

SUGAR SMART

Calderdale

Challenge Diary

Name:

My SUGAR SMART challenge is:

I want to complete the challenge because:

My SUGAR SMART Challenge Week One!

On Monday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>
On Tuesday I ate / drank SUGAR SMART by:	I did it! <input type="checkbox"/>
On Wednesday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>
On Thursday I ate / drank SUGAR SMART by:	I did it! <input type="checkbox"/>

**“ You don’t have to be sugar-free to be SUGAR SMART.
Treat yourself, but stick to your daily sugar limit. ”**

On Friday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>
On Saturday I ate / drank SUGAR SMART by:	I did it! <input type="checkbox"/>
On Sunday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>

**“ Research shows that it takes 21 days
to develop new habits, so stick to
your challenge and it will get easier! ”**

My SUGAR SMART Challenge Week Two!

On Monday I kept to my SUGAR SMART challenge by:

I did it!

On Tuesday I ate / drank SUGAR SMART by:

I did it!

On Wednesday I kept to my SUGAR SMART challenge by:

I did it!

On Thursday I ate / drank SUGAR SMART by:

I did it!

“ Carry water with you – it’s hydrating
and will stave off fizzy drink cravings. ”

On Friday I kept to my SUGAR SMART challenge by:

I did it!

On Saturday I ate / drank SUGAR SMART by:

I did it!

On Sunday I kept to my SUGAR SMART challenge by:

I did it!

“ Nearly there! ”

My SUGAR SMART Challenge Week Three!

On Monday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>
On Tuesday I ate / drank SUGAR SMART by:	I did it! <input type="checkbox"/>
On Wednesday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>
On Thursday I ate / drank SUGAR SMART by:	I did it! <input type="checkbox"/>

On Friday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>
On Saturday I ate / drank SUGAR SMART by:	I did it! <input type="checkbox"/>
On Sunday I kept to my SUGAR SMART challenge by:	I did it! <input type="checkbox"/>

“ **The sugar in fruits is safe because they contain vital nutrients and fibre which allows a slow release of sugar and energy.** ”

“ Everyone in Calderdale can take small actions to make our Borough SUGAR SMART. Our Council is committed to SUGAR SMART CALDERDALE: thank you for supporting this vital campaign. ”

Paul Butcher, Director of Public Health

“ It’s brilliant to have SUGAR SMART Calderdale join the growing national SUGAR SMART movement. We’re facing a growing obesity crisis where one in three children are leaving primary school either overweight or obese, seriously increasing their chances of developing diet-related diseases, like type-2 diabetes, earlier in adult life. Eating nutritious food and getting regular exercise will help us all lead healthier and happier lives. ”

Jamie Oliver

NHS guidelines state that the maximum consumption of sugar a day should be limited to:

- 5 teaspoons/19g for children 4–6 years old
- 6 teaspoons/24g for children 7–10 years old
- 7 teaspoons/30g for 11+ years

A 330ml can of pop or 45g chocolate bar typically contain over 33g of sugar, exceeding the daily limit for any age group.

**SUGAR
SMART**
Calderdale