



# SUGARS

## Useful Information

Kids are getting half their sugar intake from unhealthy snacks and sugary drinks. It's time for some food smart choices!

Too much sugar can lead to a range of health issues, including painful tooth decay. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting younger than ever before, and heart disease and some cancers. It can also lead to painful tooth decay and every 10 minutes, a child in England has a tooth removed in hospital.

- [Grow Well Choices sugar game](#)
- [Grow Well Farm Story Book](#)
- [Grow Well Farm Certificate](#)
- [Snack Leaflet](#)
- [Sugar Information](#)
- [Food Scanner app](#)



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