

## Sugar Smart

### Sugar Smart information for schools

# SUGAR SMART



SUGAR SMART is a campaign by <https://thehub.walthamforest.gov.uk/tags/food> charity Sustain and Jamie Oliver working with councils, businesses, institutions and other sectors to help reduce overconsumption of sugar in their local areas. SUGAR SMART is working to raise public awareness of the impacts of consuming too much sugar, and supporting a cross-sector effort to improve local <https://thehub.walthamforest.gov.uk/tags/food> environments, ensuring that the healthy choice is the easy choice.

**As we approach the festive season we want to raise awareness of impact of added sugar in <https://thehub.walthamforest.gov.uk/tags/food> and drinks and encourage school children to choose low sugar <https://thehub.walthamforest.gov.uk/tags/food> and drinks.**

Did you know...

- An average British child is set to **eat their own body weight in sugar**, every year by the time they reach five years
- Each year there are **8,500 limb amputations** because of Type 2 diabetes.
- **26,000 children are admitted to hospital** every year for multiple tooth extraction under general anaesthetic caused by excessive sugar consumption.
- **1 in 5 children** starts primary schools overweight or obese and by the time they reach secondary school it's 1 in 3 children.
- **A small 150ml** can of standard cola contains **4 teaspoons' worth of sugar**, which is **almost the maximum daily amount recommended for a small child, and more than half of an adult's**

**We are aware Coca Cola Christmas truck will be visiting Waltham Forest on 28th November and this is in close proximity to some of our local schools. Although the council has written to coca cola asking they only distribute **sugar-free drinks and water** to the general public, in particular to children. We would like to encourage the schools to reiterate the message and encourage pupils to take water or sugar free drinks if offered.**

**What's the big deal with the little treat (150ml can of Coke) being offered at the truck tour?**

NHS guidelines state that the maximum consumption of sugar a day should be limited to:

- 5 teaspoons' worth for children up to 6 years old

- 6 teaspoons' worth for children up to 10 years old
- 7 teaspoons' worth for everyone older

So the little treat is not so little for your little one. A small 150ml can of standard cola contains 4 teaspoons' worth of sugar, which is almost the maximum daily amount recommended for a small child, and more than half of an adult's.

The standard 330ml can of cola that can be found in most shops and supermarkets contain 9 teaspoons' worth of sugar, which exceeds the total daily sugar consumption for adults and children.

Too much sugar is bad for our health – added sugars should not make up more than 5% of our daily energy intake from <https://thehub.walthamforest.gov.uk/tags/food> and drinks. Amongst children one of the largest contributors to obesity and dental decay is sugary soft drinks.

Useful links for resources you can use in school:

- [25 minutes Sugar Rush documentary](#)
- [Shorter clip](#)
- [Change 4 Life healthy eating resources](#)

If you have any queries please contact Monica Hill [Monica.hill@walthamforest.gov.uk](mailto:Monica.hill@walthamforest.gov.uk)

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**Last updated:** Friday, 24 November, 2017

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**Icon:**

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