

HIGH-SUGAR SNACKS CAN BE GUILTY OF CAUSING PROBLEMS IN PREGNANCY



It can be hard to make the right food choices during pregnancy. But, limiting your intake of sugary snacks, like doughnuts, chocolate or cakes, is one simple thing you can do to keep yourself and your baby healthy.

Find out more at sheffieldsweetenough.org

SUGAR IS ONE OF THE WORST OFFENDERS FOR ROTTEN TEETH



High-sugar drinks and foods cause tooth decay. In 2017/18, almost 2,000 children in Sheffield suffered the pain and trauma of having to their teeth removed. Let's work together to find simple ways to keep our kids healthy.

Find out more at sheffieldsweetenough.org

**SHEFFIELD'S
SWEET ENOUGH**

SOME SAUCES CONTAIN CRIMINAL AMOUNTS OF SUGAR



Eating too much sugar can lead to all sorts of health problems, including obesity. But it's not always easy to work out which foods contain it. Let's share the facts for a healthier future.

Find out more at sheffieldssweetenough.org

TOO MANY SUGARY DRINKS CAN ALSO CAUSE DANGEROUS HEALTH PROBLEMS



Some drinks contain high levels of sugar, which can lead to a range of health problems, including obesity, diabetes and heart disease. Get ideas for sugar swaps to keep you and your family healthy.

Find out more at sheffieldissweetenough.org

SUGARY CEREALS AREN'T AS INNOCENT AS YOU THINK



Some sugary cereals contain more than your recommended daily limit of sugar! Find out the worst culprits and how to make healthy swaps.

Find out more at sheffieldssweetenough.org