



High Sugar

Why are experts worried about sugar?

- We need some sugar in our diet but too much can cause health problems.
- Sugar is often added to various foods, such as cakes, chocolate, yoghurts, sugary drinks and cereal.

Photo: Cupcakes often have a lot of sugar in them.

Children Are Eating Too Much Sugar

How many chocolates or slices of cake did you eat this Christmas? They might be delicious holiday treats but experts warn that we're eating too much sugar.

A new report says the average ten-year-old will already have eaten more sugar than is suggested for the first 18 years of their life. That's an extra eight sugar cubes each day!

The report comes from Public Health England, which is a part of the UK government.

It says that children aged between seven and ten should have no more than around 24g of sugar each day. That's about the same as six sugar cubes.

However, many sugary drinks and foods have more than this. A can of cola might have as many as 10 sugar cubes added to it.

Sugar can be found in fruit and vegetables. We need some of this sugar in our **diet** as it gives our bodies energy and **nutrients**.

However, other foods, such as yoghurts and fizzy drinks, have lots of sugar added to

them. This can cause health problems, such as **obesity** or tooth decay.

Some people want the government to create a 'pudding **tax**'. This would make sugary foods more expensive.

Others say that this wouldn't make people healthier and it would be harder for some to afford food.

At the start of the new year, it might be time to think about how we can eat a healthier diet with less sugar.

Glossary

diet	The food that a person eats.
nutrients	Things found in food or drink which we need to survive.
obesity	The state of being very overweight.
tax	Money taken by the government to pay for public services, such as schools.