



Brighton & Hove
City Council

What do you think?

Sugar Smart City



Food Outlet

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Sugar Smart City

What do you think?

On average people in the UK consume too much sugar – especially young people who consume up to 3 times the recommended amount. Too much sugar in the diet is linked with a higher risk of tooth decay, excess energy intake and weight gain. Sugary drinks have also been linked to a higher risk of type 2 diabetes. We are asking residents whether action should be taken to help people reduce their sugar intake.

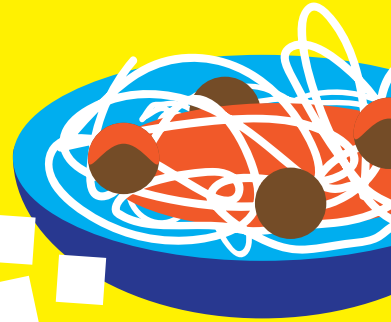
Half a can of baked beans contains about 3 cubes! There are now low sugar cans available.



A 500ml bottle strawberry flavoured water contains 6 cubes of sugar. Infuse tap water with lemon or cucumber instead.

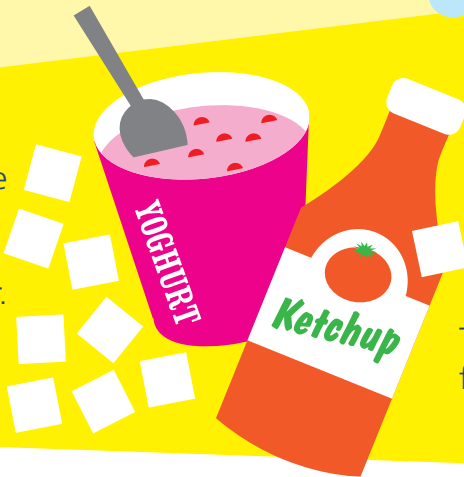


There's 6 cubes in a 500ml jar of pasta sauce. Make your own with passata and herbs.



Tomato ketchup is one third sugar! That's a cube for every serving. Buy sugarfree or make your own.

Low-fat often means high sugar to enhance flavour. Flavoured yoghurt can contain up to 8 cubes of sugar. Buy plain and add some fruit yourself.



How concerned are you about the amount of sugar in food and drink? (please select one answer)

Very concerned Fairly concerned Neither Fairly unconcerned Very unconcerned

Should action be taken to help people reduce their sugar intake in Brighton & Hove? (please select one answer)

Yes No Don't know

How strongly do you agree or disagree with these statements?

Strongly Agree Agree Neither Disagree Strongly Disagree Don't know

I need more information about how sugar affects my health

Food outlets should make healthier options more available and more attractive

I would support a voluntary 10p levy on sugar-sweetened drinks *Refer to the enclosed letter for more information

Fewer sugary drinks and snacks should be available in places like leisure and shopping centres

Schools and academies should act to reduce sugary drink intake among pupils

Customers should be free to choose and no action should be taken to restrict or influence food and drink choices

This survey closes on 30th November 2015. To find out more and to complete a longer online survey for a chance to win a prize, visit: www.brighton-hove.gov.uk/sugarsmart Join the debate #sugarsmartcity