

GOING SUGAR FREE THE LOW DOWN



CANCER
RESEARCH
UK

Sugar Free February is all about you cutting down your sugar intake and lapping up the benefits – feeling epic, improving your health, and proving your willpower! Deciding exactly what to ditch from your diet can be hard, but ultimately it's up to you – after all it's your Sugar Free February!



**LOCK
IT UP!**

FIZZY DRINKS AND CORDIAL

FROTHY COFFEES,

coffees with syrups, teas and coffee with sugar, and energy drinks

SUGARY CEREALS

– granola and children's cereals are often high in sugar

CHOCOLATE AND SWEETS

ICE CREAM AND SUGARY YOGHURTS

– flavoured yoghurts are often high in sugar

CAKES AND BISCUITS



**GO
AHEAD!**

WATER.

Add a slice of lemon or lime for a hint of flavour. You could try sparkling water instead of sugary fizzy drinks

TEAS AND COFFEE.

Don't forget about yummy herbal teas

SUGAR FREE BREAKFASTS

such as porridge and muesli (with no added sugar). Or try a savoury breakfast like wholegrain toast with avocado and scrambled eggs

FRESH FRUITS, NUTS AND SEEDS

PLAIN YOGHURT.

Add fruit, nuts and seeds

SUGAR-FREE CAKES

– there are lots of great recipes out there



Some foods are naturally high in sugar (e.g. fruit) but these foods are also a good source of fibre and nutrients such as vitamins. Other foods have sugar added to them (e.g. chocolate bars), but aren't often a good source of fibre or nutrients.

If you'd like to try to give up foods that have added sugars for your Sugar Free February (rather than foods that are naturally high in sugar), these suggestions might be useful. Remember you can change your list to suit you though!



Don't forget to look at food labels – check the sugar content when shopping and preparing food. Sugar is often hidden in food you wouldn't expect including ready meals, savoury fast food, reduced fat foods, dressings and sauces!