

# *Tips to cut back on sugar*

Here's a list of easy ways to reduce the amount of sugar you eat. Tick the options you could try!

<b>When shopping</b>		<b>When cooking</b>	
<input type="checkbox"/> Check food labels for sugar and buy the lower sugar option	<input type="checkbox"/> Aim for less than 15 grams sugar per 100 grams on labels	<input type="checkbox"/> Buy 'diet' and 'low-sugar' yoghurts	<input type="checkbox"/> Reduce sugar in baked recipes by ¼ to 1/3
<input type="checkbox"/> Use fruit to sweeten recipes rather than sugar	<input type="checkbox"/> Add vanilla or cinnamon for sweetness without kJs	<input type="checkbox"/> Gradually reduce sugar in tea and coffee	<input type="checkbox"/> Choose artificially sweetened or 'diet' drinks
<b>When eating</b>		<b>When drinking</b>	
<input type="checkbox"/> If you eat dessert, have fruit	<input type="checkbox"/> Drain syrup off canned fruit	<input type="checkbox"/> Sweeten wheat biscuit breakfast cereals with sultanas or raisins, if you need it	<input type="checkbox"/> Eat the fruit rather than drink the juice
<input type="checkbox"/> Eat bread instead of sweet biscuits		<input type="checkbox"/> Mix spirits with diet mixers	
<b>Other names for sugar on food labels</b>			
<p>If the words below appear first or second on the ingredients list, or there are several listed, the food is likely to be high in sugar:</p> <p>Brown sugar, raw sugar, honey, molasses, corn syrup, fructose, fruit juice concentrate, glucose, dextrose, invert sugar, lactose, maltose, sucrose, syrup</p> <p>Remember – sugar contains less energy than fat, but it can add up easily in your diet, especially if you are eating more low fat, sweet foods.</p>			