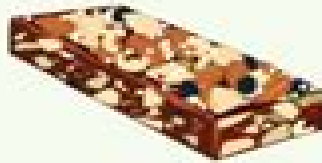


# Foods surprisingly higher in free sugars and examples of sugar friendly swaps

## Swap to

Shop bought cereal and granola bars



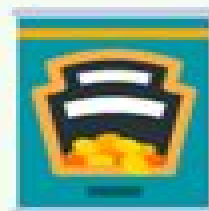
Oat cakes, rice cakes or homemade cereal or granola bars

Original ready made sauces



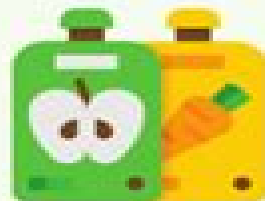
Reduced / no added sugar versions or homemade sauces

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

**Marco Canora, Tammy Walker**



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