crumpets

**Plain
pancakes**

**Small
Wholemeal
Scone**

