

CUTTING DOWN ON SUGAR

53.2% of males and 27.8% of females aged 19-30 years in New Zealand drink **3+ SUGARY DRINKS** per week (NZ National Nutrition Survey, 2008-2009)

DRINKING 3x 600ml SOFT DRINKS PER WEEK= 48 TEASPOONS OF SUGAR!



We consume enough sugar through foods with whole carbohydrates such as breads and cereals, fruits and vegetables, milk and milk products.

WANT TO FEEL FULLER FOR LONGER, MORE ENERGETIC AND INCREASE YOUR CONCENTRATION AND FOCUS?

- **EAT A BALANCE OF HEALTHY FOODS**

- Good carbohydrates - wholegrain breads and cereals, pasta, all fruits and vegetables.
- A balance of protein -red meat and poultry, fish and pulses (beans, legumes, lentils).
- Plain/ unsweetened milk and milk products,
- Unsaturated fats and oils (e.g. unsalted mixed nuts, avocado on crackers/ sandwiches).

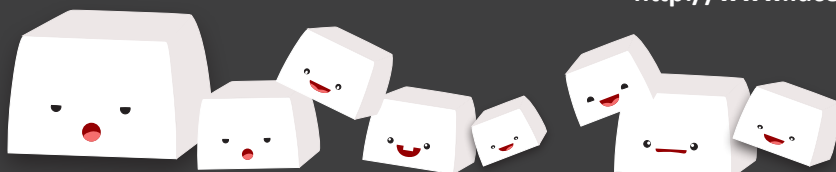
- **HAVE A GOOD BREAKFAST AND HEALTHY LUNCHBOX**

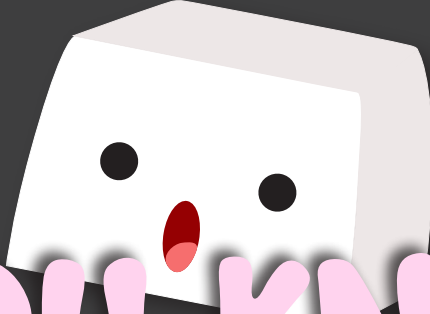
- Low-sugar cereals – e.g. weetbix and muesli with fruit and yoghurt on top.
- Multigrain toast - yum topping ideas: peanut butter and banana, avocado and tomato, eggs and tomato
- Meat and salad wholegrain rolls/ sandwiches, fruit, nut and yoghurt snacks.
- Water and plain milk (not sugary flavoured drinks).

SEE MORE TIPS AND RECIPES AT

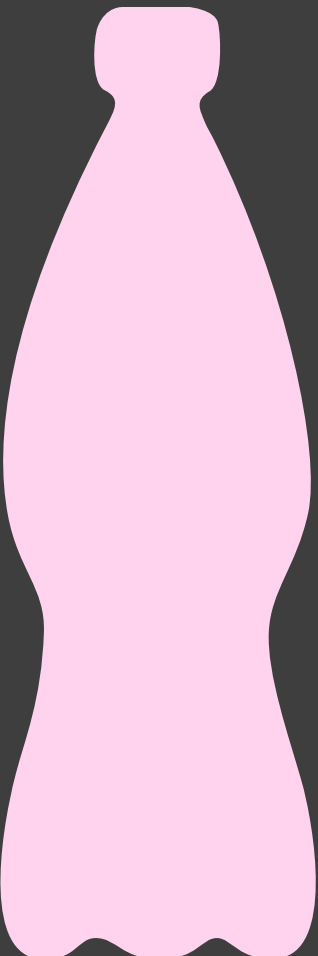
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DID YOU KNOW...



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TO BURN OFF

