

BE A SUGAR DETECTIVE...

#sugarsmartiw

CAN YOU
FIND
HIDDEN
SUGARS?

A tall glass filled with iced tea and several ice cubes. A magnifying glass is positioned over the ice cubes, highlighting them. The background is a solid light orange color.

For more information visit
www.sugarsmartuk.org/local/isle_of_wight

SUGAR SMART

Isle of Wight

SWEET SNACK SWAPS



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SUGAR SMART

Isle of Wight

HOW MUCH IS TOO MUCH?

The maximum daily amounts of added sugar are:

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4 to 6 years

5 cubes (19 grams)



7 to 10 years

6 cubes (24 grams)



11+ years

7 cubes (30 grams)



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*1 cube = 4g sugar