



Ealing Smile Daily Bite Size News

★ Be sugar smart!



- ★ Sugar is in everything we eat and it all adds up
- ★ Eating too much sugar can cause: dental decay, obesity and diabetes.

★ So, how much sugar is too much?



- There's no guideline limit for **children under the age of 4**, but it's recommended they **avoid sugar-sweetened drinks and food** with sugar added to it.
- One **cube/teaspoon** of sugar is equal to **4 grams**.

★ Download the **FREE Change4Life Food Scanner App** to help you find out how much **sugar, fat and salt** are inside your food and drinks
<https://www.nhs.uk/change4life/food-facts/food-labels>



Bite Size Nutritious Snack Ideas

- ★ Plain rice cakes or crackers topped with peanut butter spread and fruit or soft cheese and vegetables



- ★ Plain popcorn

- ★ Raw Vegetables or breadsticks with hummus, avocado dip, or a soft cheese dip



- ★ Plain or Greek yogurt with fruit

