

# Sugar



Fruit and milk  
are nutritious sources  
of natural sugars




Don't forget, dried  
fruit counts towards  
your five a day



Added sugar can be hidden  
in all sorts of foods,  
such as sauces, breads  
and pickles



Always check the label

Too much sugar  
can lead to  
tooth decay  
and loads your  
body with empty  
calories that  
can make you ill



**Avoid**

Artificial sweeteners  
contain no calories, but we  
aren't sure how they  
affect our bodies so it's  
best to avoid them

Be aware of sugar