

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



Let's talk sugar
The label doesn't tell the whole story



Scan QR code for some easy healthy recipes and snacks



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



Healthy children

We all want our children to be active and healthy.

This means having foods that are rich in nutrients for a strong healthy body and teeth, and energy to play and learn.



The problem with too much sugar

The nutrition a child receives in the first 1000 days of life is crucial to supporting their future health.

Sugar is a key nutrient of concern.

In the short term, sugary food and drinks affect children's energy levels and concentration, impacting on their outcomes at school.

Foods and drinks with a high sugar content can cause health issues in childhood and later in life, including poor dental health and chronic diseases.

High sugar diets also teach children to prefer sweeter tastes over savoury, a preference which can be hard to break.



Hidden 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.

Because of this, sometimes parents can purchase products without realising how high in sugar they actually are.



Healthy solution

You can make informed choices about sugar by learning how to understand the nutrition information panel and choosing lower sugar options to support your child's health.

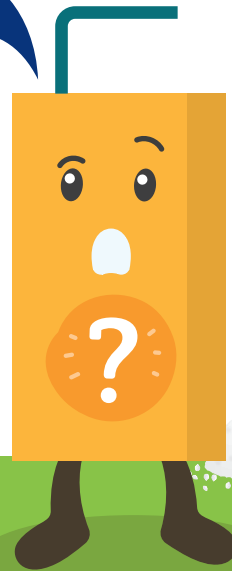
Did you know this is added sugar?

HINT: if any of these added sugars are listed on the back of the label as one of the first three ingredients, best to avoid this product.

- Glucose
- Fructose
- Sucrose
- Lactose
- High fructose corn syrup
- Maltose
- Dextrose
- Barley malt
- Agave
- Honey
- Fruit juice /concentrate
- Dried fruit
- Fruit paste

Sugar can hide in foods that might not taste sweet!

- Tinned spaghetti
- Packaged sauces
- Some vegetable purees contain fruit puree
- Flavoured porridge sachets
- Flavoured rice cakes/ biscuits
- Vegetable potato puffs
- Breakfast to go pouches



Turn over for top tips on detecting sugar

