

Let's talk **sugar**

Sugar is a master of disguise. It can hide behind misleading health claims and go by many different names.

The packaging can make it hard to understand how much sugar the product contains.

Support your child's health by learning how to understand the nutrition panel and select lower and healthier sugar options.

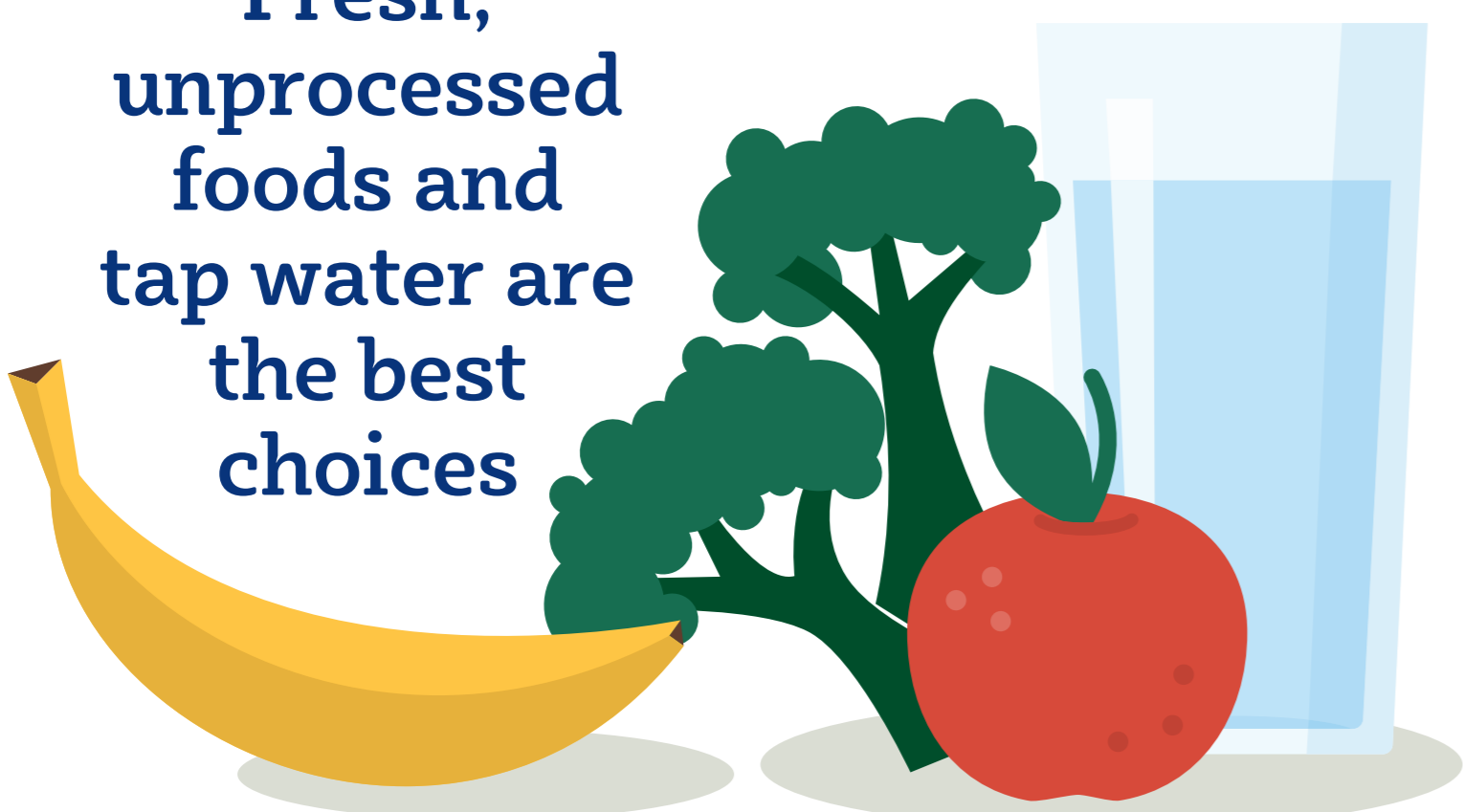


Did you know that 75% of **infant and toddler foods**, reviewed by the Obesity Policy Coalition found **sugars** in amounts that are harmful to health? For example, fruit juice concentrate, fruit paste, fruit powder and syrups.

Avoid hidden sugars

Set your child up for a healthy future

Fresh, unprocessed foods and tap water are the best choices



How to choose lower sugar options

1 Check the ingredients list. Is sugar hiding behind another name?

2 Check the nutrition information panel for sugar, Average Quantity **per 100g** column.

3 Choose products with 15g or less of sugar per 100g.

BEST	Less than 5g
OKAY	5 - 15g
POOR	More than 15g

Nutrition facts		2
	Qty per 100g / 100ml	
Sugars	?g	3
Ingredients:		

The product says 'non-artificial' and 'organic', does that mean it's healthy?

NO

Can sugar hide in infant and toddler foods that might not taste sweet?

YES

Infants and toddlers defined as six to 36 months of age



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Inner East Primary Care Partnership acknowledges the support of the Victorian Government