

"Sweet Solutions"



Cutting Back on Sugary Drinks and Treats

THE PROBLEM

SRI LANKANS CONSUME TOO MUCH ADDED SUGARS, WHICH CAN PUT THEIR HEALTH AT RISK.



Children who consume sugar sweetened beverages regularly, have a high energy intake and are therefore more likely to develop overweight and diet related Non-Communicable Diseases.

MAIN SOURCES OF ADDED SUGARS

Drinks



24% from sugary drinks (such as soft drinks, fruit drinks, sports, and energy drinks).



11% from coffee and tea (sweetened before sale or added later).

Foods



19% from desserts and sweet snacks.

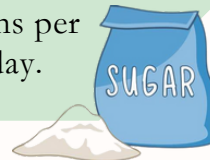


9% from candy and sugars.



7% from breakfast cereals and bars.

LIMIT SUGAR INTAKE: Do not exceed 25g/6 teaspoons per person per day.



DO YOU KNOW?

Consuming too many sugary drinks is associated with:

Weight gain and obesity



Type 2 diabetes



High blood pressure



Tooth decay



REMEMBER!

- Be smart about your sugar intake. Limit your intake of sugar and added sugar to the recommended level.
- Enjoy the natural taste of food and minimize the consumption of added sugar.
- Eat whole fruits/cut fruits rather than fruit juices/smoothies. If desired it is best to drink fresh natural fruit juice without added sugar and salt.
- Avoid adding sugar/natural sugar substitutes to baby and toddler food.
- Sugar intake can be reduced by gradually reducing the amount of sugar added to food and beverages.
- Consume healthy snacks like fruits and vegetables instead of snacks high in sugar or added sugar substitutes.
- Read labels for sugar and non-sugar sweeteners in candy and beverages.