

Sugar Smart Greenwich

Assembly presentation

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**Why do we need to be
sugar smart?**

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Why do we need to be sugar smart?

Sparkly Teeth



Healthy Weight



More Energy



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Sugar is naturally found in many things – not always bad for you



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**Free or added sugar is the
main problem – where is
that found?**

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How many sugar cubes a day can we have as part of a healthy diet?



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How many sugar cubes a day can we have as part of a healthy diet?

Age	Recommended maximum free sugar intake	Sugar cubes
4-6 years	No more than 19g per day	5 sugar cubes 
7-10 years	No more than 24g per day	6 sugar cubes 
11 years to adult	No more than 30g per day	7 sugar cubes 

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**How many sugar cubes
in... a can of coke?**



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**How many sugar cubes
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**How many sugar cubes
in... a Mars bar?**



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**How many sugar cubes
in... a bowl of cereal?**



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**How many sugar cubes
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**What changes can we
make at school?**

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What can we do to let our families know about sugar?

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