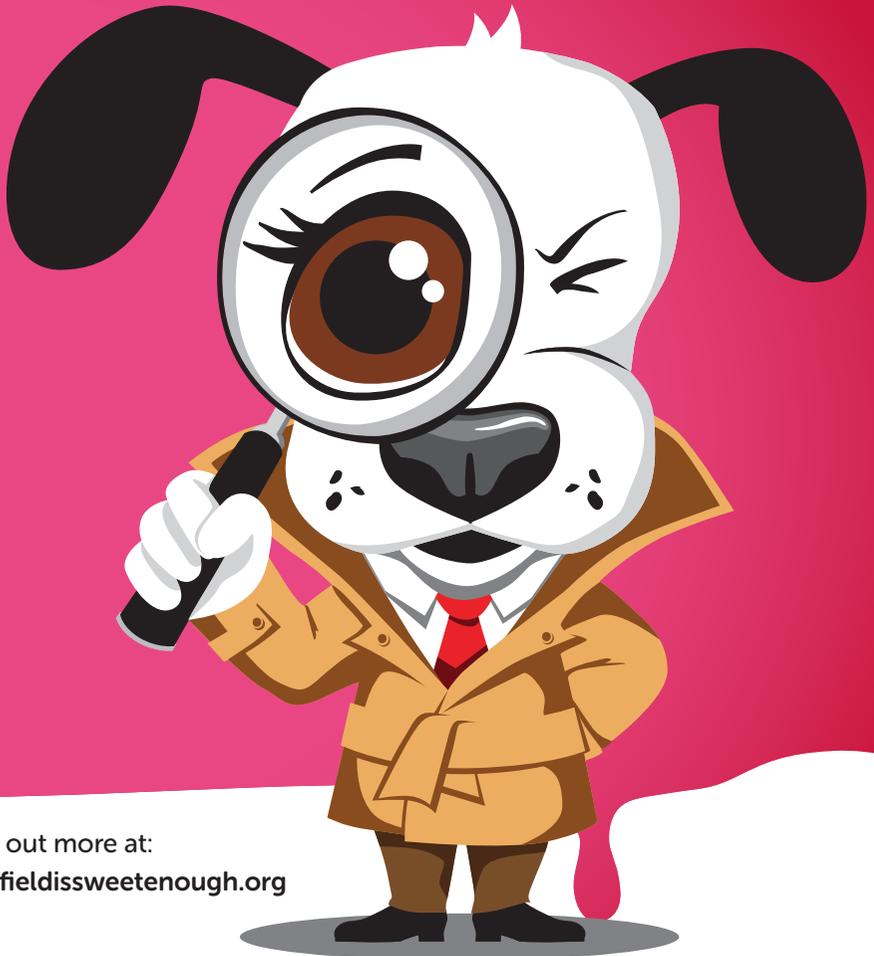


**SHEFFIELD'S
SWEET ENOUGH**

LET'S HELP OUR KIDS SNIFF OUT SUGAR



Find out more at:
sheffieldsweetenough.org

Detecting hidden sugars helps

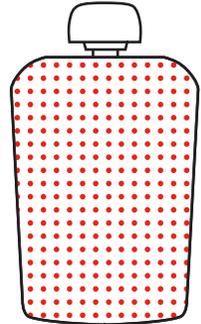
Lots of sugar can be hidden in the foods we eat putting our children at risk of developing tooth decay and certain health conditions, such as obesity. We want to help parents and carers in Sheffield understand the

Cutting down on sugar for babies and toddlers age 0-3 years

Maximum daily amount: 0 teaspoons or 0g

Worst offender: Baby food pouches

Swap for: Freshly mashed fruit or vegetables



Top tips:

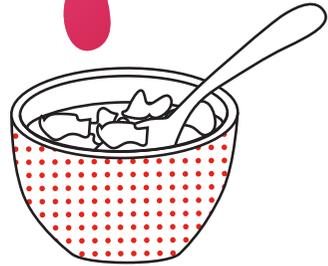
When you're busy, it can be tempting to use pre-packaged pouches of baby food, but some brands contain up to four teaspoons of sugar in one serving! Babies who start life eating sugary foods tend to develop a sweet tooth, which can lead to health problems later on. It can be cheaper and healthier to mash your own fruit and vegetables like banana, pears, carrots and broccoli. Try adding the sweeter fruits with plain yoghurt to create your own yummy snacks that won't damage their teeth.

