

# Sugar

Most people in the UK eat too much sugar

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Source: Food and Drink Federation

Age	Maximum daily amount of sugar
5 to 10	85g
11 and over (female)	90g
11 and over (male)	120g



**Carbohydrates** are the main provider of **energy** in our diets.

There are two types, **sugars and starches**.

A main concern is not to exceed the daily recommended amount of sugar. This is often reported on food labels as

**Carbohydrate (of which sugars)**

Minimise or SuperSize

Sugar fact card

food and drink

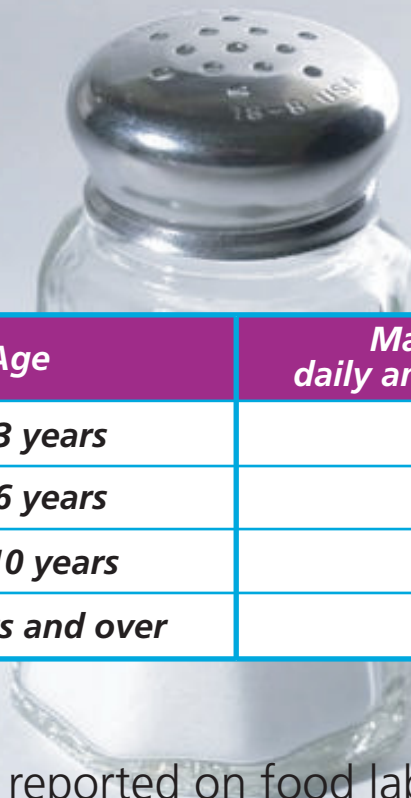
# Salt

85% of men and 69% of women eat too much salt

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Source: Food Standards Agency

Age	Maximum daily amount of salt
1 to 3 years	2g
4 to 6 years	3g
7 to 10 years	5g
11 years and over	6g



Often **sodium** is reported on food labels instead of **salt**.  
To obtain the salt level **multiply the sodium level by 2.5**.

Minimise or SuperSize

Salt fact card

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