



Healthy Body, Happy Me 2019

Let's limit sugar!



Supported by





DID YOU KNOW?

By their tenth birthday some children in the UK have already exceeded the maximum recommended sugar intake for someone aged 18 years old. Children are consuming much more sugar than they should, around eight excess sugar cubes a day or 2,800 excess cubes per year. *Public Health England

Less sugar for a healthier body

The sugar we consume affects our oral health and general health. Too much sugar can lead to weight gain, type 2 diabetes, heart disease and tooth decay. Childhood obesity and tooth decay are common among young children in England.

Tooth decay is caused by bacteria on teeth converting sugar into acid, which makes holes in teeth, which can lead to pain, sleepless nights and missing days of school or nursery. Tooth decay is the number one reason why children aged five to nine are admitted to hospital for dental treatment under general anaesthetic.

Sugar is a general term used for substances that sweeten our food and drinks but there are various types of sugars to watch for on food labels. For example, sucrose, glucose (also known as dextrose), fructose, and galactose etc.

Reflection points

When we think of our sugar consumption we perhaps think first about the sugar in sweet things such as chocolate, biscuits, cakes and donuts. Yes, these types of food do contain sugar, but sugar is also added to readymade meals and baby foods as well as ordinary foods such as jars of pasta sauce, tomato sauce, cereals, yoghurts and juice.

The Government's Eatwell Guide (<https://bit.ly/1WsxtYK>) advises limiting treats such as chocolate, sweets, buns and crisps and keeping to small amounts. If they are eaten, it is best that they are consumed as part of a meal, as the increased saliva produced while eating a meal will help to limit damage to the teeth from sugary drinks and desserts.



1 TEASPOON
OF SUGAR PER
SERVING



7.5 TEASPOONS
OF SUGAR PER
CARTON



TOP TIPS FOR PARENTS

Tooth decay is preventable. We recommend you work in partnership with parents to share this guide and your ideas for healthy eating.

Birth to one year

- ♥ Salt, sugar and artificial sweeteners should not be added to infant food
- ♥ Fruit juices are not recommended before the age of one
- ♥ From about six months old infants should be introduced to drinking from a free-flow cup, and from age one year feeding from a bottle should be discouraged
- ♥ Water and milk are the best drinks.

From age one

- ♥ Recommend a balanced diet with five portions of fruit and vegetables a day. Water and milk are the best drinks
- ♥ Limit the amount and frequency of foods and drinks that contain sugars, such as chocolates, crisps, ice cream and sweets
- ♥ Limit sugary foods and drinks to mealtimes
- ♥ Swap food and drinks high in sugar with healthier options
- ♥ Avoid foods and drinks containing sugar at bedtime
- ♥ Drink milk or water during the day
- ♥ Avoid processed and manufactured foods and drinks including baby food as most sugars in the diet are contained in these. Dried fruits, such as raisins, are concentrated sources of sugar and also tend to stick to the teeth. They should be viewed as an occasional treat to have with a meal.



The National Diet and Nutrition Survey reports that nearly a quarter of the added sugar in our diets comes from sugary drinks, such as fizzy drinks, sweetened juices, squashes, and cordials.

It is better for children to drink water and milk as their main drinks but where juice or any other sweetened drink is offered it should not be in a bottle or a non-free flow cup and should not be more than 150mls a day.

Watch these videos to see how much sugar is in some popular foods and drinks

How much sugar are we drinking? <https://bit.ly/2S9ihKn>

How much sugar is in yoghurt? <https://bit.ly/2GB8T0X>

How much sugar is in popular foods? <https://bit.ly/2SGZqeJ>

Why not think about setting up your own 'how much sugar' station in reception with food and drinks, and amount of sugar in bags, so the parents can learn too. You can find ideas here <https://bit.ly/2SGz6Bs>

MAKE A GAME...



AROUND ONE IN
8 CHILDREN ADMIT TO
DRINKING SUGARY DRINKS
AT LEAST 4 TIMES A DAY



RESOURCES How much sugar?

- ✓ Show the children the above videos so they can see what you are about to talk about. They might enjoy shouting "stop" when they think that enough sugar has been poured, or perhaps you want to recreate some of the scenes with your own examples so that the children can guess how much sugar is in the food or drink
- ✓ Posters - such as the sugar poster at www.ndna.org.uk/healthy, from the British Dental Association
- ✓ Food magazines to cut up or photos of various types of food and drinks (e.g. buns, juice, milk, vegetables, a chocolate bar, fruit, cereal, crisps etc)
- ✓ Scissors



Activity

- ♥ You could have the food images already prepared or the children could help you to prepare them if it is age and stage appropriate
- ♥ You could laminate the images to help them last longer
- ♥ Ask a child to choose a food image and discuss what they choose. For example, was it a piece of fruit or a cake/bun? Initiate a discussion about if it is a treat food or something that they can eat every day
- ♥ Depending on the age and stage of the children you could ask them to pick out the foods that they think contain lots of sugar.

Measure your sugar intake

Change4Life have a great food scanner app that brings food labels to life and helps you find out what's really inside your food and drink. The app is fun and engaging; you could use it in your childcare setting or suggest that parents use it with their children when shopping or at home to extend the home learning environment.

Change4Life have also produced the Top Tips for Teeth dental toolkit to support when communicating good dental practise to parents in bitesize chunks. There are posters, wallet cards and a Top Tips for teeth toolkit. Find them on the **Campaign Resource Centre** at <https://campaignresources.phe.gov.uk/resources>



National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run our annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun. Get involved with our 2019 campaign and help keep your children happy and healthy.



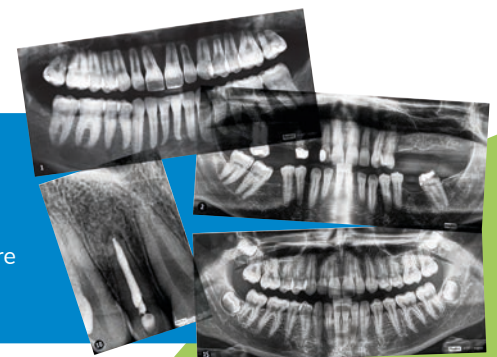
The British Dental Association is the voice of dentists in the UK. We champion prevention and campaign for real improvements to the nation's oral health. We believe all children deserve the best start in life, and are delighted to work with NDNA to bring vital messages on oral health to nurseries across the country.



Don't forget - NDNA members get up to 20% discount on orders with TTS and Consortium

Dental X-Rays - from Consortium

Learn the importance of taking care of your teeth. Consortium's dental X-rays provide excellent examples of the benefits of good dental habits, and the consequences of bad habits. The pack also includes examples of wearing protective mouth gear, tooth injuries and infections. This is a great tool for teaching children how regular visits to the dentist are an essential part of teeth maintenance. The pack contains 15 X-rays, a teeth chart and a teeth guide. Find out more at <https://bit.ly/2NcellE>



 @NDNATalk  /ndna.org.uk  National Day Nurseries Association
#HealthyBodyHappyMe

National Day Nurseries Association

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