

Change4Life launches new sugar swaps campaign to help families cut back on sugar.

Change4Life has launched a new campaign to encourage families to 'make a swap when you next shop' to help them cut back on sugar.

Children in England are having around 2,800 sugar cubes more than they should each year, more than double the maximum recommended amount. Too much sugar is bad for children's health. Making a few simple swaps to their everyday food and drinks makes big changes to a child's sugar intake.

Sign up to [Change4life](#) today for great prizes, easy tips and meal ideas.

Top tips for busy parents?

Just a couple of simple swaps can help make the difference to cut back on sugar.

- Swap from higher sugar yoghurts like the split pot ones to lower sugar yoghurts.
- Swap to lower sugar cereal – look for all greens on the label
- Swap to no added sugar drinks (or lower fat milks or water)
- Swap from chocolate pudding pots to fruit salad, lower sugar yoghurts

How can parents find healthier products?

- Use the free Food Scanner app
- Look for the 'good choice' badge in-store and online
- When choosing breakfast cereals look for all greens on the food label
- Compare food labels of two different products and choose the ones lower in sugar