- Choose natural yoghurt rather than sugar-sweetened yoghurt
- Start to clean your baby's teeth as soon as they appear
- Only put formula, breast milk or water in your baby's bottle
- Offer healthy finger foods such as rice cakes or cooked vegetable pieces
- Brush any teeth at least twice a day with a fluoride toothpaste of at least 1000ppm

children make healthier choices

recommended daily limits and inspire families to make healthy choices for their children from pregnancy and beyond. Here are some simple swap ideas that can really make a difference.

Giving young children aged 4-6 healthier options



Maximum daily amount: 4.5 teaspoons or 19g

Worst offender: Sugary cereals

Swap for: Wheat biscuit cereal

Top tips:

Kids love to start the day with a sugary cereal, and some contain the maximum amount of added sugar your little one requires in a day. While it can be challenging to get them to swap for healthier cereals, you can sweeten them up naturally with fresh fruit, or fill up their bowl with half sweet cereal and the other half with a healthier alternative.

- Avoid or limit sugary drinks such as fruit juices and fizzy drinks
- Switch to naturally tasty foods like fruit and vegetables
- Ditch processed ready meals and convenience foods
- Check the sugar content of cereals using the traffic light system
- Fill your cupboards with healthy snacks and low-sugar options

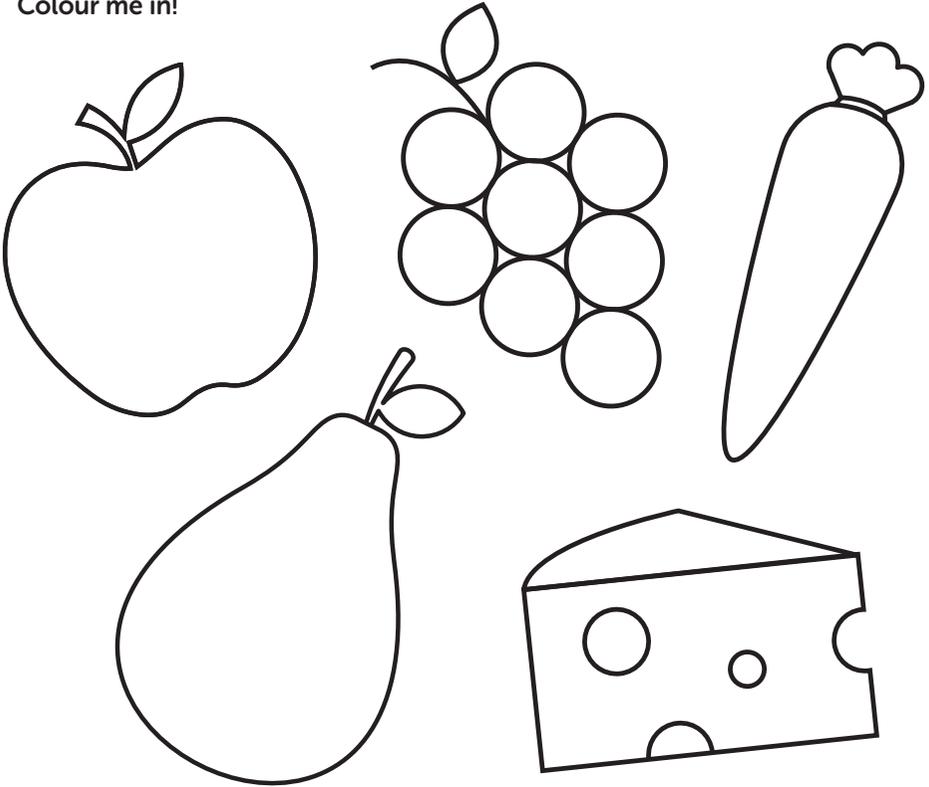


Help children spot the sugar heroes...

