

# Find out how food smart you are

Download the FREE app and play the Be Food Smart quiz card game



Search "Change4Life" to discover a whole range of ideas to help keep your family healthy and happy. Sign up online to receive our regular newsletter packed full of tips, recipes, tools and offers.

## Download the FREE Be Food Smart app



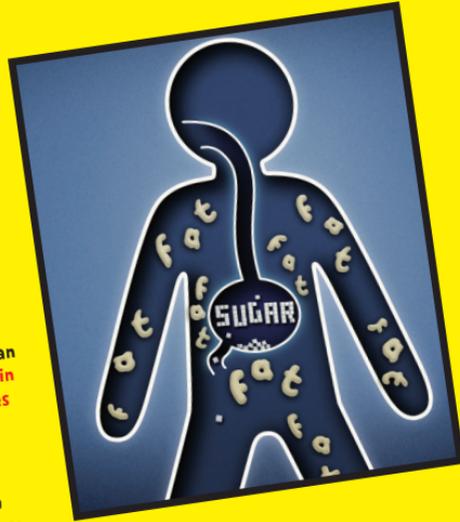
With a simple scan of the barcode, see how much total sugar, sat fat and salt is in your food.

You'll also find hints and tips for healthier choices, plus food detective activities for children and fun mini missions for the whole family.



# We're all eating too much sugar, saturated fat and salt

Our kids may look healthy on the outside, but a diet high in sugar, saturated fat (sat fat) and salt can cause harmful changes on the inside.



! Too much **sugar** can lead to **weight gain** and **nasty diseases** in the future.

• Too much **salt** can increase **blood pressure** and put us at risk of **heart disease** or having a **stroke** in the future.

• Too much **sat fat** can lead to high blood **cholesterol**, which can clog up our arteries and increase the chances of developing **heart disease** later in life.

# What's inside our food and drink?

Our food and drink can contain surprisingly high levels of sugar, sat fat and salt, which means most of us are eating more of these than we realise.



Cola contains 9 cubes of sugar in a single can, that's more than the maximum daily amount for a child.



A muffin contains 6 cubes of sugar, 3 grams of sat fat and half a sachet of salt.



Sugary cereal contains 56 cubes of sugar, 7 grams of sat fat and 10 sachets of salt per 750g box.

Children are eating three times more sugar than the maximum recommended amount with one of the biggest sources being sugary drinks.

# The FREE Be Food Smart app is here to help



1. Scan barcode



2. Check results



3. Shop or swap

# Use the app to play the quiz card game

Choose a card and find a similar food or drink, then follow the instructions on the card. Find healthier choices and use the stickers to label the food and drink in your kitchen.



Drinks



Find a drink and guess how many grams of sugar, sat fat and salt are inside...

How many grams of...

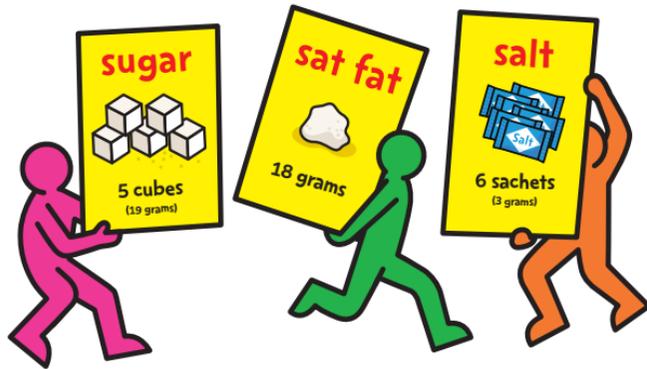
Sugar	Sat Fat	Salt
<input type="text"/>	<input type="text"/>	<input type="text"/>

0 100 200 300 400 500

# How much is too much?

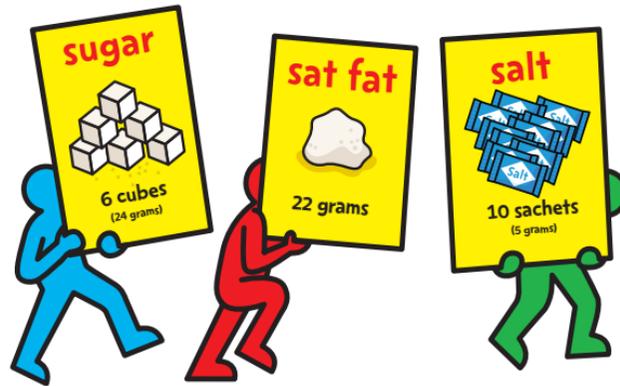
Here are the maximum daily amounts for you and your family.

