



LOOK OUT FOR THE HIDDEN SUGARS THAT COULD BE HARMING YOUR CHILD'S HEALTH



Sugary drinks can cause tooth decay and obesity. They can also lead to Type 2 diabetes, heart disease and some cancers in the future.

Maximum Daily Allowance

4-6yrs

5 Sugar Cubes

7-10yrs

6 Sugar Cubes

11yrs+

7 Sugar Cubes

1 Sugar Cube = 4g



500ml Bottle
16.2
Sugar Cubes



500ml Bottle
13.7
Sugar Cubes



500g Bottle
13.6
Sugar Cubes



500ml Bottle
6.8
Sugar Cubes



250ml Bottle
6.2
Sugar Cubes

Healthier options



Tap water



Semi skimmed milk



Our tap water is from Lake Vyrnwy and is as good as bottled water.



500ml Bottle
6.1
Sugar Cubes



500ml Bottle
5.7
Sugar Cubes



500ml Bottle
5.1
Sugar Cubes



200ml Bottle
3.8
Sugar Cubes



275ml Bottle
0.5
Sugar Cubes

Dentist's tips

1. The sugar found in sugary drinks, including fruit juice, can cause tooth decay.



2. The acid found in all soft drinks, including diet and 'no added sugar' may cause enamel damage.



3. If you do choose sugary or diet drinks, have these with meals.



The best choice is water or semi skimmed milk.

See how your child's sugar adds up with our quick and easy sugar check at savekidsfromsugar.co.uk

This information is brought to you by Public Health Liverpool

SAVE KIDS FROM SUGAR