

Brought to you by the Brighton & Hove Food Partnership



Information



Events & courses



Get involved

We are a hub for information, inspiration and connection around food. We're a not-for-profit organisation that delivers a range of community projects such as:

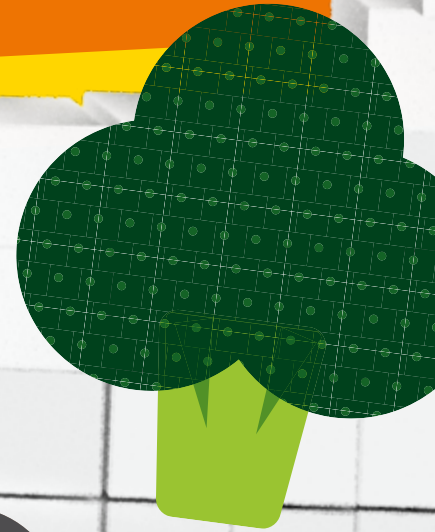
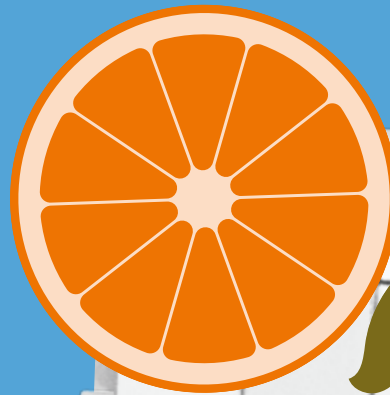
- Cookery courses for beginners and those looking to teach others
- Helping people start new community gardens
- Tips and advice on reducing food waste at home
- Setting up community composting sites across the city
- Healthy eating advice and workshops
- Advice on food poverty and support for food banks
- Weight management programmes for adults and families
- Healthy Choice Award for nurseries and breakfast clubs

Call 01273 431700 or www.bhfood.org.uk



Raising Sugar Smart Kids

#sugarsmart



Introduction

We all want the best for our children and to help them grow, be happy and healthy. We have learnt that our children eat too much sugar, and at least half of this comes from sugary drinks and snacks.

Children can get all the energy and nutrients they need from a balanced diet made of foods that are easily available to buy and prepare.

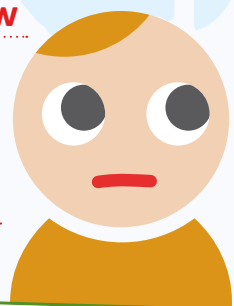
Children under 5 do not need added sugars in their diet.

Added sugars are those found in sweets, cakes, biscuits, soft drinks, cereals and flavoured yoghurts. Sugar enhances flavour and acts as a preservative, which is why it is popular with the food industry but it is bad for children's health.

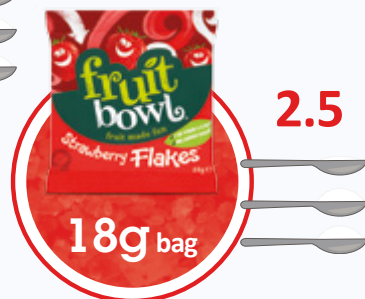
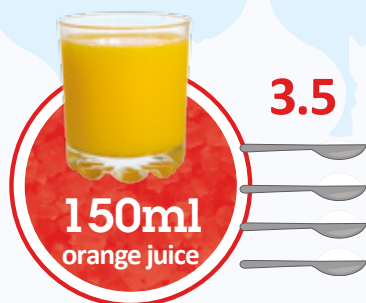
Watch out – sugar is often hiding in the foods you think are healthy.

Sugar can quickly add up

Do you know how many teaspoons of sugar there are in your food?



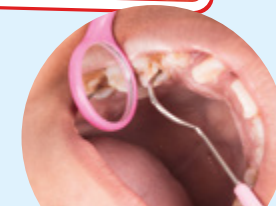
The recommendation for children aged 2-3 years is no more than 3 teaspoons of sugar per day.



