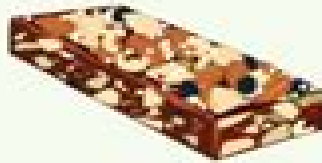


Foods surprisingly higher in free sugars and examples of sugar friendly swaps

Swap to

Shop bought cereal and granola bars



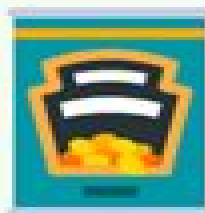
Oat cakes, rice cakes or homemade cereal or granola bars

Original ready made sauces



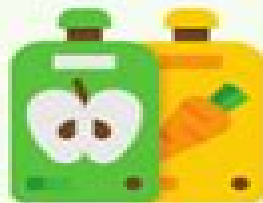
Reduced / no added sugar versions or homemade sauces

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

JS Bruner



Sugar Off The Good Food Guide:

Decoding **Sugar Off The Good Food Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sugar Off The Good Food Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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