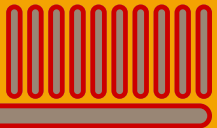




SUGAR



Health Risks



Dental Decay



Heart Disease

Obesity



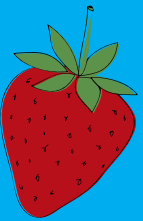
Diabetes



Soft drinks have been linked to lower bone density in women

WAYS TO REDUCE SUGAR

Choose sugar free medicine when available



Add fruit instead of sugar to cereal

CHECK NUTRITIONAL LABELS ON FOOD WHEN SHOPPING.

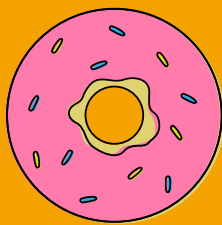
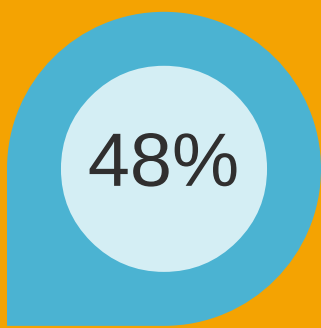


Don't snack on sugary foods and drinks between meals

Never put sugary drinks in baby's bottle



CHOOSE "NO ADDED SUGAR" OPTIONS WHEN AVAILABLE.



OF IRISH ADULTS SNACK BETWEEN MEALS, MOSTLY ON BISCUITS AND CAKES

of Irish children drink soft drinks daily

Increased risk of obesity for every additional sugary drink consumed each day

www.dentalhealth.ie



Dental Health Foundation Ireland

designed using canva.com