Added sugars are not part of a balanced diet

Too many sugary foods can have a negative effect on children's health for many reasons:

- Excess sugar intake can lead to weight gain and obesity. Overweight and obese children can be more likely to have low self-esteem, experience bullying and be overweight into adulthood.
- Sugar can cause tooth decay: In Brighton & Hove over 300 children were admitted to hospital for teeth extraction in 2012/13. Swap fizzy, high sugar drinks for milk or water.



Tooth decay



Overweight and obesity



Heart disease

Make your family sugar smart

Being sugar smart is good for the whole family – try to cook and eat together. Children aged 2-5 can eat the same food as adults.

Make breakfast low sugar

- Swap a sugary cereal for a wholewheat cereal such as Weetabix or porridge.
- Swap jam and honey for Marmite, avocado, eggs or soft cheese on toast.
- Water or milk are the best choices to drink.

Swap sweet snacks

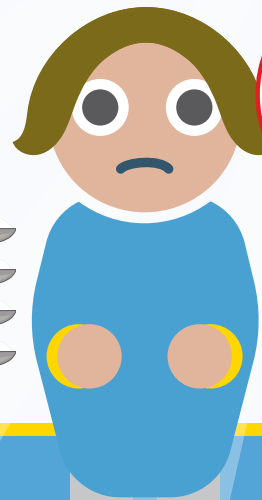
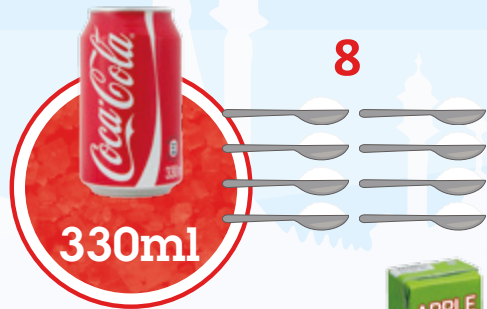
- Fill lunch boxes with carrot sticks, slices of apple, cubes of cheese and water or milk to drink.
- Swap cakes and biscuits for plain rice cakes, breadsticks or mini sandwiches.
- Reward good behaviour with something other than food e.g. stickers, colouring pencils or a family activity.
- Avoid offering dried fruit as a snack between meals – it can be damaging to teeth.

Swap the pop

- Water and milk are the best sugar smart drinks to protect children's teeth.
- Soft drinks, squashes, fruit based drinks, flavoured water and artificially sweetened drinks should not be offered to children under 5 years old.

Cooking together

- Children can eat the same foods as adults and older siblings.
- Watch out for ready-made sauces which are high in sugar and salt.
- Family meals allow parents to role model eating habits and food preferences that children can learn.
- Make family meals sugar smart by cooking from scratch.



Recipe Tomato Sauce



Ingredients

- 2 onions
- 1 red, yellow or orange pepper
- 1 small courgette
- 1 clove garlic
- 2 tablespoons olive oil or vegetable oil
- 2 tins of chopped tomatoes
- 2 tablespoons tomato puree
- 1 teaspoon dried herbs e.g. basil, oregano, or mixed herbs

Method

1. Finely chop all the onion, pepper and courgette.
2. Mince the garlic.
3. Sweat vegetables in oil until soft and lightly browned.
4. Add herbs tinned tomatoes and tomato puree and gently simmer for 10-20 minutes.
5. If the sauce seems too dry add a bit of water. If it seems too wet you can add a bit of tomato puree.
6. Taste and add salt if necessary.
7. Allow to cool slightly and then blitz using the hand blender.

Serves: 

Difficulty: 

Time: **30 Mins**

Additional tips

The sauce is a starting point for so many dishes - it can be used for pasta, pizzas, or soups, on meat, fish or roasted vegetables. It will keep in the fridge for 3 days and does freeze well.

