



NUTRITION FACT SHEET

Sugar, how much is too much?

We know that students are often having three times more sugar than the amount that is recommend each day. This is not good news because sugar is bad for our teeth and can affect our health in later life.

There are two different types of sugar:

Natural sugar

Added sugar

Natural sugar is the type of sugar that is found in fruit and vegetables and also milk. This sugar is not harmful to our bodies so it's ok for us to eat plenty of these foods.

Sugar that is added to foods like cakes, biscuits, chocolate, sweets and fizzy drinks are harmful, so we need to be careful how much of these foods we eat.

Eating a school lunch can help to reduce the amount of sugar we eat. There are no fizzy drinks, only water, milk drinks and fruit juices.

Schools aren't allowed to serve, chocolate or sweets but they can offer cakes and biscuits. However, here at Mellors Catering Services we work really hard to keep the amount of sugar in our cakes and biscuits to a minimum and use fruit to sweeten puddings as much

as possible. When they don't contain huge amounts of sugar, cakes and biscuits can be part of a healthy diet as they provide some important nutrients. For example, flour has iron added to it which helps our blood cells carry oxygen around our bodies.



But don't forget, they should still only be eaten on an occasional basis and as part of a varied diet.