## 4-6 year olds



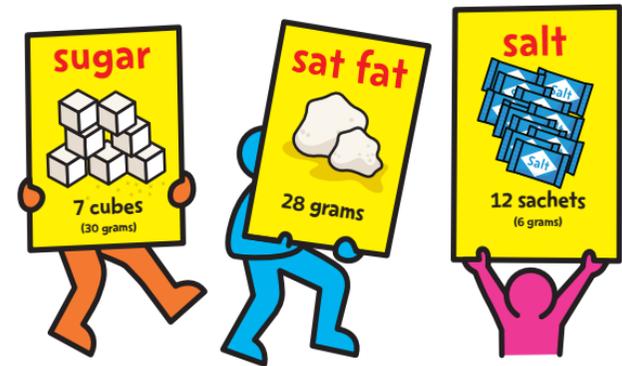
**Tip:** Offer “me-size” meals for kids. Remember we don’t all need to eat the same amount, especially children and under 4s.

## 7-10 year olds



**Tip:** We often grab a quick snack, but the kids could be having more than you realise. Use the app to help you make a healthier swap.

## 11+ year olds

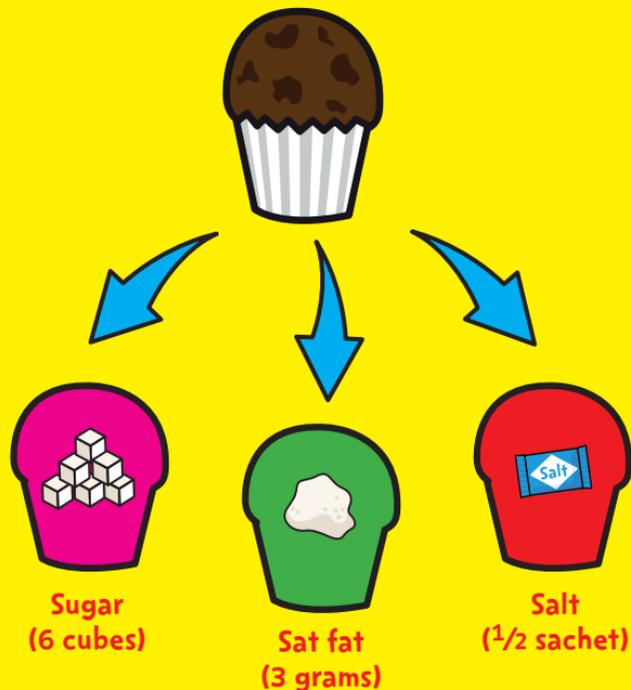


**Tip:** Involve the kids in cooking and shopping, so they can make healthier choices when they’re out and about.

 = 4 grams     = 0.5 grams

## Get food smart about sugar, sat fat and salt

Some food can be high in more than one of these, like chocolate muffins.



## Carrot and courgette muffins



- 125g low fat spread, melted and cooled slightly
- 2 tbsp skimmed milk
- 2 large eggs, beaten
- 100g grated carrot
- 100g grated courgette
- 100g wholemeal self-raising flour
- 1 tsp baking powder
- 1 tsp mixed dried herbs
- 75g porridge oats

Serves: 8

Total cooking time: 30 mins

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Line a muffin tin with 8 paper muffin cases or squares of baking paper.
2. Mix together the cooled low fat spread, milk and eggs. Stir in the grated carrot and courgette.
3. In a separate large mixing bowl, combine the flour, baking powder, dried herbs and porridge oats.
4. Stir the wet ingredients into the dry ingredients, taking care that you don't over-mix. Spoon into the muffin cases and bake for 25-30 minutes, until firm and golden. Cool on a wire rack.

## Banana and apricot bagels



- 4 wholemeal bagels, sliced in half
- 80g reduced fat soft cheese
- 40g ready-to-eat dried apricots, chopped
- 2 bananas, sliced

Serves: 4

Total cooking time: 2 mins

1. Preheat the grill. Lightly toast the cut sides of each bagel.
2. Mix the reduced fat soft cheese and apricots together and spread over the bagel bases.
3. Top with sliced banana and sandwich the bagel tops in place.

# Simple swaps to help you stay food smart

You don't need to worry about the sugar in plain milks, plain yoghurts and whole fruit and veg as it isn't added sugar.

Fruit juice counts towards your 5 A DAY, but limit it to just 150ml per day.



From



9 cubes of sugar per 330ml can

To



Water, lower-fat milks, diet, sugar-free or no added sugar drinks

From



5 cubes of sugar\* and 3 grams of sat fat per serving

To



Low fat, lower-sugar yoghurt, fruit or sugar-free jelly

From



5 cubes of sugar in a 200ml serving of full sugar juice

To



Water, lower-fat milks, diet, sugar-free or no added sugar drinks



56 cubes of sugar, 7 grams of sat fat, 10 sachets of salt per box



Plain cereal such as plain porridge, plain wholewheat biscuit cereal or plain shredded whole grain



6 cubes of sugar, 3 grams of sat fat and half a sachet of salt



Fruit, cut-up veg, plain rice cakes, fruited teacake, toast or bagel



3 cubes of sugar, 4 grams of sat fat and over 1/2 a sachet of salt in 3 biscuits



Plain rice cakes, lower-fat spread on toast, fruited teacakes or bagel

\*Contains both free and intrinsic sugars.

Source: Product data, Kantar 2016.