Top tip

Notes on leftover pasta – before you store pasta in the fridge – mix a little oil into it. This will stop it sticking together and keep it in good condition for a day or two. Also, more robust pasta shapes like penne will keep better than spaghetti. When you want to use it just refresh it in some boiling water for 20 seconds and then add to hot sauce.

Recipe Pitta bread pizza



Method

1. Put the oven on at 200C or gas mark 8.
2. Crush the garlic.
3. Mix the tinned tomatoes, herbs, garlic, salt and pepper.
4. Add tomato puree until your pizza sauce is as thick as you want.
5. Grate the cheeses.
6. If you are using French bread or muffins slice them in half down the middle.
7. Cut up your toppings into slices or small pieces. (Cut the stones out of the olives if you need to).
8. Spread the tomato sauce onto the bread base.
9. Put on the toppings and sprinkle on the grated cheese.
10. Put in the oven till the cheese is nice and golden.

Serves: 

Difficulty: 

Time: **30 Mins**

Ingredients

- Bread. Either 1 french stick, 2 muffins, 2 pitta bread or 2 tortilla wraps
- 1 tin of chopped tomatoes
- 1 tablespoon olive oil
- 1 teaspoon of dried, mixed herbs
- A handful of mozzarella cheese
- Salt and pepper
- A handful of cheddar cheese
- 1 clove of garlic
- Tomato puree
- Toppings e.g: 1 pepper, 1 courgette, a handful of olives, a handful of mushrooms, basil

Top tip

Use different coloured vegetables as toppings and encourage children to get involved in choosing which toppings to try or making shapes and patterns with the toppings.

How to read a food label



When buying foods, the best way to be sugar smart is to check the label.

1. Back of pack
2. Per 100g column
3. Total sugar (or 'Carbohydrates of which sugars')

✗ High sugar: more than 22.5g per 100g* – best to avoid

✓ Low sugar: less than 5g per 100g

**In 2014, the guidelines for sugar increased from 15g to 22.5g per 100g. This was to take account of foods containing naturally occurring sugars e.g. muesli containing dried fruit. If the product does not contain any natural sugars, then we would advise sticking to 15g per 100g as an upper limit.*

Sugar Smart shopping

Fruit is often cheaper than some of the processed snacks.

Choose natural yoghurt and sweeten with fresh fruit.

Frozen and tinned fruit (in juice not syrup) and veg can be even cheaper and just as healthy.

Avoid going to the supermarket hungry – and take a healthy snack for kids to avoid 'pester power'.

Choose desserts that are fruit/milk based.

Plan ahead, write a shopping list and batch cook.

Cook from scratch – it nearly always saves money

Fruit can be incorporated into puddings instead of sugar. It provides extra fibre.

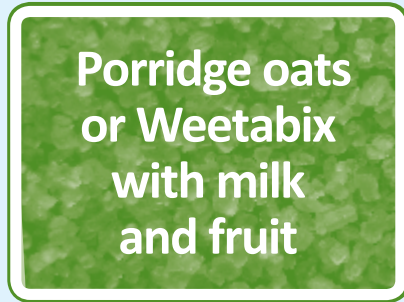
Plan some recipes for the week based on what you have in your cupboards, then work out a shopping list so you only buy what you need.

Freeze leftover portions and use up ingredients instead of throwing them out

Tips for shopping sugar smart

Eat seasonally, it's often cheaper and much tastier too.

Sugar swaps



Further information

Change4Life Sugar Smart App



www.sugarsmartuk.org

One You

www.nhs.uk/oneyou

Healthy Start Vouchers

Some families are entitled to healthy Start vouchers to buy fresh fruit, vegetables and milk.

www.healthystart.nhs.uk

Healthy Choice

Look out for this logo when eating out with your family

Sugar Smart Facebook Page

@SugarSmartCity

For more information on how to make Sugar Smart changes in your school, contact PH.Schools@brighton-hove.gov.uk