Sugar heroes for ages 0 to 3



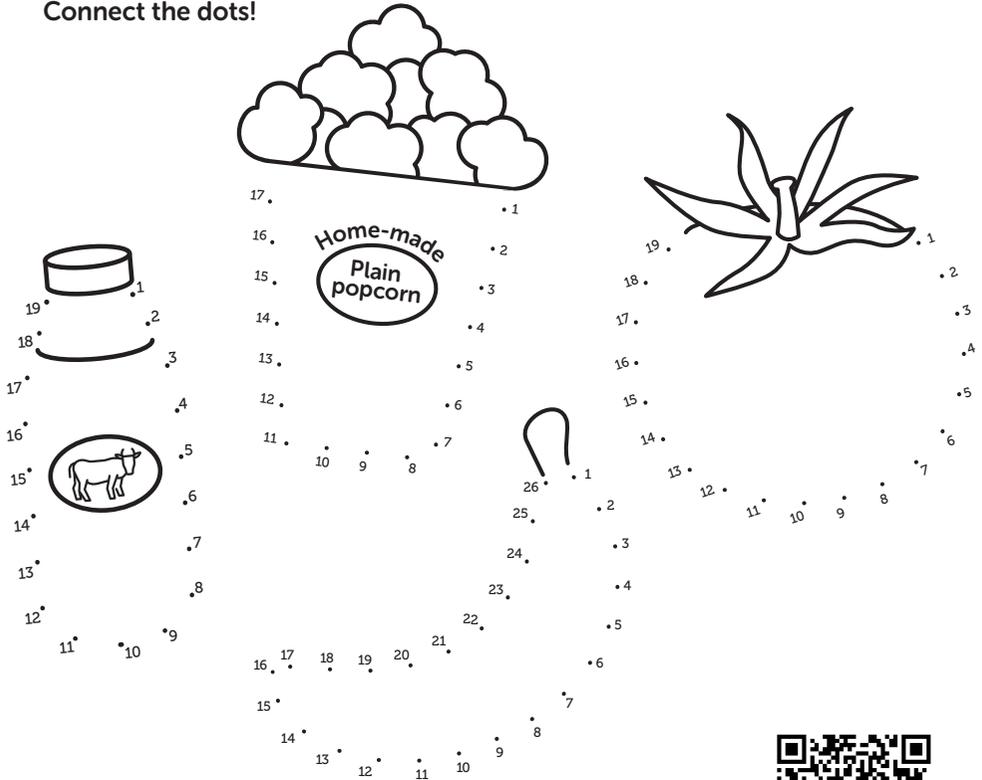
All of these foods contain no added sugar which is the NHS's recommended maximum daily amount for children from 0 to 3 years old. Ask your little one to colour them in so they remember which foods are good for them!
Colour me in!



Food and drinks that are healthy and don't contain too much sugar are our children's sugar heroes. Natural sugar can be found in whole, unprocessed foods. These include fruit, vegetables, dairy products, such as milk, cheese and yoghurt, and some grains.

Sugar heroes for ages 4 to 6

All of these foods contain less than 4.5 teaspoons or 19g of added sugar which is the NHS's recommended maximum daily amount for children from 4 to 6 years old. Help children connect the dots on healthier choices. **Connect the dots!**

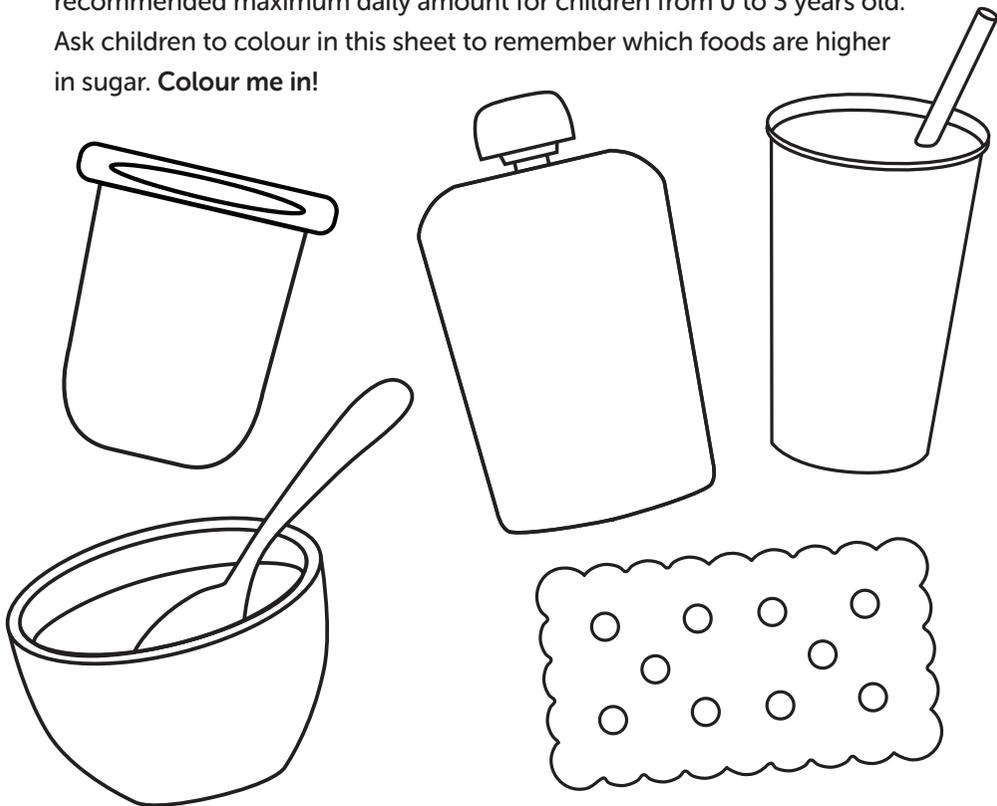


Help children identify the sugar suspects...

