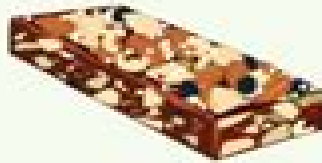


Foods surprisingly higher in free sugars and examples of sugar friendly swaps

Swap to

Shop bought cereal and granola bars



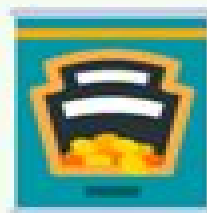
Oat cakes, rice cakes or homemade cereal or granola bars

Original ready made sauces



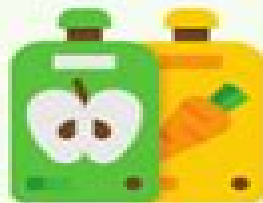
Reduced / no added sugar versions or homemade sauces

Original tinned baked beans or spaghetti hoops



Reduced / no added sugar versions

Baby food products



Homemade baby food or products without added sugar

Sugar Off The Good Food Guide

Huangqi Zhang



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