



SUGAR IS EVERYWHERE!

www.sugarbyhalf.com

Intake of too much **sugar** is linked tooth decay but also to serious health problems including obesity, type II diabetes and liver disease.

The average Australian consumes 16 teaspoons of added **sugar**, found in even 'healthy food' like low fat yogurt or museli bars. WHO recommends only 6 teaspoons per day.

Tips to cut back



- * eat real food as much as possible – try 'clean eating'
- * ensure treats or 'sometimes foods' are really *only sometimes*
- * don't trust processed food
- * try a #sugarswap



SOME BENEFITS OF CUTTING BACK ON ADDED SUGAR

HEALTHY WEIGHT	BETTER SLEEP	IMPROVED MOODS	IMPROVED HEALTH	MORE ENERGY

HOW MUCH ADDED SUGAR IS IN YOUR FOOD?

Go to www.sugarbyhalf.com