Sugar suspects for ages 0 to 3



All of these foods contain added sugar which is more than the NHS's recommended maximum daily amount for children from 0 to 3 years old. Ask children to colour in this sheet to remember which foods are higher in sugar. Colour me in!

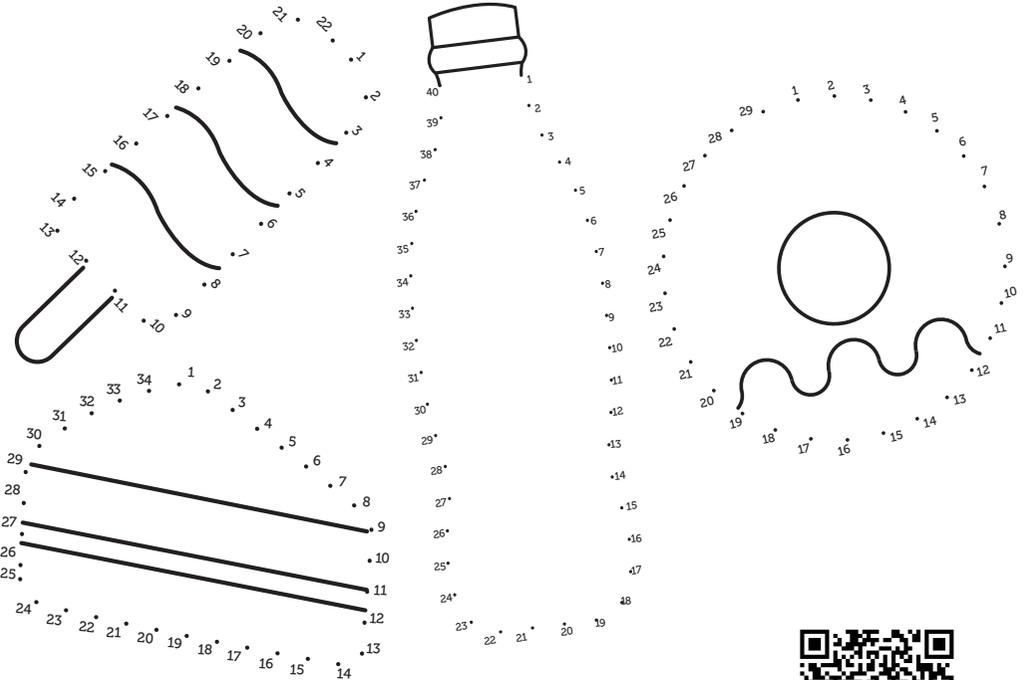


Added sugar is found in processed food and drinks to make it taste nicer. These are the sugar suspects. Sweets, biscuits, cakes, pies, pastries, doughnuts, ice cream, flavoured yoghurts and sugar sweetened drinks all contain added sugar. Some foods may look healthy but actually they contain a lot of sugar and children may end up consuming more than the recommended maximum daily limit.

Sugar suspects for ages 4 to 6

All of these foods contain more than 4.5 teaspoons or 19g of added sugar which is the NHS's recommended maximum daily amount for children from 4 to 6 years old. Help children connect the dots on the sugar suspects.

Connect the dots!



Get clued up on keeping mouths healthy

1 in 3 five-year-olds in Sheffield have tooth decay and this is resulting in many children suffering pain, difficulty eating and sleepless nights. One of the best ways to keep our mouths healthy is by reducing the amount of sugar we eat, brushing twice a day with a fluoride toothpaste, choosing healthy snacks and visiting your dentist regularly.

"I play a song while my children brush"

Mum of two, Brightside

"We give them water instead of juice"

Grandparents, Hillsborough

"I mush up banana rather than buying pouches"

Mum of 7-month-old, Darnall

"I make sure we have fruit to snack on"

Parents to toddler, Walkley

Sheffield is Sweet Enough is a local government initiative which aims to provide you with advice, tips and recipes on how to make good choices, which will help children grow up happier and healthier. Visit sheffieldissweetenough.org and start making some positive changes today!

Find out more at:
sheffieldissweetenough.org