

Top Tips To Cut Down On sugar

For a healthy balanced diet, cut down on food and drinks containing **ADDED SUGARS**

! These tips can help you cut down, reducing sugar in your diet !

Plan your day



Plan your meals, snacks and drinks so you don't have to choose the first thing you see.

Have a sugar free day or two during the week.

1	2	3	4	5	6	7
8	9	10	11	12	13	14

Choose smaller portions when having puddings, desserts or cakes.

Try to limit these to one small portion.





**A small glass
(150mls)**

**Even unsweetened
fruit juices and
smoothies are sugary,
so limit the amount
you have to no more
than 150ml a day.**

**Instead of sugary fizzy
drinks or sugary
squash, go for:**

Water

Lower fat milk

**Sugar free, diet or
zero drinks**

**No added sugar
squash with sparkling
water.**

**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.**



**Try and always have breakfast, as this can help with
regulating blood glucose and avoid unplanned snacking.**