

Sugar Smart Greenwich

4 challenges for your
organisation

**SUGAR
SMART**
GREENWICH

**GOOD
FOOD**
in Greenwich
www.goodfoodingreenwich.org


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Start from scratch

- Swap a sauce or ready-meal for one that is homemade
- Try out a new recipe

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Make Breakfast

low-sugar

- Swap a sugary cereal to a wholewheat cereal such as Weetabix or porridge oats
- Swap jam and honey for mashed banana, avocado, soft cheese, marmite or eggs on toast

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Swap the pop

- Reduce the number of fizzy drinks
- Dilute juice 1 part juice to 10 parts water
- Swap sugary drinks for water
- Cut back on sugar added to tea and coffee

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Sweet snack swaps

- Swap cakes, biscuits, chocolate and sweets for fresh or dried fruit, rice cakes, crackers, toast with toppings, unsalted nuts and seeds
- Swap desserts, puddings, cakes and ice cream for natural yoghurt, fresh or tinned fruit or dried fruit

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