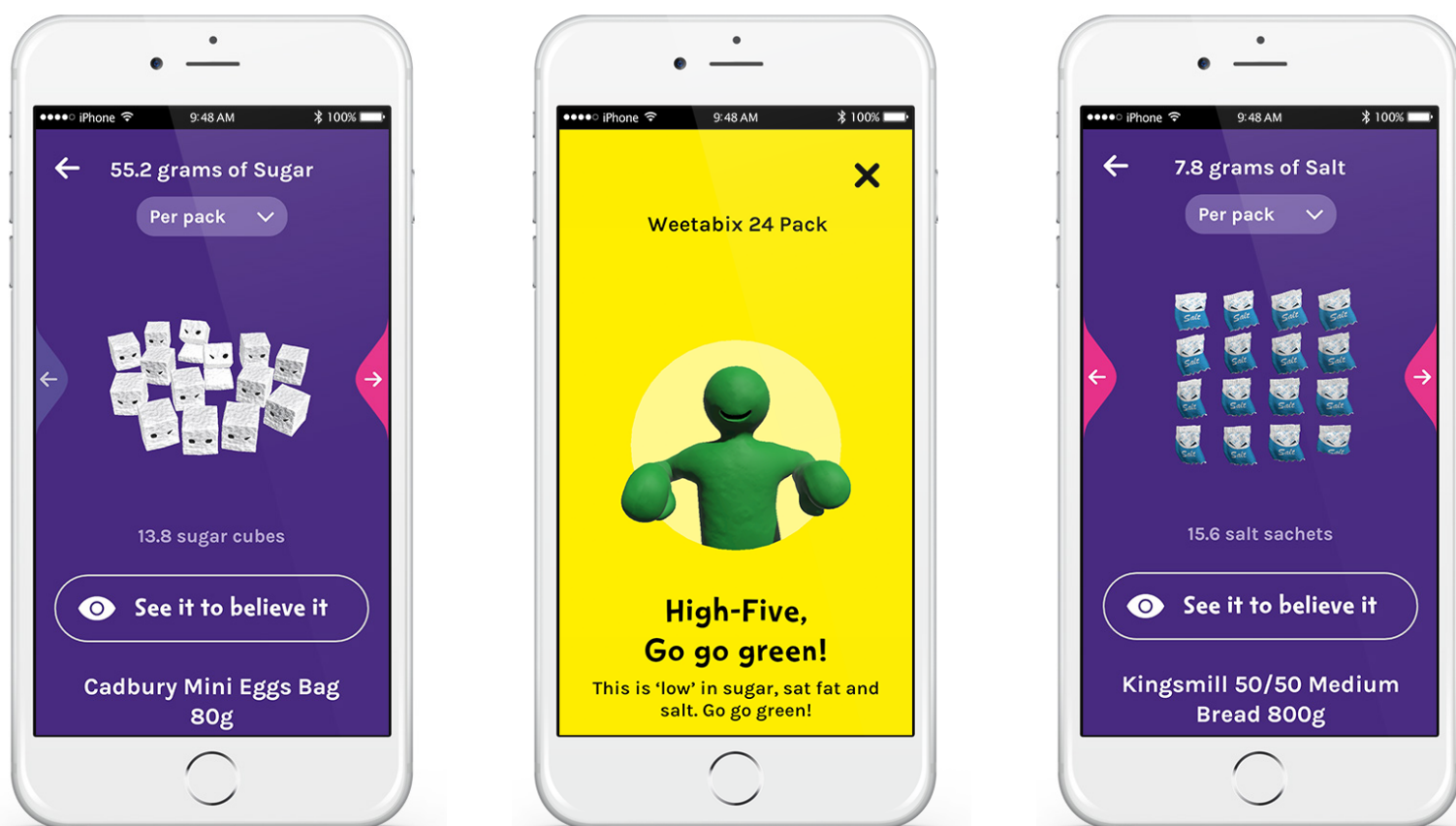


## Sugar Awareness

We all know that Easter eggs are bad for us and that we should be careful not to overindulge over periods such as Christmas and Easter, but what about the hidden sugars in “healthier” foods? We’ve been using the free Change4Life Food Scanner app to find out how much sugar is in our food and drink.



The type of sugars many of us eat too much of are “free sugars”, such as those added to chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks, and sugars in unsweetened fruit juices, vegetable juices and smoothies.

These kinds of sugars should not make up more than 5% of the energy (calories) we get from food and drink each day. This means that adults should have **no more than 30g of free sugars a day** (roughly equivalent to 7 sugar cubes).