



# Sugars

Eat lots of **GOOD** sugars

**FIND IT IN**

- fruit
- vegetables
- yogurt (with no added sugar)
- dairy
- unsalted nuts

Limit **BAD** sugars

**FIND IT IN**

- sweets
- biscuits
- cakes
- fizzy drinks
- energy drinks
- cordials
- cereals and cereal bars
- jam and marmalade
- ketchup
- chutneys
- stirfry sauce and marinades

