Sugar Awareness Week

12-18 November 2018



More than 1/4 of adults and 1/5 of children eat out at least once a week

Top tips for making healthier choices:

- opt for smaller portions
 share dessert
- say no to super-sizing
- ask for sauces separately
- opt for fruit-based desserts
- ask for nutrition labelling





www.actiononsugar.org



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