

# NEW YEAR, NEW YOU



Prioritize physical activity and regular exercise



DO YOU WANT TO LOSE WEIGHT AND FEEL HEALTHIER THIS YEAR?

You can by swapping sugary foods with low or no sugar options to reduce your sugar intake. This will also help to prevent tooth decay and gum disease.



## Breakfast

Swap



Sugar = 13g (per 30g)

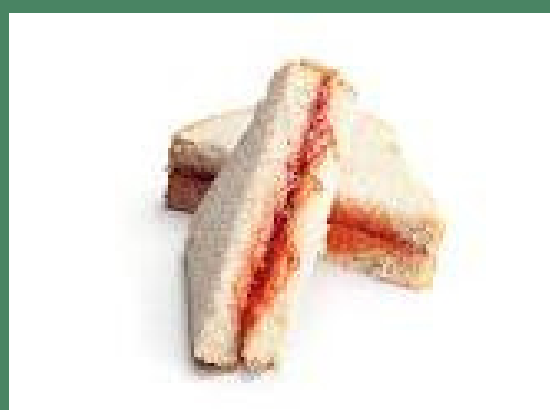
For



Sugar = 0.5g (per 30g)

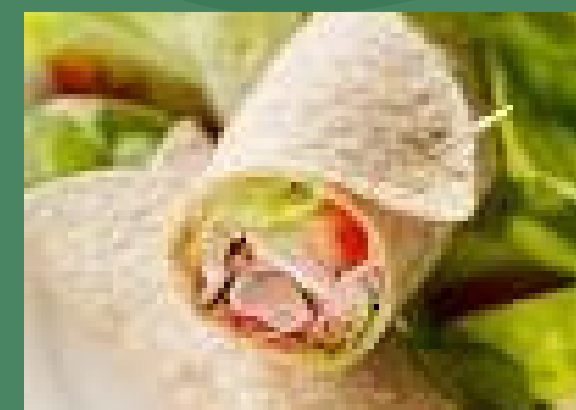
## Lunch

Swap



Sugar = 14g

For



Sugar = 3g

## Dinner

Swap



Takeaway

Sugar = 9g (per 150g takeaway)

For



Sugar = 1g (per 150g homemade)